

Just As Well Get The
Best & The Freshest

BIG 3 DAY SALE

FRIDAY, SATURDAY & SUNDAY

PRICES GOOD OCTOBER 16TH THRU OCTOBER 18TH, 2026



Prairie Fresh All Natural
**Whole
Boneless Loins**
Cut & Wrapped Free

\$1.89
Lb.



Sold In Tubes Only
**80% Lean
Ground Beef**

\$4.59
Lb.



Prairie Fresh All Natural
Pork Butts
2 Pack

\$1.79
Lb.

Just As Well Get The Best & The Freshest

BIG 3 DAY SALE

FRIDAY, SATURDAY & SUNDAY

PRICES GOOD OCTOBER 16TH THRU OCTOBER 18TH, 2026



3 DAYS ONLY!

3 Lb. Bag
**Sunrays
Mandarins**

\$4.99



3 DAYS ONLY!

18 Ct.
Select Varieties
**Frito-Lay
Variety Packs**

Limit 2 Please

\$8.99



3 DAYS ONLY!

6-12 Oz.
Select Varieties
**Borden Cheese
Shreds & Slices**

Limit 2 Please

2/\$4



G & W FOODS

101 S. FIRST STREET
IOLA, KS 66749
OPEN 7 DAYS A WEEK
7AM TO 10 PM
620-228-5570

Prices Effective: October 7 - October 20, 2026 • While Supplies Last



12-20 Oz.
Select Varieties
**Bob Evans Family
Size Side Dishes**
399

BLACK CANYON
ANGUS BEEF

**Black Canyon Angus
T-Bone Steaks**

\$13⁹⁹
lb.



Premium California
**Welch's Seedless
Red or Green Grapes**

\$2⁹⁹
lb.



**PRAIRIE
FRESH
NATURAL**

Prairie Fresh All Natural
Family Pack
**Pork Steaks or
Western Ribs**

\$1⁹⁹
lb.



**Black Canyon Angus
Tri Tips**
Whole In Bag

\$7⁹⁹
lb.



9-13 Oz.
Select Varieties
**Dole Chopped
Salad Kits**

\$3⁴⁹
ea.



**GROUND
FRESH
DAILY!**

Any Size Package
**90% Lean
Ground Beef**

\$6⁹⁹
lb.



8 Lb. Bag
Farmer's Promise
Russet Potatoes

\$2⁴⁹



MADE FRESH HERE!

5 Pc.
**Aunt Minnie's
Shrimp Basket
With 3 Hush Puppies**

\$3⁹⁹



12 Pk./12 Oz. Cans
Select Varieties
**Coca Cola
Products**

\$7⁴⁹



16-21 Oz.
Select Varieties
**Red Baron
Frozen Pizzas**

\$3⁹⁹



48 Oz.
Select Varieties
**Hiland Light
Ice Cream**

\$2⁹⁹



14.5-15 Oz.
Select Varieties
**Green Giant
Canned
Vegetables**

99¢



14.5-15.5 Oz.
Select Varieties
**Best Choice
Canned Beans
or Tomatoes**

99¢



7.5-16 Oz.
Select Varieties
**Zesta or Krispy
Saltines or
Oyster Crackers**

\$2⁹⁹

AS YOU ARE AWARE, THE CURRENT SUPPLY LEVEL ON SOME ITEMS HAS CREATED A LOWER THAN NORMAL INVENTORY IN OUR STORES. WE ARE WORKING DAILY WITH OUR SUPPLIERS AND WILL CONTINUE DO OUR BEST TO PROVIDE THE LARGEST SELECTIONS AVAILABLE.

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FARM TO TABLE FRESHNESS

Triple Inspected
Daily for Quality!

\$3⁴⁹

Missouri, 3 Lb. Bag
Red Delicious Apples

64 Oz.
Louisburg Shelf Stable Apple Cider

\$6⁹⁹

Happy Apples Caramel Apples

2/\$4

3 Lb. Bag
Dracula Seedless Navel Oranges

\$6⁹⁹

2 Lb. Bag
Dracula Blood Oranges

\$5⁹⁹

5 Lb. Bag
Farmer's Promise Red or Gold Potatoes

\$3⁴⁹

3 Lb. Bag
Yellow Cooking Onions

\$2⁴⁹

Arkansas
Sweet Potatoes

\$1¹⁹ lb.

Washington
Granny Smith Apples

\$1²⁹ lb.

Washington
Honeycrisp Apples

\$1⁸⁹ lb.

Super Select
Cucumbers

89¢ ea.

16 Oz.
Mini Sweet Peppers

\$2⁹⁹

Hothouse
Beefsteak Tomatoes

\$1⁵⁹ lb.

8 Oz.
Dole Teen Spinach

\$2³⁹

1 Lb.
Organic Baby Peeled Carrots

\$1⁷⁹

3 Pk.
Organic Romaine Hearts

\$4⁵⁹

low prices on everyday organic favorites

100% GUARANTEED ORGANIC

Don't forget to check in store
for more organic produce specials!

GW Base

GW Base_PG2_100726_4C

FRESH QUALITY MEATS

Fully Staffed Meat Shops, Where Our Butchers Are Always Happy To Provide Special Cuts At Your Request
Providing Quality And Freshness With USDA Choice Black Canyon Angus Beef, Prairie Fresh All Natural Pork And Springer Mt. All Natural Poultry

GROUND
FRESH
DAILY!

16 Oz.
Hickory or
Applewood Smoked
**Kentucky Legend
Bacon**
\$4⁹⁹

80% Lean
Ground Beef

\$5⁴⁹
lb.



Black Canyon Angus
Top Round Roast

\$6⁹⁹
lb.

PRAIRIE FRESH \$2.99 LB. PORKTOBER DEALS



Prairie Fresh All Natural
Pork Tenderloins

\$2⁹⁹
lb.



Prairie Fresh All Natural
Lite Pork Spare Ribs

\$2⁹⁹
lb.



Prairie Fresh All Natural
Family Pack
Boneless Chops
or Butterflies

\$2⁹⁹
lb.



Prairie Fresh All Natural
Family Pack
Pork Cutlets

\$2⁹⁹
lb.



Black Canyon Angus
Family Pack
Top Round Steak
or London Broils

\$7⁹⁹
lb.



Black Canyon Angus
Family Pack
Sirloin Tip Steaks
or Roast

\$7⁹⁹
lb.



Black Canyon Angus
Family Pack
Stew Meat

\$6⁹⁹
lb.



Mountaire
Pork Boneless Sirloin
Chops or Cutlets

\$2⁹⁹
lb.



Mountaire
Family Pack
Party Wings

\$2⁴⁹
lb.



Butterball
98% Lean
Ground Turkey

\$6⁹⁹
lb.

Signature meat items



Our Signature
Seasoned Boneless
Baby Backs or
Country Ribs

\$3⁹⁹
lb.



Grill Ready
Pork or
Chicken Kabobs

\$6⁹⁹
lb.



Our Signature
Sirloin For Fajita
or Stir Fry

\$7⁹⁹
lb.



Grill, Bake or Broil
Stuffed Boneless
Pork Chops

\$3⁹⁹
lb.



12.8-18.8 Oz.
Select Varieties
Jimmy Dean
Breakfast Sandwiches

\$6⁹⁹



12-16 Oz.
Select Varieties
Williams Premium
Sausage Rolls,
Links or Patties

\$3⁹⁹



9 Oz.
Select Varieties
Cacique Pork
or Beef Chorizo

4/\$5



20 Oz.
Williams Premium
Hickory Smoked
Slab Bacon

\$6⁹⁹



12 Oz.
Oscar Mayer
Turkey Bacon

\$4⁴⁹



13.35-16 Oz.
Original or Beef
State Fair
Corn Dogs

\$4⁹⁹



21-29 Oz.
Select Varieties
Tyson Chicken
Nuggets, Patties
or Burgers

\$7⁹⁹



30.4-32 Oz.
Select Varieties
El Monterey
Family Size Burritos
or Chimichangas

\$5⁴⁹



18-20.7 Oz.
Select Varieties
El Monterey
Taquitos

\$6⁹⁹



22.5-24 Oz.
Select Varieties
Fast Fixin' Nuggets,
Strips or Patties

\$4⁷⁹

smoked meats



16 Oz.
Select Varieties
Hillshire Farm
Smoked Sausages
Rope or Links

\$3⁹⁹



10-12 Oz.
Select Varieties
Nathan's
Beef Franks

\$5⁹⁹



10-16 Oz.
Select Varieties
Land O'Frost
Premium
Lunch Meats

\$5⁹⁹



7-8 Oz.
Select Varieties
Smithfield Prime
Fresh Lunch Meats

\$4⁴⁹



8.8-10.7 Oz.
Select Varieties
Oscar Mayer
Fun Pack Lunchables

\$2⁹⁹

Seafood



16-20 Ct., 2 Lb.
Sea Best
Argentine Red Shrimp

\$18⁹⁹



19-24.6 Oz.
Select Varieties
Mrs. Paul's Breaded
Fish Sticks or Fillets

\$5⁹⁹



2 Lb.
Sea Best
Tilapia Fillets

\$3⁹⁹



26-30 Ct. or 16 Oz.
Sea Best Cooked &
Peeled Shrimp

\$9⁹⁹



60 Oz.
Fisher Boy
Family Sized
Fish Sticks

\$8⁹⁹

ALWAYS SOMETHING GOOD COOKIN' AT AUNT MINNIE'S
HOME OF THE BEST HAND-BREADED FRIED CHICKEN YOU WILL FIND ANYWHERE!



Kretschmar



**Kretschmar
Honey or Original
Ham Off The Bone**

\$7⁹⁹
lb.

Kretschmar



**Kretschmar
Cajun or Sundried
Tomato Turkey**

\$10⁴⁹
lb.

Kretschmar



**Kretschmar
Yellow or White
American Cheese**

\$7⁴⁹
lb.

2/\$6

16 Oz.
Select Varieties
**Reser's
Variety Salads**



ZARDA
HICKORY PIT BAR-B-Q



\$4²⁹
ea.

16 Oz.
**Zarda Classic
or Grandma's
Baked Beans**

**VISIT OUR DELI
FOR GREAT LUNCH
OR DINNER MEALS.**



**THAT INCLUDES AN ENTRÉE &
2 SIDES PLUS A FREE COOKIE!**



**8 Piece
Aunt Minnie's
Fried Chicken**

\$7⁹⁹
ea.



**Tyson Chicken
or Buffalo Chicken
& Cheese Crisпитos**

2/\$3



**Aunt Minnie's
Chicken Sandwich**

\$3⁹⁹
ea.



**Tyson Whole
Smoked Chicken**

\$8⁹⁹
ea.

\$7⁹⁹

22 Oz., Select Varieties
**Jessie Lord
Pumpkin Pie**



\$8⁹⁹

20 Oz.
**Heartland
Pecan Pie**



**HEARTLAND
PIES**
BY TIDIN'

\$4⁹⁹

12 Ct.
Original or Savory Butter
**King's
Hawaiian Rolls**



\$5⁴⁹

10 Ct.
Select Varieties
**Sweet P's
Variety Cookies**



\$5⁴⁹

14 Oz., Select Varieties
**37th Street
Variety Danishes**



\$3⁹⁹

6 Ct.
Select Varieties
**Clyde's
Glazed Donuts**



\$4⁹⁹

16 Oz., Select Varieties
**Olson's Sliced
Crème Cakes**



\$3⁹⁹

12 Ct.
Select Varieties
**Café Valley
Mini Muffins**



shop great selections of frozen entrées, fruits & veggies, pizzas & desserts



7-11 Oz.
Select Varieties
**Pillsbury
Toaster Strudels
or Scrambles**

\$3²⁹



24.8 Oz.
Select Varieties
**Totino's
Pizza Rolls**

\$3⁹⁹



24-32 Oz.
Select Varieties
**Mr. Dell's Frozen
Hash Browns**

\$3⁹⁹



9-11 Oz.
Select Varieties
**Healthy Choice
Frozen Entrées**

\$3⁹⁹



36-40 Oz.
Select Varieties
**Marie Callender's
Family Size Entrées**

\$9⁴⁹



20-26 Oz.
Select Varieties
**Farm Rich
Frozen Meatballs**

\$6⁹⁹



19 Oz.
Select Varieties
**Pepperidge Farm
Frozen Dessert Cakes**

\$5⁹⁹



6 Ct.
Select Varieties
**Prairie Farms
Nutty Royale or Fudge
& Cookie Cones**

\$4⁹⁹



4 Qt. Pail
Select Varieties
**Best Choice
Ice Cream**

\$5⁹⁹

GROCERY FAVORITES

Find Great Savings on National Brands and Private Label Products

Along With Extra Savings All “Pink Tag” Items

\$249

Nature Valley, General Mills, Mott’s Cereal Bars or Granola Bars

Select Varieties
5-10 Ct.

2/\$8

7-13 Oz.
Select Varieties

Nabisco Snack Crackers

8-12 Oz.
Select Varieties

General Mills Cereal

\$249

16 Oz.
Select Varieties

Old El Paso Refried Beans

2/\$5

10 Oz.
Select Varieties

Old El Paso Enchilada Sauce

2/\$5

Select Varieties

Old El Paso Dinner Kits

\$399

Select Varieties

Old El Paso Taco Shells

\$249

1 Oz.
Select Varieties

Old El Paso Taco Seasoning Packets

99¢

5 Oz.
Select Varieties

Starkist Tuna

4/\$5

16 Oz.
Select Varieties

Chick Fil A Sauce

\$399

20 Oz.
Select Varieties

Hunt’s Ketchup

\$159

4 Oz.
Select Varieties

Betty Crocker Box Potatoes

2/\$5

6 Ct.
Select Varieties

Orville Redenbacher’s Microwave Popcorn

\$449

100.5-105 Oz.
Select Varieties

Arm & Hammer Liquid Detergent

\$699

18.5 Lb.
Select Varieties

Purina Dog Chow

\$1699

3 Lb.
Select Varieties

Pure Wonder Best Choice Dry Cat Food

\$399

5.6 Oz.
Select Varieties

Pup-Peroni Dog Treats

2/\$7

5 Oz.
Select Varieties

Cholula Hot Sauce

\$339

16 Oz.
Select Varieties

Herdez Salsa

\$319

SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES

Including products from our hometown Hiland Dairy!

\$299

Select Varieties
Pillsbury Grands! Biscuits
16.3 Oz.,
Cinnamon Rolls
12.4 Oz. or
Crescent Rolls
8 Oz.

4/\$5

5.3 Oz.
Selected Varieties
Chobani Yogurt

\$349

7.5-8 Oz.
Selected Varieties
Kraft Philadelphia Soft Cream Cheese

Half Gallon
Select Varieties

Hiland Orange Juice

\$369

Select Varieties
Hiland Cottage Cheese
16 Oz.
or Yogurt
32 Oz.

\$359

24 Oz.
Select Varieties

Hiland Sour Cream

\$379

16 Oz.
Select Varieties

Hiland Cheese Block

\$399

Quart
Select Varieties

Hiland Halloween Nog

\$399

SCAN THE CODE TO VISIT OUR WEBSITE FOR *More Great Recipes!*



7-8 Oz.
Select Varieties
**Frito-Lay
Doritos**
2/\$8



10-12 Oz.
Select Varieties
**Frito-Lay
Tostitos
Tortilla Chips**
\$3.99



7-8 Oz.
Select Varieties
**General Mills
Chex Mix,
Gardettos
or Bugles**
\$2.99



20 Oz.
**Sara Lee
Butter Bread**



\$2.99

18 Oz.
Select Varieties
**Thomas'
Bagels**



\$3.99

20 Oz.
**Bunny Honey
Wheat Bread**



\$2.99

specialty foods



15 Oz.
Select Varieties
**El Rio
Cheese Sauce**
\$3.29



11.5 Oz.
**La Preferida
Jalapenos**
\$2.79



15 Oz.
**La Preferida
Black Beans**
\$1.79



16 Oz.
**La Preferida
Refried Beans**
\$1.59



10 Oz.
**La Victoria Red
Enchilada Sauce**
\$1.79

Shop Best Choice For Your Best Value



9-16 Oz.
Select Varieties
**Best Choice
Saltines**
\$1.69



24 Oz.
Select Varieties
**Best Choice
Sour Cream**
2/\$5



32 Oz.
Select Varieties
**Best Choice
Broth**
\$1.69



12 Oz.
Select Varieties
**Best Choice
Frozen
Vegetables**
\$1.29



8 Oz.
Select Varieties
**Best Choice
Cream
Cheese**
2/\$4

Great Party Favorites From Our Deli



6.75-7.3 Oz.
Select Varieties
**Stacy's
Pita Chips**
\$3.99



Select Varieties
**Pancho's
Queso**
\$5.99



7 Oz.
**Sabra
Classic
Guacamole**
\$3.99



8 Oz.
Select Varieties
**Sabra
Hummus**
\$3.49



14 Oz.
**Kretschmar
Beef or Beef
& Garlic
Summer
Sausage**
\$8.99



5 Oz.
**Kretschmar
Pepperoni or
Hard Salami
Pillow Packs**
\$4.49

Best Prices for Drinks



12 Pk./12 Oz. Cans
Select Varieties
**Pepsi
Products**
\$7.99



8 Pk./12 Oz. Bottles
Select Varieties
**Coca Cola
Products**
\$4.99



6 Pk./16.9 Oz. Bottles
Select Varieties
**Pepsi
Products**
\$3.49



59 Oz.
Select Varieties
**Gold Peak
Tea**
\$3.99



12 Pk./12 Oz. Bottles
Select Varieties
**Gatorade
Sports Drinks**
\$8.49