



Featured Owner Specials

FROM 1/5/22 THROUGH 1/18/22

Specials are subject to availability and may not be available for all flyer dates.



\$2.99/ea
REG \$3.99

Organic Blackberries – 6 oz. MEXICO/USA



\$13.99/lb
REG \$16.99

Stilton English Cheese AMBER VALLEY



\$8.49/ea
REG \$9.99

Alaskan Cod – 10 oz. ORCA BAY



\$8.99
REG \$10.99

Manuka Honey Throat Drops – 4 oz. WEDDERSPOON



\$2.89
REG \$3.49

Pita Chips – 7.33 oz. STACY'S



\$1.69
REG \$1.99

Fruit Bars – 1.2 oz. THAT'S IT

CO-OP NEWS

THE CO-OP WARS
WHAT DOES IT TAKE TO COOPERATE?

JAN 13 VIRTUAL FILM SCREENING + PANEL DISCUSSION

50 YEARS Seward COMMUNITY CO-OP

FREE | RSVP at seward.coop/events

CHEESE of the month

\$20.99/lb
REG: \$24.99

Due to a steep rise of COVID-19 cases in Minnesota, driven by the Omicron variant, we temporarily reinstated the mask mandate for all staff and shoppers.

MASKS ARE REQUIRED

Franklin store — (612) 338-2465
Friendship store — (612) 230-5595

www.seward.coop



Open 8 a.m. to 10 p.m. daily