



# Featured Owner Specials

FROM 7/21/21 THROUGH 8/3/21

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



**\$1.99/lb**  
REG \$2.49

Organic Cucumber



MINNESOTA



**\$6.49/lb**  
REG \$7.99

Fresh Ground Turkey



WILD ACRES



**\$4.99/lb**  
REG \$5.99

Chipotle Colby Cheese



BLASER'S



**\$9.99**  
REG \$11.99

Plastic-Free Shampoo & Conditioner Bars, Soothe



HI BAR



**\$4.69**  
REG \$5.49

Tortilla Chips – 16 oz.

XOCHITL



**\$3.29**  
REG \$3.99

Orange Juice – 52 fl. oz.

FLORIDA'S NATURAL

## CO-OP NEWS

Run for the  
**BOARD OF DIRECTORS**  
**LAST CHANCE!**

**ATTEND A CANDIDATE  
INFO SESSION ON JULY 27**

more info at [seward.coop/events](https://seward.coop/events)  
please **RSVP** and email [board@seward.coop](mailto:board@seward.coop)



JULY  
**27**

Nourish 101: Panzanella Salad



Jess Toliver



AUGUST  
**15**

African Vegan Cooking: Chapatti



Henry Kisitu

FREE | VIRTUAL | [seward.coop/events](https://seward.coop/events)

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

[www.seward.coop](https://www.seward.coop)



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