



# Featured Owner Specials

FROM 8/3/22 THROUGH 8/16/22

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



**\$4.99/ea**  
REG \$6.49

Organic Blackberries – 6 oz. USA



**\$5.99/ea**  
REG \$6.99

Burrata – 8 oz. BELGIOIOSO



**\$10.99/ea**  
REG \$12.99

Raw Shrimp – 16 oz. SAIL



**\$6.79**  
REG \$7.99

Toothpaste – 4 oz. REDMOND



**\$1.89**  
REG \$2.19

Fruit Bar – 1.2 oz. THAT'S IT



**\$6.49**  
REG \$7.79

Extra Virgin Olive Oil – 8.5 fl. oz. COLAVITA

## CO-OP NEWS

Help us give back  
**\$2.5M**  
to the community



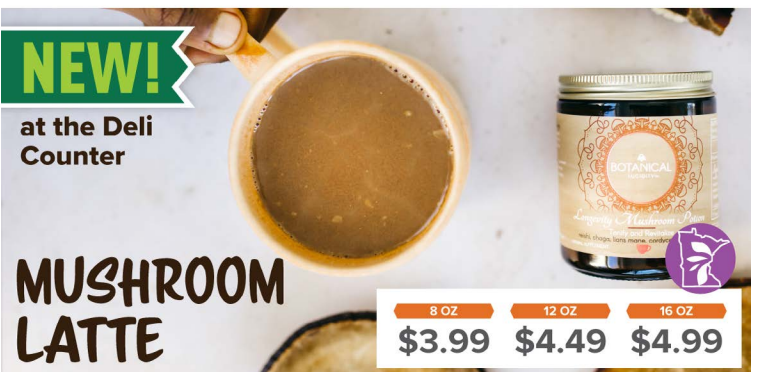
We're so close! Round up or add any amount at the register or CS desk.  
Learn more at [seward.coop/seed](http://seward.coop/seed)



**DRINK of the month**

**POLLINATOR PARTY** smoothie made with organic fruit

12 OZ.	16 OZ.
<b>\$5.69</b>	<b>\$6.69</b>



**NEW!**  
at the Deli Counter

**MUSHROOM LATTE**

8 OZ.	12 OZ.	16 OZ.
<b>\$3.99</b>	<b>\$4.49</b>	<b>\$4.99</b>

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

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



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