OWNERS SAVE MORE

Seward Co-op owners can find extra savings throughout the stores

November 4–17, 2026



Spectrum Unrefined Coconut Oil 14 fl. oz.

$9.99
REG: $13.99

$7.99
Price for Owners!

OWNERS SAVE $6!



Lundberg Wild Rice Blend 16 oz.

$4.99
REG: $6.99

$3.99
Price for Owners!

Owners save an extra 20% these already-low sale prices!

EXTRA **20%** OFF



Spectrum Organic EVOO 32 fl. oz.

$23.99
REG: $29.99

$19.19
Price for Owners!

OWNERS SAVE $10!



Lundberg Organic Jasmine Rice 32 oz.

$7.99
REG: $10.99

$6.39
Price for Owners!

More Lundberg rice products on sale



Imagine Turkey Flavored Gravy 13.5 fl. oz.

$2.79
REG: $3.79

$2.23
Price for Owners!



Spectrum Organic Olive Oil Mayo 12 fl. oz.

$7.99
REG: $10.29

$6.39
Price for Owners!

OWNERS SAVE $3.90

More Spectrum oils, vinegar, and shortening on sale



Jovial Organic Chickpeas 13 oz.

2/$6
REG: $4.29

$2.40
Price for Owners!

More Jovial organic jarred beans on sale



Blake's Frozen Gluten-free Chicken Pot Pie 8 oz.

2/$7
REG: $6.49

$2.80
Price for Owners!

More Blake's frozen entrees on sale



LEARN THE STORY OF THE BLACK FARMERS WHO GROW EQUAL EXCHANGE PECANS

www.info.equalexchange.coop/articles/learn-the-story-of-the-black-farmers-who-grow-ee-pecans



Equal Exchange Fair-Trade & Organic Pecans BULK

$11.99/lb
REG: $15.99

$9.59/lb
Price for Owners!

OWNERS SAVE $6/LB