OWNERS SAVE MORE

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

November 18–December 1, 2026



Stahlbush Frozen Vegetables **10 oz.**
select varieties

$2.79
REG: $3.79–$3.99

$2.23
Price for Owners!

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

EXTRA **20%** OFF



Wholesome Dark Brown Sugar **24 oz.**

$4.79
REG: $7.49

$3.83
Price for Owners!



Wholesome Regenerative Organic Cane Sugar **4 lbs.**

$9.99
REG: $15.49

OWNERS SAVE $7.50

$7.99
Price for Owners!

More Wholesome sweeteners on sale



Farmer's Market Organic Canned Pumpkin **15 oz.**

$2.69
REG: $3.99

$2.23
Price for Owners!

More Farmer's Market canned squash on sale



Enjoy Life Allergen-free Mini Semisweet Chocolate Chips **9 oz.**

$6.99
REG: $9.49

$5.59
Price for Owners!



Bob's All-Purpose Organic Unbleached White Flour **80 oz.**

$5.99
REG: $10.29

OWNERS SAVE $5.50

$4.79
Price for Owners!



Bob's Almond Flour **32 oz.**

$13.99
REG: $21.49

OWNERS SAVE $10

$11.19
Price for Owners!



Bob's 1 to 1 GF Flour **64 oz.**

$10.99
REG: $16.99

$8.79
Price for Owners!



Bob's Whole Wheat Flour **80 oz.**

$4.49
REG: $6.79

$3.59
Price for Owners!

More Bob's Red Mill products on sale



Lucini Extra Virgin Oil
33.8 fl. oz.

$22.99
REG: $32.49

OWNERS SAVE $14

$18.39
Price for Owners!



Simple Mills Grain-free Crackers **4.25 oz.**

4.49
REG: $5.99

More Simple Mills crackers on sale

$3.59
Price for Owners!



Once Again Organic Peanut Butter **16 oz.**

6.49
REG: $8.79

More Once Again nut butters on sale

$5.19
Price for Owners!



Seventh Generation Liquid Dish Soap **19 fl. oz.**

3.69
REG: $4.99

More Seventh Generation cleaners on sale

$2.95
Price for Owners!