

SPROUT!

Fall 2026

Ease Into the Harvest
Season with Seward-made

Celebrate Indigenous Peoples' Day

Learn About the Upcoming
Annual Owner Meeting

Seward
COMMUNITY CO-OP



SPROUT!

Seward Co-op's Ends Statement

Seward Co-op will sustain a healthy community that has:

- Equitable economic relationships
- Positive environmental impacts
- Inclusive, socially responsible practices

CEO Ray Williams

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Sprout! is published quarterly

Hours of Operation

Franklin store

(612) 338-2465

Open 8 a.m.–10 p.m. daily

2823 E. Franklin Ave., MPLS, MN 55406

Friendship store

(612) 230-5595

Open 8 a.m.–10 p.m. daily

317 E. 38th St., MPLS, MN 55409

International Cooperative Principles

Voluntary & Open Membership

Democratic Member Control

Member Economic Participation

Autonomy & Independence

Education, Training & Information

Cooperation Among Cooperatives

Concern For Community

Sprout! Printing Policies

Sprout! is an online publication, with the exception of a few hundred issues that are printed to be made available for shoppers in-store. Physical copies are printed on FSC-certified paper with at least 30 percent post-consumer content. The dyes are water-based and nontoxic. We encourage you to recycle paper copies of *Sprout!* You can find the online version at www.seward.coop/sprout-newsletter.

On the cover: Friends gather around the table to share dishes like Seward-made Horseradish Brussels Sprouts. Learn more about Harvest Catering on pages 6-7.



A Message From the
Chief Executive Officer
Ray Williams

Dear Seward Co-op owners,

Fall is approaching and our autumn calendars are filling up here at Seward Co-op with events like the annual board of directors election, the SEED Community Choice vote, and our Annual Owner Meeting (see [pages 9–11](#) for more).

On top of that, the Deli is busy prepping for a special Hot Bar menu this Indigenous Peoples' Day, Oct. 12, that will feature recipes from Indígena by Owamni chef Sean Sherman's cookbook. Harvest catering is also right around the corner, with pre-orders starting on Nov. 1. Huge kudos to the Deli & Bakery team for all their hard work creating delicious and nourishing meals for us throughout the fall months!

As you read this, we just finished negotiations and ratified a fourth successive Collective Bargaining Agreement with our local union, UFCW 663. This process really shows me how deeply Seward Co-op staff cares about their workplace and one another. Collaborating to make our co-op an even better place to work and a viable business reflects our strong values and is so rewarding. I'm appreciative of the bargaining unit members and Seward Co-op management team for their joint effort during these sessions.

2027 marks our 55th year as a cooperative business, and we have exciting financial opportunities to look forward to. While the grocery industry remains volatile, and large corporations eschew people in favor of profit, I firmly believe co-ops are a place where your grocery dollars make a real impact on local communities, producers, staff, non-profits, and the environment. Seward Co-op is not only a place to live your values, but we also offer thoughtfully-sourced food, a unique shopping experience, and value-driven deals every day.

Seward Co-op strives to do right by our communities, but we must go beyond simply saying that. Being able to back up the talk with numbers means we can point to actual outcomes of the work we do, and you support that by shopping here. This information and data—such as what percentage of our sales come from Community Foods producers and how long staff stay at the co-op (almost half have been here for over five years!)—is compiled into our Scorecard & Annual Report, which highlights the financial and social performance from the previous fiscal year. I encourage you to look at the eye-catching print booklet and the expanded interactive online version at or after our Annual Owner Meeting on Oct. 26 when it's released.



BEHIND
THE PIE

Seward Co-op's Bakery has been turning out scratch-made pies for shoppers for years, especially during the Harvest season. Ensuring a delicious pie is part of your meal isn't something that can happen without dedicated staff, like Bakery Supervisor C (he/they).

C's baking journey began at 18 years old in Lincoln, Neb., working at a grocery store. He later found work at a co-op, where he spent four years honing his skills and learning what it means to bake for a community. After working in several restaurant kitchens as a cook and baker, C moved to Minneapolis in 2018 and found a career at Seward Co-op.

"Being visibly queer, it's important that I feel safe in my workplace," C says. "Co-ops have felt like a safe landing place that acknowledge and

support diverse populations more than many traditional businesses. When I moved here, I was looking for work and applied as a baker at Seward Co-op hearing it was a good spot."

C has been part of the Seward Co-op team for eight years now, and one thing that stands out for him is how the work changes with the seasons. While he bakes year-round, nothing compares to the bustling pace of Harvest season, which he calls "the busiest time of [the] year." Preparation begins in early September when the team kneads and rolls hundreds of 9-ounce dough disks to build up a steady supply before the rush of fall hits. These become crusts for apple, cherry, pumpkin, sweet potato, and pecan pies.

Every pie that comes out of Seward Co-op's ovens is made from scratch, start to finish. "Our pies are made with care over the course of days," C explains. For fruit pies like cherry, one of C's favorites, the process of cooking the filling is comforting. Cherries are simmered on the stove at a low temperature with sugar to release their juices, then cooked down to thicken into a glossy filling. The same flaky dough is used for both the crust and the topping.

As the pieces come together and the ovens fill with the scents of fruit and butter, the kitchen hums with teamwork. "It makes me proud," C says. "I love what I do. I'm proud of the place I work for and the people I work with. When customers tell us they love our pies, it's validating, and [it] means we're doing something right."



NURTURING RELATIONSHIPS WITH NATIVE-LED ORGANIZATIONS

Indigenous Peoples' Day is Monday, Oct. 12, and it recognizes that Native people are the first inhabitants of the Americas, including the lands that later became the United States of America. This holiday challenges the narrative that European colonizers “discovered” America when, in fact, many Indigenous nations had been thriving on and living in harmony with the land long before. Seward Co-op is located on the ancestral

land of Dakota, Ojibwe, and many other Native people who continue to live and exercise their sovereignty. As a cooperatively owned and community-based business, we continue to learn and grow our practice in acknowledging Indigenous land and history, as well as cultivating connection with Native-led organizations. We celebrate this day to honor Indigenous cultures and contributions, both past and present.



Celebrating Indigenous Peoples' Day with Food

Stop by Seward Co-op on Monday, Oct. 12 for Grab & Go bowls that showcase Indigenous flavors and feature recipes developed by Sean Sherman of Indígena by Owanmi and NĀTIFS. The Hot Bar will also feature its own special menu, including some of the items in the bowls. A portion of each of these special bowls sold will be donated to Little Earth Residents Association, October's SEED recipient. Learn more about Little Earth Residents Association on [page 11](#), and be sure to round up at the register!

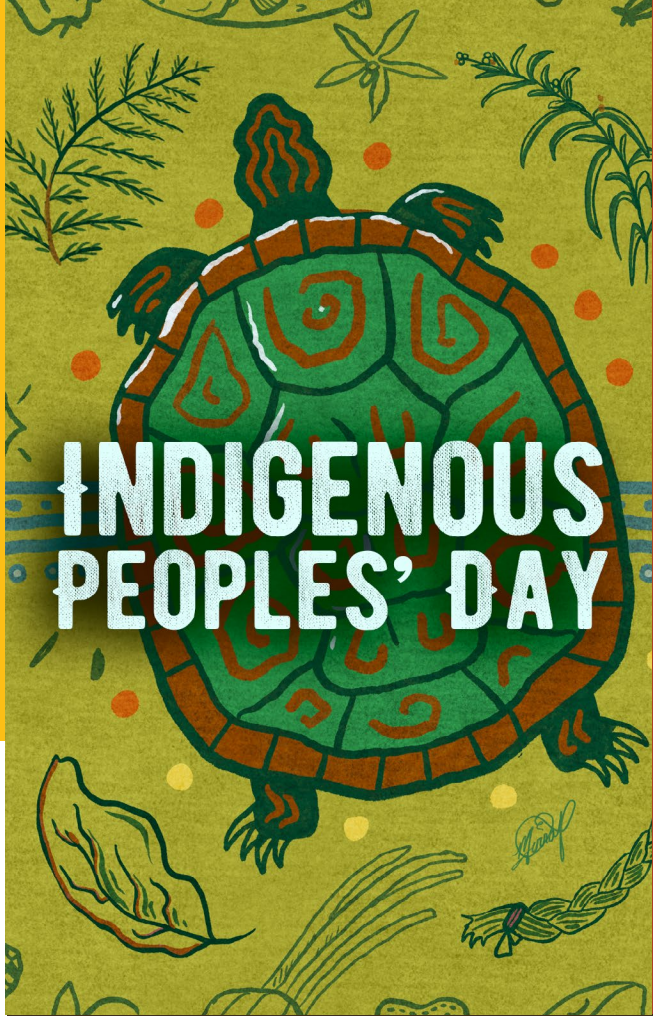


INDIGENOUS
FOOD NETWORK

This November, we're honored to partner again with Dream of Wild Health and the Indigenous Food Network to co-present the Indigenous Foods Class Series. Through this series of cooking and lecture workshops that explore the nutritional and cultural significance of the ingredients used, Seward Co-op joins Native-led organizations as they generously share their ancestral knowledge.

Local members of Native-led organizations Dream of Wild Health, Two Sisters Herbals, and Wiisnig LLC will share their expertise about Indigenous foods, herbal remedies, sustainable

sourcing, and more. You can find class details and register online at [seward.coop/events](#), or look at [page 13](#) for a brief overview.



“Seward Co-op and many Indigenous groups and organizations we’ve worked with, such as NĀTIFS and Dream of Wild Health, have shared values. We [believe in] creating access to healthy foods, that food is medicine, and the importance of Indigenous foods to not just humans, but also to our extended communities and the ecosystems we are a part of. Food that’s good for you can also be delicious.”

—Cassandra Meyer,
Seward Co-op Board
of Directors President



< graphic designed by
Moira Villiard, she/her



field
DAY

co+op
deals

Shop Sales on Field Day Products to Support NĀTIFS

Grocers benefit greatly from the widespread celebration of Thanksgiving, and, at the same time, we acknowledge that its myth is inaccurate and harmful to Indigenous communities. In recognition, we're participating in a program with National Co+op Grocers (NCG) to support local Indigenous-led organization NĀTIFS, which works to strengthen Native foodways to address economic and health crises affecting Native communities.



For every Field Day product on sale that's bought from Nov. 4–17, NCG will donate 5¢ to NĀTIFS. You may know of NĀTIFS through:

- Our SEED round-up in 2021
- Chef Sean Sherman's speech at the 2018 Annual Owner Meeting
- The sale of the Creamery building
- Their Select Hand-Harvested Wild Rice, offered through the Indigenous Food Lab Market, on our shelves



ON THE MENU:

1. **Apple Pie**
featuring flaky, hand-rolled crusts made with care by Seward Co-op staff
2. **Garlic Mashed Potatoes** available vegan or "traditional" with dairy
3. **Lentil & Sweet Potato Shepherd's Pie**
vegan, features a filling of seasoned mushrooms, green lentils, and vegetables, topped with mashed sweet potatoes
4. **Horseradish Brussels Sprouts** vegan
5. **Maple-Glazed Sweet Potatoes** vegan
6. **Cornbread Stuffing**
vegan, made with our own house-made cornbread, fall harvest vegetables, garlic, sage, and rosemary
7. **Roast Turkey Breast**
100% whole-muscle turkey breast, traditionally seasoned with sage and rosemary, from Ferndale Farms, located in Cannon Falls, Minn.
8. **Poultry* or Vegan Mushroom Gravy**
*made from 100% Kadejan chicken bones
9. **Macaroni & Cheese**
10. **Cranberry Sauce** vegan

Not pictured: Seward made Sweet Potato Rolls, vegan

SIMPLE FOR YOU. SPECIAL FOR THEM.

Make this Harvest season special and simple. Skip the stress of cooking a whole spread and let us cater your meal. Whether you order the entire meal, sides, or pies, Seward Co-op has your back with a variety of traditional, vegetarian, vegan, and made without gluten options perfect for anyone at your holiday gathering.

Whenever possible, our ingredients are sourced from Community Foods producers and farmers. Producers that qualify for the Community Foods label meet at least two of the following criteria: small-scale, local, cooperative, inclusive, and/or sustainable. Because Harvest meals are scratch-made on-site by staff, this makes them Community Foods products.



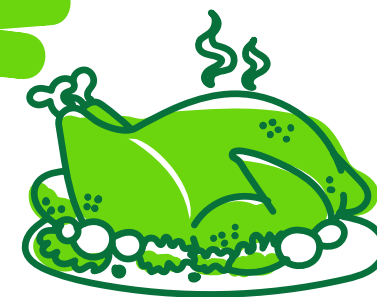
Quick Dates:



Harvest Catering Preorder Nov. 1–19

Available for pickup Nov. 25–26

Full dinners serving up to eight, a la carte entrees and sides, and whole pies



Turkey Preorder Nov. 1–21

Available for pickup Nov. 22–26

Local, free-range turkeys raised in Cannon Falls, Minn. by Ferndale



A Message From the Board

Alice Wiand

Board Meetings

Monthly board meetings are open to co-op owners to attend and observe. They are typically held the last Tuesday of the month, calling to order at 6:15 p.m. An RSVP is politely requested; please email board@seward.coop to indicate your intention to attend.

Current Directors	Term Ends
Jess Nimm	2028
Tabitha Montgomery	2027
Warren King	2026
Cassandra Meyer	2027
Elizabeth Liddiard Wozniak	2027
LaDonna Sanders Redmond	2028
Fartun Weli	2026
Alice Wiand	2027

Hello fellow cooperators,

I hope you're enjoying fall! I appreciate the cooler weather along with the harvest that comes at the end of the growing season—especially all the apple varieties. I love the coziness of this time of year and how things slow down after a busy summer, even when fall brings its own buzz of activity.

It's election season for Seward Co-op, which means I've been on the board for nearly a year. It's been a lot to learn and think about, but I like being involved in the place I work in a different way. This will be my third year working at the Franklin store. It's so interesting to get to see the co-op from this perspective; I feel like I understand the world of co-ops even better, and from a new angle.

Please remember to vote in the Board of Directors election this October! Seward Co-op's

cooperative democracy is vital to what distinguishes us from other grocery stores. It's easy to forget, but it's awesome that the people who make the highest-level decisions about our vision and direction are members of the community who wanted to get more involved. It's important and exciting that we, as owners, get to vote for which candidates we think would best serve our cooperative community, so be sure to remind your friends and neighbors to vote as well.

The conclusion to the election is the Annual Owner Meeting on Monday, Oct. 26, when the results are announced along with the SEED recipients for 2027. We are excited about our third year at Arbeiter Brewing; I look forward to seeing you all there for some good food and a great time.



2026 Board of Directors Election

Seward Co-op's Board of Directors will hold its annual election this fall. Co-op owners elect our board of directors (one ballot per owner number). Participate in our cooperative democracy and help shape the direction we take as a community-owned business by casting your votes. The election begins on Monday, Sept. 28.

About the 2026 Election

There are three at-large seats open, each carrying a three-year term. The designated employee director's seat is not up for election in 2026. Per the co-op's articles and bylaws, up to two seats may be filled by current employees. Both seats are currently occupied.

Online voting for Seward Co-op's Board of Directors will be open from Monday, Sept. 28 through 11:59 p.m. on Sunday, Oct. 25. To receive an online ballot, please update your email address by emailing cs@seward.coop, or at a customer service kiosk at one of our stores. Paper ballots will be accepted at either co-op location or can be mailed, but they must be received by Sunday, Oct. 25. We'll announce election results at our Annual Owner Meeting on Monday, Oct. 26. For more information about the election or other governance topics, please visit www.seward.coop/board-of-directors or email board@seward.coop.

FALL NEWS

THC's Legal Status

Changes are coming to the low-potency hemp-derived cannabinoid market, including products that contain THC and CBD. We're keeping a close eye on what's happening in Congress, with hope that they will either revise or reverse an action they took last year to ban these products across the country. However, unless there is a significant change to the law, most hemp-derived cannabinoid products will no longer be available later this year.

Owner Drive

In January 2027, Seward Co-op will be holding an Owner Drive to recruit new owners and raise awareness about the benefits of co-op ownership. We want to remind people that being an owner is a vital part of what makes the cooperative model so special. Look forward to exciting incentives for new owners, and lots of appreciation for current ones.

Digital Deals

Ready for a new way to score great deals? Every week starting in early October, you'll be able to use the Co+op Deals app to find an assortment of sales unique to Seward Co-op. Download the app, browse these promotions as they come, and enjoy the extra savings.

Help decide this year's new board members!

2026 Board of Directors Election:

Sept. 28–Oct. 25

[learn more](#)



Co+op plus

**New weekly
Digital Deals
start soon!**

Don't miss out!

- Download or update the Co+op Deals app.
- Register or log in.
- Save with new weekly Digital Deals!



SEWARD OWNER SOCIAL HOUR

MONDAY,
10/26 6-7:30 PM

ON THE ROAD

TO 55 YEARS



Join us for drinks, tacos from Habanero Tacos, and socializing with fellow owners as we return to Arbeiter Brewing for our Annual Owner Meeting. Our annual meeting features a report reviewing the past year of co-op financial and community impact. We'll also be announcing our 2027 SEED and grant recipients, and the results of our board of directors election. Let's kick off the 55th year of Seward Co-op together!

THE BASICS

Seward Co-op Annual Owner Meeting and Social Hour
Monday, Oct. 26, 6–7:30 p.m.
Arbeiter Brewing,
3038 Minnehaha Ave, Minneapolis

Tickets: \$5 in advance, \$15 day-of

- Includes one beverage and generously-portioned appetizers
- Kids are free, but must register

Tickets for this year's Annual Owner Meeting are limited. We recommend registering ahead of time to secure your spot.

WHAT TO EXPECT

- Announcement of our 2027 SEED and grant recipients
- Our Scorecard reporting an in-depth look at the past year's community impact and financial updates
- Board of directors election results
- Microgreens activities for kids and lawn games on the patio
- Mingling with staff, board members, and fellow co-op owners
- Generously-portioned appetizers from Habanero Tacos (made without gluten and with vegan options available)

Register at seward.coop/events



FALL SEED RECIPIENTS

One way Seward Co-op lives its Ends Statement to sustain a healthy community is through robust community grants. The SEED program is a simple yet powerful community giving opportunity that allows customers to “round up” their grocery bill for recipient organizations that share our commitment to a healthy community.

September

Midwest Food Connection

Midwest Food Connection teaches hands-on food lessons to students in K-8 classrooms via cooking lessons, schoolyard gardens, and engaging children through the arts. SEED funds will go towards increasing their capacity in South Minneapolis, allowing MFC to teach at schools in the neighborhoods of Seward Co-op's stores.



October

Little Earth Residents Association

Under Little Earth's Food Sovereignty Initiative, their Urban Farm provides 100 days of food security for 1000 residents thanks to the efforts of Little Earth's youth, staff, residents and community partners. SEED funds will be used to teach youth to build and operate an outdoor hydroponics system on the Urban Farm.



November

Seward Co-op's Needs-Based Program

Seward Co-op's needs-based program assists households with financial need by providing a discount on grocery purchases.



COMMUNITY CHOICE

Choose four of the 2027 SEED recipients

All co-op shoppers are invited to vote for four Community Choice SEED recipients. Cast your vote Oct. 1-15.

The 2027 SEED, Seward Community Fund, and People Powered Perks grant recipients will be announced at our Annual Owner Meeting on Oct. 26. Read more about it on page 10. You can find the results of the Community Choice vote after they're announced online at www.seward.coop/seed.

FALL CLASSES & EVENTS

Register at
seward.coop/events

September

Ice Cream Social with Microgreens & Midwest Food Connection
Thursday, Sept. 10, 4:30–6 p.m.
Friendship store
Free

Join our September SEED recipient, Midwest Food Connection (MFC), for free ice cream sundaes (vegan options included) and kids’ activities. MFC teaches local schools about food by going right into the classroom to cook, taste, and garden with kids. Microgreens is Seward Co-op’s program dedicated to getting young people to think about sustainability, community engagement, and healthy local food systems. Bring the whole family for a sweet afternoon of fun.

Seed Art with Seward Co-op at Twin Cities Maker Fest
Saturday, Sept. 12, 10 a.m.–5 p.m.
31st Ave S and E 26th St
Free

Make seed art with seeds and grains from the co-op! Find Seward Co-op tabling at Twin Cities Maker Fest, a free street fair on 31st Ave S and E 26th St in Minneapolis. Check out art and craft activities, demonstrations, food trucks, performances, and a makers’ market including 150 local artists and craftspeople.

Fermentation & the Microbiome: A Hands-On Workshop
Saturday, Sept. 26, 1–2:30 p.m.
Friendship store
\$25 / \$20 Seward Co-op owners

Join microbiome researcher Ky Guse for an interactive workshop exploring the connections between fermentation, microbes, food, and human health. We’ll discuss the science and cultural history of fermentation while creating your own tasty sauerkraut.

Ky Guse, PhD, The Living Food Initiative

October

Kombucha: Understanding the Microbial Ecosystem in Your Jar
Saturday, Oct. 17, 1–2:30 p.m.
Friendship store
\$25 / \$20 Seward Co-op owners

Most kombucha classes teach you what kombucha is and how to brew it, but this workshop also explores why it works! Join Ky Guse for an interactive introduction to the fascinating microbial ecosystem that transforms sweet tea into kombucha. We’ll explore the bacteria and yeast that make up the SCOBY, the ways these microorganisms work together, and how changes in temperature, ingredients and time influence fermentation. You’ll leave with the knowledge and confidence to brew at home.
Ky Guse, PhD, The Living Food Initiative

Seward Co-op Sausages: Demo and Tasting
Thursday, Oct 22, 6–7:30 p.m.
Friendship store
\$5 / free for Seward Co-op owners

Did you know that Seward Co-op makes our sausages in-house? Join Friendship store Meat & Seafood staff to taste your way through a variety of sausages. Along with a demonstration of how the sausage is stuffed and linked, you’ll walk away knowing more about the flavors and cooking methods for both our seasonal and year-round varieties.
Moriah and Paul, Seward Co-op Friendship Store Meat Department Staff

Annual Owner Meeting and Social Hour
Monday, Oct. 26, 6-7:30 p.m.
Arbeiter Brewing, 3038 Minnehaha Ave, Minneapolis
\$5 in advance / \$15 day-of
Free for kids, but must be registered in advance with a parent or guardian.
See [page 10](#) for more information.

November



Since 2021, we have been honored to co-present the Indigenous Foods Class Series, a program developed through Seward Co-op’s long-term partnerships with Dream of Wild Health, one of the oldest and longest operating Native American-led nonprofits in the Twin Cities, and the Indigenous Food Network (IFN), a collaborative of Native-led community organizations in Minneapolis working together to rebuild a sovereign food system.

Through this series of cooking and lecture workshops, we join Native-led organizations as they share their ancestral knowledge. You can find class details and register at seward.coop/events, and revisit past classes at seward.coop/honoring-indigenous-food-traditions.

Microgreens Kids Class on Indigenous Foods: Making & Tasting Kid-Friendly Herbal Tea
Saturday, Nov 7, 10-11 a.m.
Friendship store
\$10 / \$5 Seward Co-op owners
Kids are free, but must be registered with a parent or guardian.
Francesca Koffron & Jessica Ferlaak, Two Sisters Herbals

Exploring Native Foods: Cranberries
Thursday, Nov 12, 6-7:30 p.m.
Friendship store
\$20 / \$15 Seward Co-op owners
Derek Nicholas, Wiisnig LLC
Hope Flanagan, Dream of Wild Health

Making Fire Cider: Food as Medicine
Thursday, Nov 19, 6-7:30 p.m.
Friendship store classroom
\$20 / \$15 Seward Co-op owners
Francesca Koffron & Jessica Ferlaak, Two Sisters Herbals

December

Save the Date: Seward Frolic Staff Art Sale + Hot Cocoa Social
Saturday, Dec. 5, 1-3 p.m.
Franklin Ave store and surrounding Seward neighborhood businesses
Free

Save the date for the Seward neighborhood’s annual Seward Frolic, where you’ll be able to shop art, crafts, and goods made by talented co-op staff in the community dining area and classroom. Enjoy free hot cocoa and live music, and browse the co-op for gifts, treats, and more. More information about the Frolic can be found at sewardbusiness.org.

Store Hours
November 26
8 a.m. – 4 p.m.





The summer sun has set, and autumn has arrived! Leaves start to change colors, the air gets crisper, and our taste for all things pumpkin begins to get serious. Fall into Microgreens this season with fun and delectable activities and recipes for the whole family.

Get Connected to Your Local Food System

Finding ways to get excited about local foods is a great way to make nutritious foods like squash, broccoli, and carrots appealing. Plus, it's a great opportunity to teach kids more about where their food comes from. Here are a few ways to pique their interest this harvest season:

1. Have your kid pick out an item at the co-op, then prepare a meal with them using their chosen local food. You can ask a staff member what's seasonal or look at the shelf tags to see where items are from.
2. Make freezer jam out of their favorite berries. By making freezer jam, kids can learn about food preservation and enjoy their favorite fruit into the fall season.
3. Sip cider and jump in the hay at a local orchard. While you're picking apples together, be sure to talk about how much work goes into growing so many types of apples.
4. Let your kids play with their food. Make an art project out of local foods, such as seed art or veggie sculptures.
5. Whether you're grabbing one from our store or heading to a pumpkin patch to enjoy the festivities, pick the perfect pumpkin for Halloween. Carve it, make a holiday pie, or even turn the guts into dog treats (see recipe on next page).



Turn Pumpkin Guts into Dog Treats

Don't throw away your pumpkin scraps after carving that jack-o'-lantern! You can roast the guts, flesh, and stringy bits, then blend them into a smooth purée to make dog-friendly treats. Make sure to remove all the seeds, because while they're good for us, they aren't great for dogs.

Ingredients:

- 1 cup pureed pumpkin innards, made by removing seeds from the pumpkin and pureeing scraps in a blender until smooth
- ½ cup ground flax seeds
- 3.5 cups flour, added one cup at a time

Instructions:

1. Preheat oven to 375°F.
2. Mix the ingredients together, then knead and roll out on a floured surface.
3. Cut into desired shapes.
4. Place on a cookie sheet and bake at 375°F for 15 minutes.

Activity source: <https://www.tiktok.com/@goingzerowaste/video/7158482138143214890>



Looking for something to do with your seeds? Check out our website for an easy roasted pumpkin seed recipe, plus other autumn activities: seward.coop/fall-into-microgreens-autumn-activities-for-kids



Kids Classes This Fall:

Microgreens Kids Class on Indigenous Foods: Making & Tasting Kid-Friendly Herbal Tea

Saturday, Nov 7, 10-11 a.m.
Friendship store
\$10 / \$5 Seward Co-op owners
Kids are free and must be registered with a parent or guardian
Francesca Koffron & Jessica Ferlaak, Two Sisters Herbs



Seward
COMMUNITY CO-OP



OCTOBER IS NATIONAL



**CO-OP
MONTH**

Seward
COMMUNITY CO-OP



Thanks co-op owners for your continued support
Here are 4 weeks of **FREE** product offers



WEEK ONE: 9/30/2026–10/6/2026



FREE

**EQUAL EXCHANGE
CHOCOLATE BAR**



\$5.69

Limit one coupon per owner number | While supplies last
Valid only 9/30/2026–10/6/2026 | Price subject to change

WEEK TWO: 10/7/2026–10/13/2026



FREE

MATT'S COOKIES



REG: \$5.79

Limit one coupon per owner number | While supplies last
Valid only 10/7/2026–10/13/2026 | Price subject to change

WEEK THREE: 10/14/2026–10/20/2026



FREE

**EQUAL EXCHANGE
TEA BAGS, 20 CT.**



REG: \$6.29

Limit one coupon per owner number | While supplies last
Valid only 10/14/2026–10/20/2026 | Price subject to change

WEEK FOUR: 10/21/2026–10/27/2026



FREE

**GOOD CRISP POTATO
CHIPS & CRISPS**



REG: \$3.99–\$4.99

Limit one coupon per owner number | While supplies last
Valid only 10/21/2026–10/27/2026 | Price subject to change