

ASHLAND FOOD CO+OP

EST. 1972



Woodstock
**LUMP HARD
CHARCOAL**

8.8 lb.

\$9⁹⁹

SAVE \$2.80

SALE FLYER | MAY 15 TO 21, 2024

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Seedless Watermelon
Mexico

78¢_{lb}

SAVE \$0.21/lb



ORGANIC
Cherries
California

\$9⁹⁵_{lb}

SAVE \$3.00/lb



ORGANIC
Apricots
California

\$4⁹⁸_{lb}

SAVE \$1.47/lb



ORGANIC
Cantaloupe
Mexico

\$1⁰⁹_{lb}

SAVE \$0.90/lb



ORGANIC
Cucumber
Mexico

\$1⁷⁶_{lb}

SAVE \$0.53/lb



ORGANIC
Red Bell Peppers
Mexico

\$2⁹⁶_{lb}

SAVE \$1.03/lb



ORGANIC
Snap Peas
California

\$4⁹⁵_{lb}

SAVE \$3.00/lb



ORGANIC
Tomatoes
on the Vine
Mexico

\$2²⁴_{lb}

SAVE \$1.05/lb

coop deals

Beyond Meat Plant Based Ground Beef
16 oz.

\$7.99

SAVE \$2.80



GROCERY

Cascadian Farm Organic Potatoes
Selected Varieties
16 oz.

2/\$8



coop deals



The Greek Gods Greek Yogurt
24 oz.

\$3.79

SAVE \$1.20

coop deals



Flax 4 Life Flax Muffins
14 oz.

\$5.99

SAVE \$1.00



Miyoko's Creamery Organic Plant Milk Cheese Spread
Roadhouse Cheddar • 8 oz.

\$5.69

SAVE \$1.30



Bonne Maman Fruit Spread
Selected Varieties • 4.41-11.8 oz.

\$4.59

SAVE \$1.00-\$1.70



Barbara's Cheese Puffs
5.5-7 oz.

\$2.69

SAVE \$1.00

coop deals

Annie's Organic Dressing & Vinaigrette
8 oz.

2/\$8



coop deals



Nature's Bakery Fig Bars
12 oz.

\$4.49

SAVE \$1.50



ORGANIC Steel Cut Oats

\$1.19 lb

SAVE \$0.30/lb



ORGANIC Mission Figs

\$6.99 lb

SAVE \$3.30/lb



Pachamama Bulk Coffee
All Varieties

\$13.29 lb

SAVE \$1.00/lb



ORGANIC Brown Flax Seed

\$2.49 lb

SAVE \$0.80/lb

BULK



AFC participates in the nationwide Bicycle Benefits program. Customers purchase a sticker for a one-time \$5 fee and can present it for discounts around the valley and across the country when they ride their bike.

Buy a sticker from the Info Desk, put it on your helmet, bike to the Co-op, and save 5% on each shop, which can be combined with any other discount.

In 2023, **445 Co-op Owners participated** in the program to reward them for reducing their carbon footprint. Bicycle Benefits was used **10,057 times for \$21,368.92 worth of discounts!**



Staff chose the
GREEN WAY
to Work

3,306
times in 2023!

What is Green Way to Work?

GWTW is an AFC Staff program that encourages alternatives to single occupancy vehicle trips to work. Staff who ride their bike, take public transportation, carpool, walk, or any

other qualifying journey are entered into a weekly raffle for a \$10 AFC Gift Card. Just one more perk working at the Co-op and another way we encourage our staff to lower their carbon footprint!



**ASHLAND
FOOD CO+OP**
— EST. 1972 —

Join Today!

Be a co-op owner with 13,000 of your
neighbors & friends!

Come for the perks,
stay for the purpose!

Support our local
farmers and purveyors



FOR MORE INFORMATION ON HOW TO BECOME AN OWNER GO TO
WWW.ASHLANDFOOD.COOP/BECOME-OWNER OR SCAN THE QR CODE!



LAND & SEA



**Diestel Turkey Ranch
Ground Dark Turkey**

\$4⁹⁹ lb

SAVE \$2.00/lb



**Hempler's
Applewood Smoked
Center Cut Bacon**

10 oz.

\$6⁴⁹ SAVE \$1.50

HOUSE-MADE

**ASHLAND
FOOD CO+OP**

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**Co-op Kitchen
Grab-n-Go
Vegan
Quesadilla**

\$2⁷⁵

SAVE \$0.70



**Organic Smart Chicken
Boneless Skinless
Breast**

\$9⁹⁹ lb

SAVE \$2.00/lb



**Wild Ahi Tuna Fillet
Previously Frozen**

\$11⁹⁹ lb

SAVE \$3.00/lb

**ASHLAND
FOOD CO+OP**

EST. 1972

**Co-op Kitchen
Grab-n-Go
Tempeh Club
Sandwich**

\$6⁹⁵

SAVE \$2.00



WHAT IS CO+OP BASICS?

Co+op Basics includes over 300 pantry and household staples. From beef to milk to cereal, we've lowered the price on all these items to make organic, healthy food accessible to every shopper.

LOOK FOR THE
PURPLE TAGS
TO SAVE!

**Co+op
basics**

CO+OP Basics

**Co+op
basics**



**Smart Chicken
Drumsticks**

\$2⁴⁹ lb



**Co+op
basics**



**ORGANIC
Valencia Oranges**

\$2²⁹ lb

**Co+op
basics**



**ORGANIC
Quinoa**

\$2⁵⁹ lb

**Co+op
basics**



**Field Day
Organic Blueberries**
32 oz.

\$9⁹⁹

**Co+op
basics**



**ORGANIC
Thompson Raisins**

\$3⁶⁹ lb

Classes & Events

May 22 • 6pm–8pm

Build up Resistance with Lung Health and Stress Support

Co-op Classroom • FREE

Join Karla in a discussion about building resiliency in our lungs and nervous system. We will discuss Herb Pharm's incredible Regenerative Organic Certified™ farms and go deeper into nervines, adaptogens, and herbs to nurture the respiratory system for daily use and the upcoming fire season.

June 5 • 6pm–8pm

Change Your Breath, Change Your Life!

Co-op Classroom • FREE

Breathing is a fundamental aspect of our existence, yet often overlooked as a powerful tool for healing the body, mind and spirit. Discover how transformational breathwork sessions change lives and go home with simple breathing exercises you can do at home, work, driving, or even sleeping, to improve your health and well-being.

June 20 • 6pm–8pm

Welcoming the Transition of Springy Sunshine to Sultry-Summer Days

Co-op Classroom

\$50 General • \$45 Co-op Owners

\$22.50 Staff

Celebrate the Summer Solstice with a collection of yum that will be a sure hit at your summer soirée! In this class, you will learn how to put together a dazzling, Summer Grazing Board, featuring local cheeses, farm-fresh nibbles and edible blooms! In addition, Watermelon Gazpacho and last, but not least a Cool Dessert for Hot Summer Nights!

WELLNESS



Boiron

Calendula Gel

Skin Irritations, Insect Bites • 1.5 oz.

\$6⁷⁹

SAVE \$1.70



Organic India Ashwagandha

Healthy Stress Response • 90 cap

\$15⁹⁹

SAVE \$7.50

Evan Healy All Products

20% OFF



Yerba Prima

Organic Psyllium Husks

Regularity and Heart Health • 12 oz.

\$14⁷⁹

SAVE \$4.00



Kal

D-3 K-2 Citrus Droplns

Natural Citrus • 2 oz.

\$15⁷⁹

SAVE \$1.70

BRUCE'S PICKS

Pelican Brewing Sparkle Hops

6-Pack

Produced on the beautiful Central Oregon Coast. Refreshing sparkling water, infused with light hop bitterness, and a touch of fruit essence. Zero percent alcohol.

\$6⁹⁹



Ercolo Barbera

1000 ml.

Piedmont Barbera at a wonderful price. The juicy and bright flavors make this an ideal warm weather red.

\$12⁹⁹

