



**ASHLAND
FOOD CO+OP**

EST. 1972



**SALE EFFECTIVE
JANUARY 31 -
FEBRUARY 6**

**Game Day
Savings**



**SMART CHICKEN
ORGANIC
WINGS**

\$2.49 lb.



**ORGANIC
Broccoli**

California

\$1.48 lb.



**ORGANIC
Mini Sweet Peppers**

Mexico • 1 lb. Bag

\$3.48 ea.



**ORGANIC
Limes**

Mexico

98¢ lb.



**ORGANIC
Asparagus**

Mexico

\$4.95 lb.



**ORGANIC
Navel Oranges**

California

98¢ lb.



**ORGANIC
Concorde Pears**

Washington

\$1.34 lb.



**ORGANIC
Triplecross Mandarins**

Seedless • California

\$2.46 lb.



**ORGANIC
Persian Cucumbers**

Mexico

\$2.35 lb.

coop deals

Kettle
Potato Chips
5 oz.

2/\$3



coop deals

Annie's Homegrown
Organic
Macaroni & Cheese
6 oz.

5/\$10



coop deals

Blue Sky
Soda
6 pack

\$1.99



coop deals

Field Day
Organic Salsa
16 oz.

2/\$5



coop deals

R.W. Knudsen
Organic
Concord Grape Juice
32 oz.

\$2.79



coop deals

Brown Cow
Cream Top Yogurt
Whole Milk • 32 oz.

2/\$5



coop deals

Organic Valley
Organic Omega-3
Large Brown Eggs
Dozen

\$4.59



coop deals

Nature's Path
Organic Cereal
Selected Varieties
10.6-14 oz.

\$3.39



coop deals

Foodie Fuel
Organic Fuel Snacks
Gluten-Free • Non-GMO
4 oz.

\$3.59



Griffin Creek
Coffee Roasters
Organic Sumatra
\$9.89 lb.



ORGANIC
Small Red Chili Beans
\$1.49 lb.

coop deals

ORGANIC
Steel Cut Oats
79¢ lb.



coop deals

Lotus Foods
Organic
Jasmine Rice
\$1.85 lb.



ASHLAND FOOD CO+OP

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EMERALD HILLS

100% GRASS-FED GROUND BEEF

Local
Not to exceed
20% fat

\$4⁹⁹
lb.



Niman Ranch Sausage & Beef Franks

All Varieties • 11-12 oz.

\$5⁹⁹



Cooked Peeled & Deveined 26/30 Count Shrimp

Farm Raised

\$10⁹⁹
lb.



Niman Ranch St. Louis Pork Ribs

\$5⁴⁹
lb.

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ORGANIC LARGE HASS AVOCADOS

California & Mexico

2/\$4



**Garden of Eatin'
Tortilla Chips**
7.5-8.1 oz.

2/\$4



**AFC Deli
Grab-n-Go
Deli Made Salsa**

16 oz.

\$3.45



**Rolling Rock
Extra Pale Ale**

18 pack

\$7.99



**ORGANIC
Cilantro**
California

\$1.24 ea.



**ORGANIC
Cherry Tomatoes**
All Varieties • 12 oz. Container

\$3.46 ea.

coop deals

Rustic Crust Organic Original Pizza Crust 13 oz.

\$3.89



coop deals

WishGarden Herbs All Products

20% OFF



Cucina & Amore Italian Pasta Sauce 16.8 oz.

\$2.79

coop deals



Jeff's Naturals Olives 5.5-11.75 oz.

\$2.99

coop deals



Garden of Life Sport Performance Protein Bar Organic Plant-Based All Varieties • 2.7 oz.

\$1.99

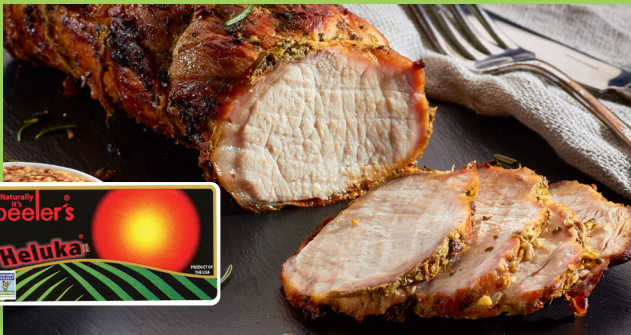
coop deals



Quantum Health Super Lysine + Immune System Support 90 tab

\$7.99

WE LOVE THIS!



Fresh Beeler's Heluka Pork Products

Have you heard? We now carry fresh Non-GMO Heluka pork products from Beeler's. Their pigs are raised without antibiotics or growth promotants. The Heluka bacons, hams, and sausages contain no added MSG, sodium nitrate, or chemical preservatives and are verified by the Non-GMO Project.

coop deals

Weleda Creamy Body Wash Certified Natural Body Care All Varieties 6.8 oz.

\$5.69



coop deals



Badger Cocoa Butter Lip Balm Creamy Cocoa • Cool Mint Pomegranate • Vanilla Bean .25 oz.

\$3.19

coop deals



Nature's Gate Shampoo & Conditioner All Varieties • 18 oz.

\$4.99



Guacamole

Guacamole is a game day must have. This basic, slightly spicy recipe is sure to be a touchdown or slam dunk at any party.

Ingredients

- 2 small Hass avocados
- 1 Tablespoon lime juice
- ¼ cup and 1 Tablespoon red onion, diced
- ½ teaspoon jalapeno, diced fine
- 3 Tablespoons tomato, diced
- 1 Tablespoon cilantro, diced fine
- ½ Tablespoon sea salt (scant)
- ¼ teaspoon cayenne pepper

Directions

- 1) Cut both the avocados in half and remove the seed. Scoop out the avocado with a spoon. Place in a bowl and mash with a fork.
- 2) Add lime juice first to avoid oxidation. Then add the rest of the ingredients and mix.
- 3) Serve with your favorite tortilla chip.

Enjoy!

Valentine Cookie Decorating Party

Sat., February 10
11AM to 1PM
FREE!

Join us in the Co-op Classroom for our 3rd Annual Valentine Cookie Decorating Party. We'll supply fresh baked gluten free and traditional sugar cookies, mountains of frosting and organic decorations.



AFC DELI
Grab-n-Go
Classic Bean Dip
\$3⁹⁵ lb.



AFC DELI
Made to Order
CannaCool Shot
CBD Oil, Peppermint or Unflavored with Cucumber & Lemon Juice
2 oz.
\$3⁵⁰

Hazana Rioja

Delightful Spanish red, primarily Tempranillo, that has a little of everything. Plenty of ripe and dark fruit, nice amount of acidity, and just a touch of dusty, drying tannin. This gets a mix of traditional American oak barrels, as well as more subtle French oak.



\$13⁹⁹

Le Merlot des Acanthes

Wonderful value from this Southern Rhone Merlot. Bright and fresh, all stainless steel. There is a dash of pepper and spice to compliment the red cherry flavors.



\$8⁹⁹



San Pellegrino
Sparkling Mineral Water
750 ml.

2/\$3



Amy's Burritos

Selected Varieties • 5.5-6 oz.

2/\$5



Luna & Larry's Organic Coconut Bliss

Non-Dairy
Frozen Dessert
Pint

\$4³⁹



Visit www.ashlandfood.coop for more recipes