



**ASHLAND
FOOD CO+OP**
EST. 1972

BACK TO SCHOOL

Basics

SAVINGS

coop
basics



ORGANIC
VALENCIA
ORANGES
97¢ lb

Sale Effective August 22 to 28

Fresh Produce

New Crop!



**ORGANIC
Gala Apples**
Washington
Reg. \$2.99/lb

\$1⁵⁴ lb



**ORGANIC
Seedless Grapes**
Red & Green • California
Reg. \$2.99/lb

\$2¹⁸ lb



**ORGANIC
Strawberries**
California
1 lb. Container • Reg. \$4.45/ea

\$3⁹⁸ ea

New Crop!



**ORGANIC
Bartlett Pears**
Oregon & California
Reg. \$1.69/lb

\$1⁴² lb



**ORGANIC
Celery**
California
Reg. \$0.99/lb

67¢ lb



**ORGANIC
Cherry Tomatoes**
Rogue Valley Grown
Pint • Reg. \$3.99/ea

\$2⁵⁴ ea



**ORGANIC
Mini Sweet Peppers**
Oregon
1 lb. Bag • Reg. \$6.45/ea

\$3⁹⁶ ea



**ORGANIC
Peeled Rainbow
Baby Carrots**
California
12 oz. Bag • Reg. \$2.49/ea

2/\$3

coop deals

Grocery

coop deals

Santa Cruz Organic Lemonade
All Varieties
32 oz. • Reg. \$1.99

2/\$3



Santa Cruz Organic Peanut Butter
Light • Dark
16 oz. • Reg. \$5.65

\$3.99



coop deals

coop deals

coop deals

coop deals

Annie's Homegrown Family Size Macaroni & Cheese
10.5 oz. • Reg. \$3.59

\$2.49



Quorn Chik'n Nuggets & Patties
10.6 oz. • Reg. \$4.99

2/\$5



Rising Moon Organic Ravioli
8 oz. • Reg. \$5.29

\$3.39



Newman's Own Newman O's Cookies
13 oz. • Reg. \$4.79

\$2.99



coop deals

coop deals

coop deals

Perfect Bar Organic Protein Bar
2.3-2.5 oz. • Reg. \$2.99

\$1.99



SAVE \$1



Hail Merry Bites
3.5 oz. • Reg. \$4.49

\$2.99



Equal Exchange Organic Chocolate
2.8 oz. • Reg. \$3.39

2/\$5



coop deals

Bulk

coop basics

ORGANIC Green Lentils
Reg. \$2.11/lb

\$1.79 lb



ORGANIC Grind Your Own Peanut Butter
Reg. \$3.91/lb

\$3.29 lb



ORGANIC Equal Exchange Bird of Paradise Coffee

\$8.99 lb



ORGANIC Brown Basmati Rice
Reg. \$2.46/lb

\$1.89 lb



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SMART CHICKEN BONELESS SKINLESS CHICKEN BREAST

\$6.49
lb

CO+OP
basics



Earthbound Farm Organic Baby Spinach

1 lb.

\$4.98

CO+OP
basics



ORGANIC BULK Short Grain Brown Rice

\$1.64
lb

CO+OP
basics



Field Day Organic Broth

All Varieties • 32 oz.

\$1.99

ASHLAND FOOD CO+OP

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coop
basics

ORGANIC G.R.O.W. BANANAS

Giving Resources
and Opportunities
to Workers

88¢ lb



CO+OP Basics: High integrity, low price

coop
basics



**Organic Valley
Organic Butter**
1 lb.

\$6⁴⁹

coop
basics



**Organic Valley
Organic Milk**
64 oz.

\$3⁸⁹

coop
basics



**Nordic Naturals
Nordic Berries**
120 ct.

\$16⁹⁴

coop
basics



**Jason
Powersmile
Toothpaste**
6 oz.

\$3⁴⁹

coop
basics



**Natural Factors
C 500 mg**
All Varieties • 100% Natural Fruit
Chew • 90 Wafers

\$9⁴⁹

Land & Sea

Applegate Naturals Turkey Bacon

8 oz. • Reg. \$5.99

\$4⁹⁹



**SAVE
\$1**

House-Made

AFC DELI Bakery Date Bar

Reg. \$7.95/lb

\$6²⁵ lb



Organic Smart Chicken Tenderloins

Reg. \$8.99/lb

\$6⁹⁹ lb



**SAVE
\$2/lb**



AFC DELI Made to Order Iced Chai

12 oz. • Reg. \$3.95

\$2⁵⁰



CO+OP Basics

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**



Wilcox Family Farms Omega-3 Large Brown Eggs

Dozen

\$3³⁹

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Silk Almondmilk

64 oz.

\$3⁹⁹

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basics**



Field Day Organic Mac & Cheese

6 oz.

\$1⁹⁹



**CO+OP
basics**



Field Day Organic Wildlife Friends Cookies

8 oz.

\$2⁹⁹



**CO+OP
basics**



Field Day Organic Cereal

10-14 oz.

\$2⁹⁹





pear & Blue Cheese FLATBREAD

The classic combination of pears, walnuts and blue cheese shine in this delightfully easy flatbread. Try it with the newly arrived Bartlett pears!

Ingredients

- 4 small flatbreads or 2 lavash, cut in quarters or halves
- 1 tablespoon olive oil
- 1 pear, cored and thinly sliced
- 8 ounces blue cheese, crumbled
- 2 teaspoons minced fresh sage
- 2 tablespoons coarsely chopped walnuts
- 2 cups arugula, washed
- 1 tablespoon balsamic vinegar
- Black pepper

Directions

- 1) Heat the oven to 450°F.
- 2) Place the flatbread or lavash pieces on a large sheet pan and drizzle with olive oil. Spread the pear slices evenly on top, sprinkle with blue cheese, sage and walnuts.
- 3) Bake for 6 to 8 minutes until the cheese is bubbly. Remove from the oven.
- 4) While the flatbreads are baking, toss the arugula with the balsamic vinegar.
- 5) Top the hot flatbreads with the dressed greens, sprinkle with black pepper and serve.

Enjoy!

coop deals



Andalou Naturals Shampoo & Conditioner

All Varieties
11.5 oz. • Reg. \$9.95

\$5⁵⁹

Wellness



Jarrow N-A-C Sustain

Supports Liver & Lung Function

100 tab • Reg. \$22.99

\$16²⁹

coop deals



Mineral Fusion Nail Polish

Selected Varieties
0.33 oz. • Reg. \$8.99

\$5⁹⁹

SAVE
\$3

coop deals



Bach Rescue Remedy

10 ml. • Reg. \$14.49

\$10⁴⁹

SAVE
\$4

coop deals



Everyone Soap 3-in-1

Selected Varieties
32 oz. • Reg. \$9.99

\$6⁹⁹

SAVE
\$3

Bruce's Picks

Fort George 3-Way IPA

A new summer classic. A collaboration between Astoria's Ft. George and a rotating roster of great IPA making breweries.

4 Pack • 16 oz. Cans

\$11⁹⁹



Charavin Cotes du Rhone Cuvee LAURE

Mother/Daughter winemakers/owners. 85% Grenache and 15% Cinsault, unfiltered, no oak, whole cluster fermentation gives both juicy fruit and a tannic bite.

\$15⁹⁹

