



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

RELIEF • FOR THE • ROGUE VALLEY

Provide help to families impacted by recent wildfires by making an online donation at ashlandfood.coop/relief or rounding up at the register.



Sale Effective September 16 to 22

Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Pomegranates**
California
Reg. \$3.99/ea

\$2⁶⁴ ea



**ORGANIC
Yellow Nectarines**
Northwest
Reg. \$3.99/lb

\$3⁴⁸ lb



**ORGANIC
Dapple Dandy Pluots**
Northwest
Reg. \$3.49/lb

\$2⁹⁸ lb



**ORGANIC
Seedless Grapes**
Red • Green • Black
Reg. \$3.99/lb

\$2⁶⁸ lb



**ORGANIC
Celery**
California
Reg. \$1.29/lb

98¢ lb



**ORGANIC
Large Hass Avocados**
California
Reg. \$2.99/ea

2/\$4



**ORGANIC
Asparagus**
Mexico
Reg. \$8.95/lb

\$6²⁴ lb



**ORGANIC
Roma Tomatoes**
Northwest
Reg. \$3.29/lb

\$2⁴⁸ lb



Genuine Bavarian Organic Bread

Pumpkinseed • Flaxseed
Sunflower Seed
8 oz. • Reg. \$4.99

\$3.99



Grocery

Organic Valley Organic Cheese Blocks

Mild Cheddar
Sharp Cheddar
Monterey Jack
8 oz. • Reg. \$5.89

\$4.99



Mary's Gone Crackers Organic Crackers

Selected Varieties
5.5-6.5 oz. • Reg. \$4.59

\$3.29



Garden of Eatin' Corn Tortilla Chips

16 oz. • Reg. \$4.49

2/\$6



Amy's Entrees & Bowls

8-10.3 oz. • Reg. \$5.59-\$5.89

\$3.99



Blake's Shepherd & Chicken Pot Pies

8 oz. • Reg. \$5.39-\$5.69

\$3.99



Perrier Mineral Water

25.3 oz. • Reg. \$1.99

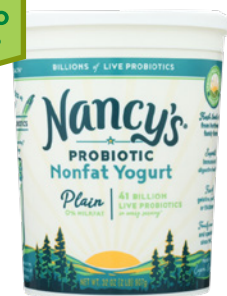
2/\$3



Theo Organic Chocolate Bars

3 oz. • Reg. \$3.29

2/\$5



Nancy's Plain Yogurt

Selected Varieties
32 oz. • Reg. \$3.59

\$2.99



ORGANIC Dark Red Kidney Beans

Reg. \$2.13/lb

\$1.79 lb



Deluxe Mixed Nuts

Roasted & Salted
Reg. \$13.15/lb

\$10.59 lb

Bulk



Pachamama Organic Farmers Coffee Blend

Farmer Owned
Reg. \$13.59/lb

\$10.99 lb



ORGANIC Black Mission Figs

Reg. \$6.28/lb

\$4.99 lb



**ASHLAND
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CO-OP BASICS



coop
basics

**Field Day
Organic Pasta**
16 oz.

\$1.79



coop
basics

**Field Day
Organic
Pasta Sauce**
26 oz.

\$2.79



coop
basics

**Clif
Energy Bars**
2.4 oz.

\$1.25



coop
basics

**Organic
White Basmati Rice**

\$2.39
lb



coop
basics

**Field Day
Organic Broth**
32 oz.

\$1.99



**Field Day
Shampoo
& Conditioner**
16 oz.

\$5.49



**Desert Essence
Toothpaste**
6 oz.

\$4.49





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CO-OP PRINCIPLE #7:
Concern for Community

Land & Sea



Beeler's Hickory Smoked Bacon

16 oz. • Reg. \$9.99

\$7⁹⁹



Cooked Peeled & Cleaned Shrimp 31/40 Count

Farm Raised
Reg. \$14.99/lb

\$12⁹⁹ lb



Organic Smart Chicken Boneless Skinless Thighs

Reg. \$7.99/lb

\$6⁹⁹ lb



Wild Ahi Tuna Fillet Previously Frozen

Reg. \$14.99/lb

\$11⁹⁹ lb

House-Made

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Bakery Wheat-Free Black Gold Cookies

Reg. \$12.95/lb

\$11⁹⁵ lb



SAVE \$1 /lb

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Made to Order Mate Latte

16 oz. • Reg. \$3.95/ea

\$2⁹⁵ ea



SAVE \$1

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

Applegate Naturals Uncured Pepperoni

5 oz.

\$4⁴⁹



Co+op basics



Field Day Organic Wildlife Friends Cookies

8 oz.

\$3²⁹



Co+op basics



Field Day Organic Pizza

10.5-12 oz.

\$3⁹⁹



Co+op basics



Woodstock Organic Peanut Butter

35 oz. • Crunchy • Smooth

\$9⁹⁹



Co+op basics



Field Day Organic Apple Juice

64 oz.

\$5⁹⁹



ROUND UP ★★★★★ TO ★★★★★ Give BACK



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coop
deals



SAVE
\$1

Inesscents
CBD Bath Salts
All Varieties
4 oz. • Reg. \$7.99
\$6⁹⁹

Wellness



Source Naturals
All Products
20% OFF

Sunwarrior
All Products
20% OFF



SAVE
\$2

Tiger Balm
Pain Relieving Ointment
Red Extra Strength
0.63 • Reg. \$7.49
\$5⁴⁹



SAVE
\$2

Xlear
Sinus Rinse Kit
For allergy, cold and flu symptoms
1 ct. • Reg. \$8.99
\$6⁹⁹

Bruce's Picks

Schmidt Family
Albarino
750 ml.
Citrusy and delicious,
just a hint of
roundness for balance.
Applegate Valley
grown and bottled.
\$11⁹⁹



Pio Cesare
Barbera d'Alba
750 ml.
Dark and structured,
yet wonderful grace
and elegance.
\$20⁹⁹

