



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

# WINTER WELLNESS

Winter time is a great  
opportunity to focus on being you



MRM  
ALL PRODUCTS  
**15% OFF**

Sale Effective January 13 to 19

## Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC  
Yellow Potatoes**  
Northwest  
Reg. \$1.99/lb

**98¢** lb



SAVE  
**\$1** /lb



**ORGANIC  
Leeks**  
California  
Reg. \$2.99/lb

**\$1.99** lb



**ORGANIC  
Cauliflower**  
California  
Reg. \$3.99/lb

**\$1.64** lb



**ORGANIC  
Broccoli**  
California  
Reg. \$2.99/lb

**\$1.42** lb



**ORGANIC  
Pink Lady Apples**  
Northwest  
Reg. \$2.99/lb

**\$1.28** lb



**ORGANIC  
Navel Oranges**  
California  
5 lb. Bag • Reg. \$6.95/ea

**\$5.45** ea



**ORGANIC  
Kiwi Fruit**  
California  
Reg. \$3.99/lb

**\$2.86** lb



**ORGANIC  
Page Mandarins**  
California  
Reg. \$3.29/lb

**\$2.28** lb

Grocery

**Pacific Organic Soup**

32 oz. • Reg. \$3.99

**2/\$6**



**Quorn Meatless Patties & Nuggets**

10.6 oz. • Reg. \$5.29

**2/\$7**



**Westbrae Organic Beans**

15 oz. • Reg. \$2.49

**\$1.79**



**Organic Valley Organic Sliced Cheese**

Muenster • Provolone  
6 oz. • Reg. \$5.09

**\$4.49**



**Flax 4 Life Gluten-Free Flax Muffins**

14 oz. • Reg. \$6.59

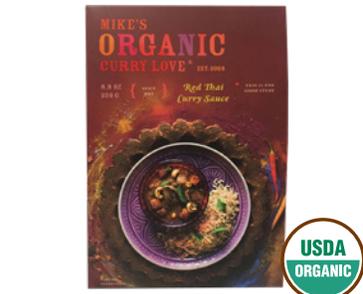
**\$5.59**



**Nature's Path Organic Waffles**

7.4 oz. • Reg. \$3.29

**\$2.29**



**Mike's Organic Curry Love Organic Curry Sauce**

8.8 oz. • Reg. \$5.89

**\$4.69**



**Larabar Fruit & Nut Bars**

1.6-1.8 oz. • Reg. \$1.69-\$2.39

**10/\$10**



**Annie's Organic Dressing & Vinaigrette**

8 oz. • Reg. \$3.89-\$3.99

**2/\$6**

Bulk



**ORGANIC French Green Lentils**

Reg. \$2.39/lb

**\$1.89 lb**



**ORGANIC Cashew Pieces**

Raw  
Reg. \$5.29/lb

**\$4.29 lb**



**Equal Exchange Organic Love Buzz Coffee Blend**

**\$8.99 lb**



**ORGANIC Short Grain Brown Rice**

**\$1.69 lb**

# Wellness Balance



**A la Maison Hand & Body Lotion**  
Honeysuckle  
5 oz. • Reg. \$6.99

**\$6<sup>49</sup>**



**Winged Relaxation CBD Gummies**  
10mg CBD/Serving  
+ Stress Support Complex\*  
21 Gummies  
Naturally Flavored  
FULL SPECTRUM HEMP EXTRACT  
DIETARY SUPPLEMENT

**\$29<sup>99</sup>**



**Life-Flo Pure Argan Oil**  
Intensified Softness & Shine to Hair  
4 oz. • Reg. \$31.99

**\$21<sup>99</sup>**



**Wishgarden Herbs Liquid Bliss**  
Heart Warming  
Peace & Tranquility  
2 oz. • Reg. \$16.99

**\$13<sup>99</sup>**

## Tints of Nature Bold Colours

All Varieties  
2.46 oz. • Reg. \$13.99

**\$11<sup>49</sup>**



**Wild Carrot Peace Cream**  
Be Restful  
Harmonius Dream  
2 oz. • Reg. \$17.49

**\$14<sup>49</sup>**



**Giovanni 2 Chic D:Tox**  
Deep Conditioning Hair Mask  
1.75 oz. • Reg. \$3.49

**\$2<sup>99</sup>**



**Magnificent Moisture Skin Food**  
30 ml. • 49.99

**\$39<sup>99</sup>**



**Earth Science Azulene Eye Cream**  
All Skin Types  
0.8 oz. • Reg. \$16.49

**\$13<sup>49</sup>**



**Yerba Prima Tampico Skin Brush**  
Detox & Beauty Brush  
1 ct. • Reg. \$13.49

**\$10<sup>49</sup>**



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

Happy &  
Healthy!

**AFC BRAND  
SUPPLEMENTS**



**BEGIN YOUR 2021 HEALTH REBOOT  
WITH OUR QUALITY BRANDED SUPPLEMENTS**



cheers to  
2021!

**Try this!**

**Ashland Food  
Co-op Brand  
Show Me The Whey  
Vanilla Protein Powder  
13.3 oz.**

**Reg. \$24<sup>99</sup>**



**Show Me The Whey®**  
• Natural Vanilla Flavor •  
Supports Muscle Development & Repair!  
• With L-Glutamine  
• No added sugar or artificial sweeteners  
• No carrageenan

18g PROTEIN 21g FIBER 80 CALORIES 18g FAT 0.5g SODIUM 2g SUGAR

Dietary Supplement  
NET WT 13.3 oz (377 g)

## Land & Sea



SAVE \$1

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

10 oz. • Reg. \$6.99

**\$5<sup>99</sup>**



SAVE \$2



**Roli Roti Butcher's Organic Bone Broth**

All Varieties

24 oz. • Reg. \$9.99

**\$7<sup>99</sup>**

## House-Made

**ASHLAND FOOD CO+OP**

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**Co-op Kitchen Made to Order Kombucha**

16 oz. • Reg. \$3.95/ea

**\$2<sup>95</sup> ea**



SAVE \$1



SAVE \$2/lb

**Diestel Family Ranch Ground Dark Turkey**

Reg. \$6.99/lb

**\$4<sup>99</sup> lb**



SAVE \$2/lb

**Beeler's Boneless Pork Loin Chops**

Reg. \$8.99/lb

**\$6<sup>99</sup> lb**



**ASHLAND FOOD CO+OP**

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**Co-op Kitchen Grab-n-Go Ham & Cheese Croissant Sandwich**

Reg. \$7.95/ea

**\$6<sup>95</sup> 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



**Smart Chicken Organic Whole Chicken**

**\$3<sup>99</sup> lb**



Co+op basics



**ORGANIC Carrot Bag**

5 lb. Bag

**\$6<sup>45</sup> ea**

Co+op basics



**Field Day Shampoo & Conditioner**

16 oz.

**\$5<sup>99</sup>**

Co+op basics



**Ener-C Multi-Vitamin Drink Mix**

30 pk.

**\$12<sup>49</sup>**

Co+op basics



**Herb Pharm Organic Black Elderberry**

1 oz.

**Reg. \$9<sup>49</sup>**

ON SALE!  
10% OFF

# ROUND UP ★★★★★ TO ★★★★★ Give BACK

**CHANGE**  
for good



## ROGUE VALLEY MENTORING

Rogue Valley Mentoring lets young people know that they are not alone: a caring and compassionate ear shows them that they matter, and that they are the experts of their own experience. Rogue Valley Mentoring has trained over 500 adults who have mentored over 2,000 youth in our valley through individual mentor & mentee matches and in group circles.

**JANUARY 1 TO  
JANUARY 31**

coop deals



**Natural Factor's  
Lung, Bronchial, &  
Sinus Health**  
Respiratory Health  
45 tab. • Reg. \$12.49

**\$9<sup>99</sup>**

Wellness



**Sovereign Silver  
All Products**

**15% OFF**

**Heritage Store  
All Products**

**15%  
OFF**



coop deals



**Good Day  
Chocolate**  
Turmeric, Sleep & Calm  
0.99 oz. • Reg. \$2.99

**\$2<sup>49</sup>**



**SAVE  
\$3**

**Wild Carrot  
Firefly Sparkle Body Lotion**  
Shimmering Golden Sunshine Mica  
6.8 oz. • Reg. \$17.49

**\$14<sup>49</sup>**

Bruce's Picks

**Bodegas Ego  
Fuerza**  
750 ml.  
Monastrell and Cabernet  
Sauvignon blend from  
Jumilla, Spain. This  
is a 2015 so the wine  
has smoothed out and  
softened nicely.

**\$9<sup>99</sup>**



**Quady North  
La Battalla**  
750 ml.  
Rogue Valley  
blend of Cabernet  
Franc and Malbec.  
Bright fruit with a  
spicy finish.

**\$17<sup>99</sup>**

