



**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}



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

\$1⁹⁹_{lb}



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

\$1⁶⁴_{lb}



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

\$1⁴²_{lb}



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

\$1²⁸_{lb}



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

\$5⁴⁵_{ea}



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

\$2⁸⁶_{lb}



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

\$2²⁸_{lb}

Pacific Organic Soup

32 oz. • Reg. \$3.99

2/\$6



Grocery

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

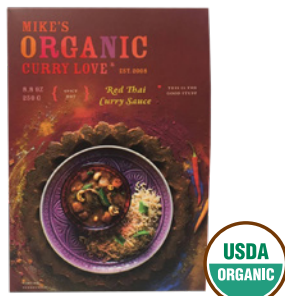
\$5.59



Nature's Path Organic Waffles

7.4 oz. • Reg. \$3.29

\$2.29



Mike's Organic Curry Love Organic Curry Sauce

8 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



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

Bulk

Wellness Balance



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

\$6⁴⁹



**Winged
Relaxation CBD
Gummies**
Stress Support Complex
21 ct. • Reg. \$34.99

\$29⁹⁹



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

\$21⁹⁹



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

\$13⁹⁹

Tints of Nature Bold Colours

All Varieties
2.46 oz. • Reg. \$13.99

\$11⁴⁹



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

\$14⁴⁹



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

\$2⁹⁹



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

\$39⁹⁹



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

\$13⁴⁹



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

\$10⁴⁹



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

AFC BRAND SUPPLEMENTS

Happy &
Healthy!



**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. \$24⁹⁹



Land & Sea



SAVE
\$1

Hempler's Applewood Smoked Center Cut Bacon

10 oz. • Reg. \$6.99

\$5⁹⁹



SAVE
\$2



Roli Roti Butcher's Organic Bone Broth

All Varieties

24 oz. • Reg. \$9.99

\$7⁹⁹



SAVE
\$2/lb

Diestel Family Ranch Ground Dark Turkey

Reg. \$6.99/lb

\$4⁹⁹ lb



SAVE
\$2/lb

Beeler's Boneless Pork Loin Chops

Reg. \$8.99/lb

\$6⁹⁹ lb



House-Made

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Made to Order Kombucha

16 oz. • Reg. \$3.95/ea

\$2⁹⁵ ea



SAVE
\$1

ASHLAND FOOD CO+OP

EST. 1972

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

Reg. \$7.95/ea

\$6⁹⁵ 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

\$3⁹⁹ lb



Co+op
basics



ORGANIC Carrot Bag

5 lb. Bag

\$6⁴⁵ ea

Co+op
basics



Field Day Shampoo & Conditioner

16 oz.

\$5⁹⁹

Co+op
basics



Ener-C Multi-Vitamin Drink Mix

30 pk.

\$12⁴⁹

Co+op
basics



Herb Pharm Organic Black Elderberry

1 oz.

Reg. \$9⁴⁹

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

\$9⁹⁹

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

\$2⁴⁹



**SAVE
\$3**

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

\$14⁴⁹

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.

\$9⁹⁹



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

\$17⁹⁹

