



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

Winter Wellness



**Mickleberry Gardens
ALL PRODUCTS
20% OFF**

Sale Effective January 26 to February 1

Fresh Produce

Your only Southern Oregon Certified Organic Grocer



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

\$1⁷⁴_{lb}



**ORGANIC
Murcott Mandarins**
California
2 lb. Bag • Reg. \$6.95/ea

\$5⁸⁶_{ea}



**ORGANIC
Kent Mangos**
Peru
Reg. \$3.29/ea

2/\$5



**ORGANIC
Formosa Papaya**
Mexico
Reg. \$2.49/lb

\$1⁸⁶_{lb}



**ORGANIC
Celery**
California & Mexico
Reg. \$2.29/lb

\$1²⁸_{lb}



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

\$2⁸⁶_{lb}



**ORGANIC
Fuerte Avocados**
California
Reg. \$2.99/ea

2/\$4



**ORGANIC
Roma Tomatoes**
Mexico
Reg. \$2.99/lb

\$1⁶⁸_{lb}

coop
deals

Silver Hills Organic Sprouted Wheat Bread

Big Red's
The Queen's Khorasan
18 oz. • Reg. \$4.79

\$3.49



Grocery

Violife Cheese Alternative Slices & Shreds

7.05-8 oz. • Reg. \$5.59

\$3.99



coop
deals



SAVE
\$1



Health Valley Organic Soup

14.5-15 oz. • Reg. \$3.79

\$2.79

coop
deals



Vital Farms Pasture-Raised Large Eggs

Dozen • Reg. \$5.99

\$4.59



Cascadian Farm Organic Vegetables

Selected Varieties

10-16 oz. • Reg. \$3.29-\$3.39

2/\$5

coop
deals



Mike's Mighty Good Ramen Soup

1.6-2.4 oz. • Reg. \$2.29

2/\$3

coop
deals



Kettle Brand Potato Chips

5 oz. • Reg. \$3.29

\$1.79

coop
deals



Cascadian Farm Organic Berries

Blueberries • Raspberries

8 oz. • Reg. \$5.29

2/\$6

coop
deals



Liberté Organic Whole Milk Yogurt

5.5 oz. • Reg. \$2.39

4/\$5

Bulk



ORGANIC Red Lentils

Reg. \$2.29/lb

\$1.99 lb



Lundberg Family Farms Organic White Basmati Rice

Reg. \$2.59/lb

\$2.29 lb



coop
basics



Equal Exchange French Roast Coffee Blend

\$10.49 lb



ORGANIC Raw Cashew Pieces Large

Reg. \$7.29/lb

\$4.89 lb



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All Products**

**20%
OFF**



Winter Wellness*



SAVE
\$3



Vedic Botanicals
Ave Maria Ayurvedic Skin Cream
A Healing Fortifying Moisturizer
1.9 oz. • Reg. \$12.49

\$10⁴⁹



SAVE
\$2



Lemon Lavender
Turbo Towel
1 ct. • Reg. \$9.99

\$6⁹⁹

SAVE
\$2



Inesscents
CBD Botanically Infused
Bath Soak
Mustard Detox
3.5 oz. • Reg. \$9.99

\$7⁹⁹



SAVE
\$2

Bass
Relaxing
Sleep Mask
Relax & Renew
1 ct. • Reg. \$7.99

\$5⁹⁹



SAVE
\$2

Balm of Gilead
Manuka Honey Stick
Grass-fed Tallow Balm with Manuka
& Frankincense Essentials Oils
0.5 oz. • Reg. \$10.99

\$8⁹⁹



Land & Sea



Hempler's Applewood Smoked Center Cut Bacon

10 oz. • Reg. \$6.99

\$5.49



Roli Roti Butcher's Organic Bone Broth

All Varieties
24 oz. • Reg. \$9.99

\$7.99

SAVE \$2



House-Made

ASHLAND FOOD CO+OP
EST. 1972

Co-op Bakery Linzertorte Cookie

Reg. \$12.95/lb

\$11.95 lb



SAVE \$1/lb



Smart Chicken Thighs

Reg. \$4.99/lb

\$3.99 lb

SAVE \$1/lb



Beeler's Bone-In Pork Chops

Reg. \$7.99/lb

\$5.99 lb

SAVE \$2/lb



ASHLAND FOOD CO+OP
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Co-op Kitchen Grab-n-Go Spinach Artichoke Dip

Reg. \$12.95/lb

\$11.95 lb



SAVE \$1/lb

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



Emerald Hills Beef Ground Beef

Not to Exceed 20% Fat

\$6.99 lb



Co+op basics



AFC Brand Show Me the Whey Protein Powder

Chocolate • Vanilla • Natural
13.5 oz.

\$25.99

Co+op basics



Herb Pharm Black Elderberry

1 oz.

\$9.49



Co+op basics



Jarrow Formulas MCT Oil

20 oz.

\$19.99

Co+op basics



Nordic Naturals Omega-3

60 sgel.

\$14.49

ROUND UP TO Give Back

CHANGE
for good



ASK YOUR CASHIER TO ROUND UP!



**Rogue
Climate**

Our mission is to empower Southern Oregon communities most impacted by climate change, including low-income, rural, youth, seniors, and communities of color, to win climate justice by organizing for clean energy, sustainable jobs, and a healthy environment.

**JANUARY 1 TO
JANUARY 31**

Wellness



Gaia Golden Milk
Made with Organic Turmeric, Ashwagandha and Dates
4.3 oz. • Reg. \$19.99

\$16⁹⁹



**MRM
All Products**

15% OFF

**Hemp Fusion
All Products**

**25%
OFF**



coop
deals



**Abla
Deep Pore Wash**
Maximum Strength
6 oz. • Reg. \$10.49

\$7⁹⁹

coop
deals



**Organic India
Ceylon Cinnamon**
Supports Sugar Metabolism
90 vcap • Reg. \$22.99

\$15⁴⁹



Bruce's Picks

**Santa Julia
El Burro Malbec**
750 ml.

Plum, blueberry and cherry. Organic grapes, natural winemaking, and no added sulfites.

\$16⁹⁹



**Quady North
Bomba**
750 ml.

Locally grown Grenache. Fresh and juicy with low tannins.

\$19⁹⁹

