

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

Winter Wellness



**Ancient Secret
Neti Pot**
original ceramic model

\$13⁹⁹



Sale Effective January 25 to 31, 2023

Fresh Produce

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Cauliflower
California

\$1⁹⁸ lb



ORGANIC
Red & Yellow
Potatoes 3 lb. Bags
Northwest & California

\$3⁶⁴ ea



ORGANIC
Yellow Onions
3 lb. Bags
Northwest

\$3⁶⁴ ea



ORGANIC
Kale Bunches
All Varieties
California

\$1⁹⁹ ea



ORGANIC
Cara Cara Oranges
California

\$1²⁸ lb



ORGANIC
Honeycrisp Apples
Northwest

\$1⁴² lb



ORGANIC
Page Mandarins
2 lb. Bags
California

\$4⁹⁶



ORGANIC
Concorde Pears
Northwest

\$1⁷⁸ lb

coop
deals

Straus Family Creamery Organic Yogurt
32 oz.

\$4⁹⁹



Grocery

Hope Organic Hummus
8 oz.

2/\$7



coop
deals



Quorn Meatless Patties & Nuggets
10.6 oz.

\$4⁹⁹

coop
deals



Perfect Bar Organic Protein Bars
2.3-2.5 oz.

2/\$5



coop
deals



Woodstock Organic Ravioli
20 oz.

\$7⁹⁹



coop
deals



Violife Vegan Cheese Alternative Shreds
8 oz.

\$4⁷⁹

coop
deals



Beanfield's Bean Chips
5.5 oz.

2/\$6

coop
deals



Purely Elizabeth Granola
8-12 oz.

2/\$10



coop
deals

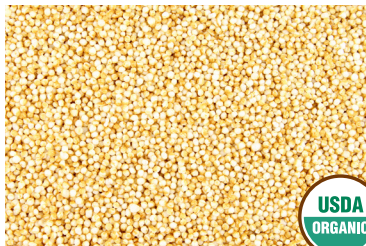


Equal Exchange Chocolate Bars
2.8 oz.

2/\$6



Bulk



ORGANIC Amaranth
\$1⁹⁹ lb



ORGANIC Small Red Chili Beans
\$2⁸⁹ lb



Cafeto Organic Costa Rican Coffee
\$9⁹⁹ lb



Lundberg Family Farms Brown Basmati Rice
\$2⁸⁹ lb





**ASHLAND
FOOD CO+OP**

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Winter Wellness



Source Naturals Wellness Formula

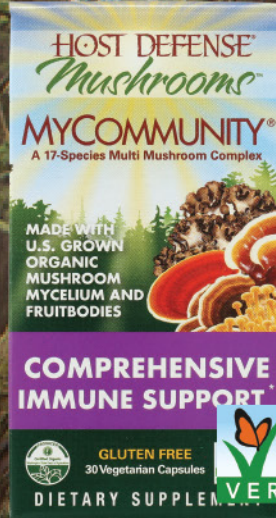
advanced
immune support
45 tab.

\$9⁹⁹



**Boiron
Oscillococcinum**
flu-like symptoms
6 doses

\$9⁹⁹



**Host Defense
Mycommunity**
comprehensive
immune support
30 vcap

\$14²⁹



**NON
GMO
Project
VERIFIED**



**Herbs, Etc
Rocky Mountain Osha**
soothing cough syrup
4 oz.

\$13⁷⁹





**ASHLAND
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Winter Wellness



**Herbs for Kids
Elderberry Syrup**
cherry/berry flavor
4 oz.

\$11⁷⁹



**Kyolic
Immune Formula
103**

vitamin c, astragalus,
mushrooms
100 cap.

\$12⁷⁹



**Host Defense
Elderberry Plus**
reishi, chaga, turkey tail
4 oz.

\$19⁴⁹



**Healthforce
Truly Natural
Vitamin**
100% food concentrate
6.35 oz.

\$23⁹⁹

Land & Sea



**Diestel Turkey Ranch
Sliced Turkey**
Selected Varieties • 6 oz.
\$4⁹⁹



**Niman Ranch
Pork Sausages**
All Varieties • 12 oz.
\$6⁴⁹

House-Made

**ASHLAND
FOOD CO+OP**
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**Co-op Kitchen
Grab-n-Go
Hot Soup**
32 oz.
\$9⁹⁵



**Smart Chicken
Boneless
Skinless Thighs**
\$5⁹⁹ lb

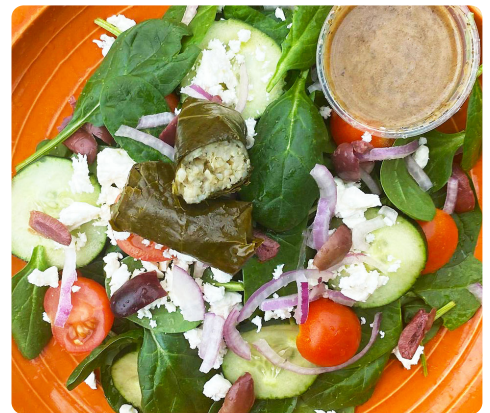


**Beeler's
Bone-in
Pork Chops**
\$5⁹⁹ lb



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

**Co-op Kitchen
Grab-n-Go
Greek Dolma
Salad**
\$7⁹⁵



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
\$6⁹⁹ lb



**Co+op
basics**



**ORGANIC
Navel Oranges**
\$1⁹⁸ lb

**Co+op
basics**



**Source Naturals
Wellness Formula**
45 tab.
\$9⁹⁹

**Co+op
basics**



**Jarrow Formulas
MCT Oil**
20 oz.
\$17⁹⁹

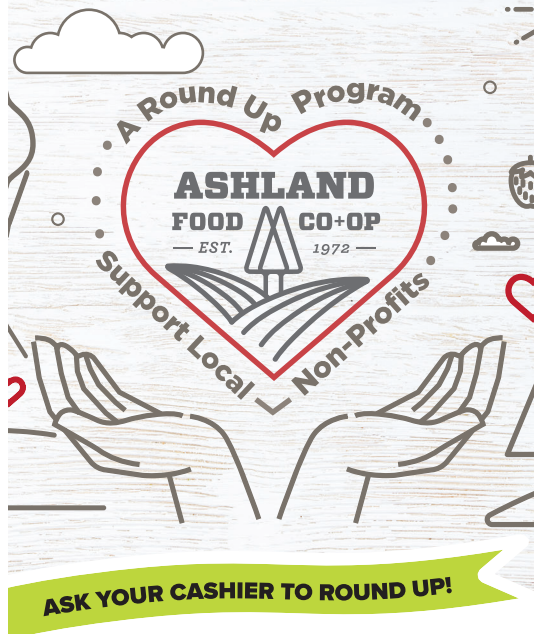
**Co+op
basics**



**Ener-C
Variety Pack**
30 ct.
\$12⁴⁹

ROUND UP TO Give Back

CHANGE
for good



www.AshlandFoodAngels.org

May All Be Fed

Ashland Food Angels is a local, fully volunteer grassroots non-profit which has operated daily since 1995, gathering and distributing food and other useful items to those in need in this area.

**JANUARY 1 TO
JANUARY 31**

coop
deals



**Desert Essence
Jojoba Oil**
for hair, skin and scalp
4 oz.
\$8⁹⁹



Wellness



**Ollio's
All Products**
15% OFF

**Wiley's Finest
Fish Oil**
All Products
**20%
OFF**



coop
deals



**Amazing Grass
Fizzy Green Tablets**
strawberry lemonade
10 tab.
\$5⁴⁹



**Earth Science
Gentle Face Scrub**
moisturizing cleanser & exfoliant
4 oz.
\$10⁴⁹

Bruce's Picks

**Luciano
Chianti**
750 ml.
Classic old-world red. Bright, red fruits balanced by Italian signature acidity and a rustic, earthy note that develops on the finish.
\$13⁹⁹



**Domaine Collin
Cremant de
Limoux Brut**
750 ml.
Sparkling blend of 50% Chardonnay, 40% Chenin Blanc, 10% Pinot Noir from Southern France. Quite dry, elegant and refined.
\$17⁹⁹

