

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

# HOLIDAY COOKIES



coop  
deals



California  
Olive Ranch  
Extra Virgin  
Olive Oil  
16.9 oz.  
**\$11.99**

Sale Effective November 29 to December 5, 2023

## Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC**  
Navel Oranges  
California  
**\$1.44** lb



**ORGANIC**  
Satsuma Mandarins  
California  
**\$2.78** lb



**ORGANIC**  
Opal Apples  
Washington  
**\$1.96** lb



**ORGANIC**  
Red & Green  
D'Anjou Pears  
Oregon & Washington  
**\$1.64** lb



**ORGANIC**  
Cauliflower  
California  
**\$1.96** lb



**ORGANIC**  
Romanesco  
California  
**\$2.64** lb



**ORGANIC**  
Large Hass Avocados  
Mexico  
**2/\$5**



**ORGANIC**  
English Cucumbers  
Mexico  
**\$1.99** ea





**Choice Organic Tea**  
16 bag.

**2/\$6**



Grocery

**Leora's Chocolates Herbal Hot Chocolate**  
4 oz.

**\$10<sup>99</sup>**



**Nature's Path Organic Instant Hot Cereal**  
11.2-14 oz.

**\$3<sup>79</sup>**



**gomacro Organic Protein Bar**  
2.3-2.5 oz.

**2/\$5**



**Amy's Organic Soup**  
14-14.5 oz.

**2/\$8**



**Kevita Organic Sparkling Probiotic Drink**  
15.2 oz.

**2/\$5**



**Honey Mama's Truffle Bars**  
2.5 oz.

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



**Earthbound Farm Organic Triple Berry Blend**  
2 lb.

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



**Wasa Swedish Style Crispbread**  
9.2-9.7 oz.

**2/\$6**



**Organic Valley Blue Cheese Crumbles**  
4 oz.

**\$4<sup>49</sup>**



**ORGANIC Millet**

**\$1<sup>79</sup> lb**



**ORGANIC Pistachios**  
Roasted & Salted

**\$7<sup>79</sup> lb**



**Cafeto Organic Bulk Coffee**  
All Varieties

**\$9<sup>59</sup> lb**



**ORGANIC Walnuts**  
Halves & Pieces

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

Bulk





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# GINGERBREAD COOKIE DECORATING PARTY

**DECEMBER 9  
11AM TO 3PM**

❄️ **FREE** ❄️

**300 N. PIONEER ST. ASHLAND, OR**

**JOIN US FOR OUR 8TH ANNUAL  
COOKIE DECORATING PARTY.  
COOKIES AND DECORATIONS  
PROVIDED.**

We encourage each participant to bring a nonperishable food donation. Contributions will be donated to the Ashland Emergency Food Bank.

\*This event is free, but we ask participants to reserve their space



**SCAN THE QR CODE TO FIND OUT MORE AND RESERVE YOUR SEAT**





# HOLIDAY STORE HOURS

**December 24th: 7AM - 6PM**

**December 25th: Closed**

**December 26th: 7AM-9PM**



**December 31st: 7AM -9PM**

**January 1st, 2023: 11AM - 9PM**

**thank you for  
supporting your  
local food co-op!**





## Land & Sea



**Applegate Naturals  
Sunday Bacon**  
8 oz.

**\$4<sup>69</sup>**



**Aidell's  
Chicken Sausages  
& Meatballs**  
All Varieties • 8-12 oz.

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



**Smart Chicken  
Boneless  
Skinless Thighs**

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



**Beeler's  
Bone-in Pork Chops**

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



## House-Made

**ASHLAND  
FOOD CO+OP**

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**Co-op Kitchen  
Grab-n-Go  
Vegan  
Quesadilla**

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



**ASHLAND  
FOOD CO+OP**

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**Co-op Kitchen  
Grab-n-Go  
Greek Salad  
with Dolma**

**\$7<sup>95</sup> ea**



## 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  
Drumsticks**

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



**Co+op  
basics**



**Field Day  
Organic Saigon  
Cinnamon**

1.5 oz.

**\$4<sup>49</sup>**

**Co+op  
basics**



**Field Day  
Organic Pumpkin**  
15 oz.

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

**Co+op  
basics**



**Field Day  
Organic Vanilla Extract**  
2 oz.

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

**Co+op  
basics**



**Field Day  
Organic Coconut Flour**  
16 oz.

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



# ROUND UP TO Give Back

**CHANGE**  
for good



Cultivating healthy kids,  
environmental stewardship,  
and the local economy.  
Rogue Valley Farm to School  
educates children about our  
food system through  
hands-on farm and garden  
programs, and by increasing  
local foods in school meals.

**DECEMBER  
1 TO 31**

coop  
deals



**Andalou Naturals  
Andalou Body Butter**  
Velvet Soft • 8 oz.

**\$7<sup>49</sup>**

Wellness



**Aura Cacia  
All Products**

**30% OFF**

**Bach  
All Products**

**25%  
OFF**



**Nature's Answer  
Periobrite**  
Mouth Wash with Xylitol • 16 oz.

**\$8<sup>79</sup>**



**Ashland Food Co-op  
Sleep**  
With Valerian & Melatonin • 1 oz.

**\$10<sup>79</sup>**

Bruce's Picks

**D'Estezargues  
Rhone Red**  
750 ml.  
Youthful and fresh  
blend of Cinsault, Gr-  
enache, and Cunoise  
from the Rhone Valley.  
Natural winemaking,  
unfiltered, minimal  
Sulphur, native yeasts.

**\$16<sup>99</sup>**



**Filipa Pata  
D.N.M.C.**  
750 ml.  
Portuguese white  
blend of Arinto and  
Bical. Natural wine-  
making, grapefruit pith,  
chalky, ocean breeze,  
nutty and lightly salty  
notes of sherry.

**\$18<sup>99</sup>**

