

Prairie Fresh Pork  
Baby Back Ribs  
**\$2.99/lb**

**Save  
\$2/lb!**



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

**Ready  
for the  
Big Game**

**February to 7 to 13 Sales Flyer**

## FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC  
Cilantro**  
Mexico  
**99¢<sub>ea</sub>**  
SAVE \$1.00



**ORGANIC  
Large Haas Avocados**  
Mexico  
**2/\$4<sub>ea</sub>**  
SAVE \$1.29



**ORGANIC  
Honey Mangos**  
Mexico  
**2/\$5<sub>ea</sub>**  
SAVE \$1.39



**ORGANIC  
Red Onions**  
Washington  
**\$1<sup>56</sup>/<sub>lb</sub>**  
SAVE 73¢/lb



**ORGANIC  
Pink Lady Apples**  
Washington  
**\$1<sup>44</sup>/<sub>lb</sub>**  
SAVE 88¢



**ORGANIC  
Triple Cross Mandarins**  
California  
**\$2<sup>78</sup>/<sub>lb</sub>**  
SAVE \$1.21



**ORGANIC  
Fresh Berries**  
All Varieties  
California & Mexico  
**20% OFF**



**ORGANIC  
Cara Cara  
Navel Oranges**  
California  
**\$1<sup>29</sup>/<sub>lb</sub>**  
SAVE \$1.20/lb

# ROUND UP TO Give Back

**\$CHANGE**  
for good



ASK YOUR CASHIER TO ROUND UP!



## Rogue Climate

Hosting youth  
leadership  
programs and  
supporting a just  
transition away  
from fossil fuels.

**FEBRUARY  
1 TO 29**

## WELLNESS



**Olbas**  
**Olbas Cough Syrup**  
Bronchial Support Formula • 4 oz.

**\$7.79**

SAVE \$2.00



**Heritage Store**  
**Organic Castor Oil**  
Nourishing Treatment • 16 oz.

**\$15.49**

SAVE \$3.00

**Garden of Life**  
**All Products**

**15%  
OFF**



**Boiron**  
**Oscillococcinum**  
Flu-Like Symptoms • 6 doses

**\$11.49**

SAVE \$2.00

**coop  
deals**

**Weleda**  
**Body Lotion**  
**Skin Food**  
6.8 oz.

**\$13.99**

SAVE \$5.00



## BRUCE'S PICKS

**Brooks**  
**Pinot Noir Rose**  
750 ml.  
A touch of richness  
to the fresh flavors of  
cherry, watermelon  
and strawberry. 100%  
Willamette Valley grown  
Pinot Noir.

**\$13.99**



**Cleto Chiarli**  
**Lambrusco Secco**  
750 ml.  
Pale red in color, this  
Italian bubbly is dry,  
with flavors of red berries  
and pomegranate. Light,  
pleasant bitterness  
and citrusy acidity  
on the finish.

**\$16.99**



*Say it with Flowers*

**FRESH BOUQUETS  
FOR YOUR  
VALENTINE**



Blooms for every  
budget, ranging from  
\$10.95 to \$19.95.

**LOCAL FLOWERS**

Be sure to check out our local bouquets!

Flora grows over 200 varieties of flowers and foliage on about an acre in Southern Oregon and is committed to regenerative farming practices - the farm doesn't use chemical fertilizers, pesticides or herbicides. Instead, they practice the art of biodynamic farming and regularly use the biodynamic preparations and biodynamic compost in their field.



# GAME DAY

# SAVINGS



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



10  
20  
30



coop  
deals



**Applegate Naturals  
Sunday Bacon  
& No Sugar Bacon**  
8 oz.

**\$5<sup>49</sup>** ea

SAVE \$1.50



**Emerald Hills  
Ground Beef**

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

SAVE \$1.00



**Prairie Fresh Pork  
Baby Back Ribs**

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

SAVE \$2.00



**Cooked Peeled  
& Cleaned Shrimp**

31/40 Count • Farm Raised

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

SAVE \$4.00



**Aidells  
Chicken Sausages  
& Meatballs**  
8-12 oz.

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

SAVE \$2.00

40  
50  
40  
40  
30  
20  
10



## LAND & SEA



**Emerald Hills  
Bone-in Rib Steak**

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

SAVE \$4.00/lb



**Wild Shell on Shrimp**  
21/25 Count

**\$11<sup>99</sup> lb**

SAVE \$3.00/lb



**Organic Smart Chicken  
Boneless Skinless Breast**

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

SAVE \$2.00/lb



**Wild Alaskan Whole  
Sockeye Salmon Fillet**

**\$11<sup>99</sup> lb**

SAVE \$5.00/lb

## HOUSE-MADE

**ASHLAND  
FOOD CO+OP**

EST. 1972

**Co-op Kitchen  
Artichoke Dip**

**\$12<sup>95</sup> lb**

SAVE \$2.00/lb



**ASHLAND  
FOOD CO+OP**

EST. 1972

**Co-op Kitchen  
Organic Roasted  
Turkey Sandwich**

**\$8<sup>45</sup>**

SAVE \$1.50



## 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 Ketchup**  
24 oz.

**\$3<sup>49</sup>**

**Co+op  
basics**



**Field Day  
Organic Sweet Relish**  
16 oz.

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

**Co+op  
basics**



**Field Day  
Berry Sparkling Water**  
6-pack

**\$2<sup>69</sup>**

**Co+op  
basics**



**Field Day  
Organic Mustard**  
8 oz.

**\$1<sup>99</sup>**

coop deals

# GROCERY

coop deals

**Fage**  
Greek Yogurt  
16 oz.

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

SAVE \$1.70



**GT's**  
Organic Kombucha  
16 oz.

**2/\$6**



coop deals



**Koyo**  
Organic Noodles  
8 oz.

**2/\$4**

coop deals



**Ginger People**  
Cooking Sauce  
12.7 oz.

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

SAVE \$2.00



coop deals



**Gardein**  
Meatless Meatballs  
12.7 oz.

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

SAVE \$2.00



coop deals



**Organic Valley**  
Raw Cheese  
Selected Varieties • 8 oz.

**\$5<sup>49</sup>**

SAVE \$1.40



coop deals



**Chocolove**  
Chocolate Bars  
Pint

**2/\$4**



coop deals

**Larabar**  
Vegan Fruit & Nut Bars  
1.6 oz.

**2/\$3**



coop deals



**Talenti**  
Gelato & Sorbetto  
16 oz.

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

SAVE \$1.50

# BULK

coop deals



**ORGANIC**  
Black Chia Seeds

**\$3<sup>39</sup> lb**

SAVE 50¢/lb

coop deals



**ORGANIC**  
Whole Raw Cashews

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

SAVE 70¢/lb

coop deals



**ORGANIC**  
Pachamama Coffee  
Sunrise Light Roast in Bulk

**\$12<sup>89</sup> lb**

SAVE \$1.40/lb

coop deals



**Deluxe Mixed Nuts**  
Roasted & Salted

**\$14<sup>29</sup> lb**

SAVE \$1.00/lb