



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



SMART GIVING

Helping those in need



**November 1st through
November 30th**

We donate 1 lb of Smart Chicken
for every 10 lbs sold!

In 2023, we donated

1,456 lbs

of Smart Chicken to ACCESS and
the Ashland Community Food
Bank!

SALE FLYER | OCTOBER 30 TO NOVEMBER 5, 2024

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer

New Crop!



**ORGANIC
Comice Pears**
Oregon & Washington

\$1.88 lb

SAVE \$1.61/lb

New Crop!



**ORGANIC
Farm to School
Apple Bags**
Washington

\$4.45 ea

SAVE \$1.50 ea

New Crop!



**ORGANIC
Lucy Rose Apples**
Washington

\$4.29 lb

SAVE \$1.66/lb

New Crop!



**ORGANIC
Kiwi Fruit**
California

\$3.24 lb

SAVE \$1.71/lb



**ORGANIC
Garnet & Jewel
Yams**
California

\$1.74 lb

SAVE \$1.25/lb



**ORGANIC
Brussels Sprouts**
Oregon & California

\$4.99 lb

SAVE \$1.46/lb



**ORGANIC
Artichokes**
California

\$4.99 ea

SAVE \$1.96 ea

**Oregon
GROWN**



**ORGANIC
Raddicchio Varieties**
Chiogga - Treviso - Castle
Franco - Lucia - Sugarloaf

\$3.56 ea

SAVE \$1.39 ea

GROCERY

coop deals

Field Day Organic Pasta
16 oz.

2/\$3
SAVE \$0.98 on 2



coop deals

Field Day Organic Pasta Sauce
24 oz.

2/\$6
SAVE \$1.98 on 2



coop deals

Field Day Organic Macaroni & Cheese
6 oz.

2/\$3
Save \$0.98 on 2



coop deals

Field Day Organic Pizzas
12.2-13.8 oz.

\$5.99
SAVE \$2.00



coop deals

Field Day Organic Salsa
16 oz.

2/\$6
SAVE \$1.98 on 2



coop deals

Field Day Organic Pretzels
8 oz.

2/\$5
SAVE \$0.58 on 2



coop deals

Field Day Sparkling Water
6 pack

\$2.29
SAVE \$0.40



coop deals

Field Day Organic Berries
32 oz.
Strawberries • Blueberries

\$7.99
SAVE \$2.00



coop deals

Field Day Organic Beans
15 oz.

4/\$5
SAVE \$0.96 on 4



BULK

coop basics

Organic Black Beans
\$1.89 lb



coop deals

Organic Green Lentils
\$2.59 lb
SAVE \$0.30/lb



coop deals

Pachamama Organic 5 Sisters Blend • Medium Roast
\$11.99 lb
SAVE \$2.30/lb



coop deals

Organic Millet Hulled
\$1.69 lb
SAVE \$0.30/lb





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

SMART GIVING

Helping those in need

IN 2023, WE DONATED 1,456 LBS
OF SMART CHICKEN TO ACCESS AND
THE ASHLAND EMERGENCY FOOD BANK!

**November 1st through
November 30th.**

**We donate 1 lb of
Smart Chicken®
for every 10 lbs sold!**

STRENGTHEN NATIVE FOODWAYS



Scan the code
to learn more

Shop Co+op Deals on
Field Day products—
for each product sold we'll
donate 5¢ to NATIFS!

Oct. 30–Dec. 3





LAND & SEA



Applegate Naturals Sliced Turkey & Ham
7 oz.

\$5.49

SAVE \$2.00



Wild Shell on Shrimp
Product of Mexico • 21/25 count

\$11.99/lb

SAVE \$3.00/lb

HOUSE-MADE

ASHLAND FOOD CO+OP
EST. 1972

Co-op Kitchen Made to Order Mocha
16 oz.

\$4.95

SAVE \$1.00



Organic Smart Chicken Whole Chicken

\$3.49/lb

SAVE \$0.50/lb



Organic Smart Chicken Tenderloins

\$8.99/lb

SAVE \$2.50/lb

ASHLAND FOOD CO+OP
EST. 1972

Co-op Kitchen Grab-n-Go Greek Garden Sandwich
Wheat Free

\$6.95

SAVE \$1.00



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

Field Day Organic Blue Corn Tortilla Chips
9 oz.

2/\$5

SAVE \$0.98 on 2



Co+op basics



Field Day Organic Honey Oat Granola
12 oz.

\$3.99

SAVE \$1.00



Co+op basics



Field Day Organic Apple Cinnamon Cereal Bars
7.8 oz.

2/\$5

SAVE \$0.98 on 2

Co+op basics



Field Day Organic Smooth and Salted Peanut Butter
18 oz.

\$3.99

SAVE \$1.00



Co+op basics



Field Day Organic Original Applesauce
24 oz.

2/\$6

SAVE \$0.98 on 2



ROUND UP TO Give Back

CHANGE
for good



ASK YOUR CASHIER TO ROUND UP!



The Southern Oregon Indian Education Program aims to support the unique educational and cultural needs of American Indian and Alaska Native students in Jackson and Josephine counties, helping them meet the same high academic standards as all students.

NOVEMBER
1 TO 30

WELLNESS



Honey Gardens Elderberry Honey Immune
Juice From 300 Berries • 10 oz.

\$6⁷⁹
SAVE \$0.70



Fat And The Moon Spirit and Salt Mist
Texturizing Spray • 4 oz.

\$16⁹⁹
SAVE \$6.00



All Products

20% OFF



Heritage Store Rosewater
Aromatherapy Mist • 4 oz.

\$6⁷⁹
SAVE \$0.70



Garden Of Life RAW Zinc
30mg High Potency • 60 vcap

\$8⁹⁹
SAVE \$6.80

BRUCE'S PICKS

Jousselinere Chardonnay
750 ml
Loire Valley Chardonnay, wonderful price, unoaked, new vintage drinks so fresh and light.

\$12⁹⁹



Bissey Cremant de Bourgogne
750 ml
Lively and fresh French bubbly with a touch of richness. Mainly Aligote, with Pinot Noir and Chard.

\$22⁹⁹

