ASHLAND FOOD CO+OP EST. 1972

Owner Appreciation Sale!

Must be an Owner for discount to apply

Great Items FRIDAY, OCTOBER 4TH

While Supplies Last Discount taken off at register Sorry, no rainchecks

SALE FLYER | OCTOBER 2 TO 8, 2024



Fresh Produce

Your only Southern Oregon Certified Organic Grocer







GT's Kombucha

GT started his business at only 15 years old. At the time, GT's

States. A couple of decades later, the company offers over 40 flavors

across the continent. In May of 2021, GT and his husband, Allan,

had their first baby who they bestowed with a very fitting name-

baby Bloume!

company was the first to sell Kombucha at stores in the United

FOOD TO HAVE

raw kombucha

TRILOGY

ORGANIC &



SO PRIDE 2024 www.ashlandfood.coop

Proud Supporters of SoPRide 2024

Check out our Booth after the Parade!

> October 5th, 2024 Parade Begins 10am

Free Sparkling Water and Swag

History of Pride Flag

The first gay pride flag was created in 1977 by artist and activist Gilbert Baker. Baker pulled inspiration from Pop Art and the United States flag. There is meaning behind each color of the flag...

Vitality **Harmony** Spirit Healing Sunlight 88 Nature



Monica Helms, a trans woman, created the first trans pride flag in 1999. The light blue and light pink represent traditional colors for baby girls and baby boys and the white represents intersex, transitioning, and nonbinary gender identities.



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> undberg Family Farms Organic White Basmati Rice **Regenerative Certified**

> > 6

32 oz.

Smart Chicken

ess Breast

neless

ORGANIC Green Beans

Organic







UNDBERG

Keeping our Co-op 🧡 Strong!







Volpi Sliced Meats All Varieties



Niman Ranch Sausages

coop deals

n.

Selected Varieties • 12 oz. \$699

Cooked Peeled &

lb

Cleaned Shrimp 31/40 Count

Farm Raised

SAVE \$3.00/lb

SAVE \$2.50

HOUSE-MADE

ASHLAND FOOD CO+OP

Co-op Kitchen Made to Order Salted Caramel Latte ^{16 oz.}



SAVE \$1.00

ASHLAND FOOD CO+OP

Co-op Kitchen Grab-n-Go Chicken Quesadilla

\$**3**95







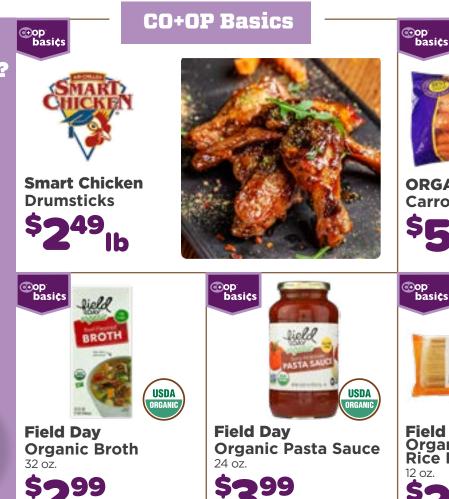
Smart Chicken Boneless Skinless Thighs





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!





ORGANIC Carrots 5 lb. Bag





