

ASHLAND FOOD CO+OP

EST. 1972

1
DAY!

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



ORGANIC Bulk Potatoes

Purple • Yellow • Red
Canada • Washington • Oregon

\$1²⁹ lb

SAVE \$0.70/lb



ORGANIC Bunched Rainbow Carrots

Oregon • Washington

\$2⁹⁹ ea

SAVE \$1.00/ea



ORGANIC Cauliflower

California

\$2²⁹ lb

SAVE \$1.70/lb



ORGANIC Red & Gold Beets

Oregon

\$1⁹⁹ lb

SAVE \$1.00/lb



ORGANIC Fuji Apples

Washington

\$1²⁹ lb

SAVE \$1.00/lb



ORGANIC Jumbo Keitt Mangos

California

\$5²⁵ ea

SAVE \$1.70/ea



ORGANIC Asian Pears

Oregon • Washington

\$4²⁹ lb

SAVE \$1.66/lb



ORGANIC Kiwi Berries Pint

Oregon

\$3⁹⁹ ea

SAVE \$3.96/ea

ASHLAND FOOD CO-OP | OPEN EVERY DAY 7AM TO 9PM | WWW.ASHLANDFOOD.COOP

coop deals

Amy's Organic Chili
14.7 oz.

\$3.99

SAVE \$1.00



GROCERY

Kettle & Fire Hearty Soups
16 oz.

\$4.39

SAVE \$1.00



coop deals

coop deals

Minor Figures Barista Oatmilk
32 oz.

\$3.39

SAVE \$0.60



coop deals

Kite Hill Almondmilk Cream Cheese Spread
8 oz.

\$5.99

SAVE \$2.00



coop deals

Amy's Pizzas
9.1-14 oz.

\$8.99

SAVE \$2.90



coop deals

Kite Hill Dairy Free Almondmilk Ravioli
9 oz.

\$6.49

SAVE \$2.10



coop deals

Mi-Del Ginger Snap Cookies
10 oz.

\$4.49

SAVE \$1.20



coop deals

Perfect Bar Organic Protein Bars
2.2-2.3 oz.

2/\$5

SAVE \$2.18 on 2



coop deals

Brew Dr. Organic Kombucha
14 oz.

2/\$5

SAVE \$2.98 on 2



BULK



ORGANIC Tricolor Quinoa

\$2.59 lb

SAVE \$0.30/lb



ORGANIC Pistachios
Roasted & Salted

\$6.99 lb

SAVE \$1.40/lb



Northbound Organic Uganda Light Roast Coffee

\$11.99 lb

SAVE \$3.00/lb



ORGANIC Cranberries
Cane Juice Sweetened

\$5.29 lb

SAVE \$2.00/lb



**ASHLAND
FOOD CO+OP**

EST. 1972



FOOD TO HAVE



GT's Kombucha

GT started his business at only 15 years old. At the time, GT's company was the first to sell Kombucha at stores in the United 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!



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



Healing



Spirit



Sunlight



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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FOOD CO-OP**
EST. 1974

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**1
DAY!**

Smart Chicken
Organic
Boneless
Skinless Breast

**50%
OFF**



Lundberg Family
Farms
Organic White
Basmati Rice
Regenerative Certified
32 oz.

**50%
OFF**



ORGANIC
Green Beans

**50%
OFF**



**ASHLAND
FOOD CO-OP**
EST. 1974
Grab-n-Go
Orange &
Hazelnut
Quinoa Salad

**50%
OFF**



Keeping our Co-op ❤️ Strong!

Not an Owner? Scan the QR Code



LAND & SEA

coop
deals



Volpi Sliced Meats

All Varieties

\$1 OFF



Niman Ranch Sausages

Selected Varieties • 12 oz.

\$6⁹⁹

SAVE \$2.50



Smart Chicken Boneless Skinless Thighs

\$5⁹⁹ lb

SAVE \$1.50/lb



Cooked Peeled & Cleaned Shrimp 31/40 Count

Farm Raised

\$11⁹⁹ lb

SAVE \$3.00/lb

HOUSE-MADE

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Made to Order Salted Caramel Latte

16 oz.

\$4⁹⁵

SAVE \$1.00



ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Grab-n-Go Chicken Quesadilla

\$3⁹⁵

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!

coop
basics

CO+OP Basics

coop
basics



Smart Chicken Drumsticks

\$2⁴⁹ lb



coop
basics



ORGANIC Carrots 5 lb. Bag

\$5⁹⁵ ea

coop
basics



Field Day Organic Broth 32 oz.

\$2⁹⁹

coop
basics



Field Day Organic Pasta Sauce 24 oz.

\$3⁹⁹

coop
basics



Field Day Organic Brown Rice Pasta 12 oz.

\$2⁷⁹

ROUND UP TO Give Back

CHANGE
for good



ASK YOUR CASHIER TO ROUND UP!



The AFC Gives Community Fund nurtures and supports local initiatives and grassroots projects.

OCTOBER
1 TO 31



**Naturtint
Hair Color**
All Varieties • 1 pk.

\$13⁹⁹

SAVE \$3.80

WELLNESS



**Ashland Food Co-op
All Products**

15% OFF

**Dr. Hauschka
All Products**

**30%
OFF**



coop
deals



**Kor Shots
Wellness Shot**
Ginger • 1.7 oz.

\$2⁵⁹

SAVE \$0.90



**Boiron
SinusCalm**
Year Round Sinus Relief • 2 pk.

\$12⁴⁹

SAVE \$3.00

BRUCE'S PICKS

**Ercole
Barbera**
1,000 ml.
Piedmont Barbera
at a wonderful price.
Juicy and bright fla-
vors, medium-weight,
easy drinking full liter
bottle.

\$13⁹⁹



**Quady North
Pistoleta**
750 ml.
Rogue Valley grown
and bottled Rhone Val-
ley style white blend.
Apricot, nectarine,
honey, citrus.

\$16⁹⁹

