



ASHLAND FOOD CO+OP

EST. 1972



ORGANIC
Field Day Spices

**\$1.00
OFF**

SALE FLYER | OCTOBER 16 TO 22

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Ambrosia Apples**
Washington

\$1.64 lb

SAVE \$0.85/lb



**ORGANIC
Tropic Gold Kiwi**
California

\$4.98 lb

SAVE \$1.97/lb



**ORGANIC
Pomegranates**
California

\$3.99 ea

SAVE \$1.96/ea



**ORGANIC
Red Comice &
Concorde Pears**
Washington

\$2.28 lb

SAVE \$1.21/lb



**ORGANIC
Russet Potatoes**
Klamath Basin

\$1.19 lb

SAVE \$0.80



**ORGANIC
Broccolini**
Oregon & California

\$2.98 ea

SAVE \$1.01/ea



**ORGANIC
Specialty Mushrooms**
Lions Mane - Maitake - Shiitake
Beech - Trumpet
California

\$8.95-12.95 lb

SAVE \$3.00 - \$5.00/lb



**ORGANIC
Yellow Onions - 3lb bag**
Oregon & Washington

\$3.24 ea

SAVE \$2.71

GROCERY

coop deals

coop deals

Fage Greek Yogurt
16 oz.

2/\$6
SAVE \$3.38 on 2



Equal Exchange Organic Bagged Coffee
10-12 oz.

\$9.99
SAVE \$2.00



coop deals



Annie's Macaroni & Cheese
Selected varieties • 5.2-6 oz.

2/\$3
SAVE \$2.98 on 2



Kettle Brand Potato Chips
13 oz.

\$4.79
SAVE \$1.60

coop deals



Tucson Tamale Co. Tamales
5 oz.

2/\$6
SAVE \$1.38 on 2

coop deals



Tasty Bite Indian Entrees
10 oz.

2/\$6
SAVE \$3.18 on 2

coop deals



Larabar Fruit & Nut Bars
1.6 oz.

2/\$3
SAVE \$1.58 on 2

Blake's Chicken & Shepherd's Pot Pies
8 oz.

\$4.89
SAVE \$1.70



coop deals



Siggis Skyr Yogurt
5.3 oz.

4/\$5
SAVE \$3.95 on 4

coop deals



Lotus Foods Organic White Jasmine Rice

\$2.59 lb
SAVE \$0.30/lb



ORGANIC Extra Virgin Olive Oil

\$12.29 lb

BULK



Cafe Mam Organic French Roast Coffee

\$9.99 lb
SAVE \$2.60/lb



Nutritional Yeast

\$9.49 lb
SAVE \$1.10/lb

coopTM basics

FRESH, HEALTHY, ORGANIC FOOD DOESN'T HAVE TO BE EXPENSIVE.

Co+op Basics offers lower prices on more than **450** pantry and household staples to make organic, healthy food accessible to every shopper. From the pantry to the medicine cabinet, we're keeping healthy living affordable with Co+op Basics.

**LOOK FOR THE
PURPLE TAGS
TO SAVE!**





**ASHLAND
FOOD CO+OP**

EST. 1972

Join Today!

**Be a co-op owner with 13,000 of your
neighbors & friends!**

**Come for the perks,
stay for the purpose!**

**Support our local
farmers and purveyors**



FOR MORE INFORMATION ON HOW TO BECOME AN OWNER GO TO
WWW.ASHLANDFOOD.COOP/BECOME-OWNER OR SCAN THE QR CODE!

LAND & SEA



**Hill's
Pork Breakfast
Links**

\$4⁹⁹ lb

SAVE \$2.00/lb



**Fresh Columbia River
Steelhead Fillet**

Farm Raised

\$12⁹⁹ lb

SAVE \$3.00/lb

HOUSE-MADE

**ASHLAND
FOOD CO+OP**

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**Co-op Kitchen
Made to Order
Golden Milk**

16 oz.

\$4⁹⁵

SAVE \$1.00



**Beeler's
Boneless Pork
Shoulder Roast**

\$4⁹⁹ lb

SAVE \$2.00/lb



**Organic Smart Chicken
Boneless Skinless
Thighs**

\$7⁴⁹ lb

SAVE \$1.50/lb

**ASHLAND
FOOD CO+OP**

EST. 1972

**Co-op Kitchen
Grab-n-Go
Tempeh Club**

Vegan

\$7⁹⁵

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**



**Emerald Hills
Ground Beef**

Not to exceed 20% fat

\$6⁹⁹ lb



**Co+op
basics**



**Field Day
Organic Blue Corn
Tortilla Chips**

9 oz.

\$2⁹⁹



**Co+op
basics**



**Field Day
Organic Black Beans**

15 oz.

\$1⁴⁹



**Co+op
basics**



**Field Day
Organic White Rice**

2 lb.

\$4⁹⁹



**Co+op
basics**



**Field Day
Organic Garlic
Cilantro Salsa**

16 oz.

\$3⁹⁹



OCTOBER IS COOP MONTH!

National Co-op Month is an annual opportunity to raise awareness of a trusted, proven way to do business and build resilient, inclusive communities.

JOIN FOR THE BENEFITS

- Patronage Dividend
- Coupons
- 1st Street Beet
- Education
- Community

STAY FOR THE VALUES

- Supporting Sustainability
- Giving Back
- High Product Standards
- Supporting Our Local Economy

LEARN MORE AT
[HTTPS://ASHLANDFOOD.COOP/BECOME-OWNER](https://ashlandfood.coop/become-owner)



coop deals



Beekeeper's Soothing Lozenges
 Propolis, Vitamin D + Zinc • 14 lozenge
\$6⁴⁹
 SAVE \$1.80

WELLNESS

coop deals



Ancient Nutrition Organic Supergreens
 Mango • 3.3 oz.
\$17⁰⁰
 SAVE \$2.99

coop deals

Aura Cacia All Products
25% OFF



coop deals



Jarrow All Products
10% OFF

coop deals



Country Life L-Lysine
 100 cap
\$9⁴⁹
 SAVE \$2.50

BRUCE'S PICKS

Lucignano Chianti
 750 ml
 Medium-bodied, tart red fruits, structured with both acidity and tannins, an earthy and lengthy finish.
\$13⁹⁹



Iruai Moonstones
 750 ml
 Aromatic and vibrant Chenin Blanc from Four Diamonds Vineyard in the Applegate Valley. Come visit Iruai at their newly opened tasting room in Talent.
\$25⁹⁹

