

ASHLAND FOOD CO+OP

EST. 1972

Smart Giving
Helping those in need

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

Nov. 1 - 30

In 2023, we donated **1,456**
pounds of Smart Chicken to
ACCESS!

SALE FLYER | NOVEMBER 6 TO 12



FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Green & Red Bartlett
Pears

Oregon & Washington

\$1.78 lb

SAVE \$1.21



ORGANIC
3 lb Apple Bags
All Varieties

Washington

\$3.99-4.95 ea

SAVE \$0.96-1.50



ORGANIC
Pomegranates

California

\$3.98 ea

SAVE \$1.47



ORGANIC
Grapefruit

Texas

\$2.96 lb

SAVE \$1.03



ORGANIC
Russet Potatoes

Oregon & Washington

99¢ lb

SAVE \$1.00



ORGANIC
Romanesco

California

\$2.64 lb

SAVE \$1.35



ORGANIC
Crimini & White
Mushrooms

Oregon & Canada

\$4.99 lb

SAVE \$1.96



ORGANIC
Leeks

Oregon & Washington

\$2.48 lb

SAVE \$0.81

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



**GT's
Cocoyo Coconut
Yogurt**
8 oz.

\$5.49

SAVE \$1.50



GROCERY



**Bitchin' Sauce
Dip & Spread**
8 oz.

\$5.49

SAVE \$1.20



**Follow your Heart
Dairy-Free Slice
Cheese Alternative**
7 oz.

\$3.79

SAVE \$2.20



**Cascadian Farm
Organic Potatoes**
Selected Varieties • 16 oz.

\$4.69

SAVE \$1.00



**Nuts for Cheese
Organic Cashew Cream
Cheese Spread**
7.4 oz.

\$5.49

SAVE \$1.50



**Field Day
Organic Brown Rice
Pasta**
12 oz.

\$2.29

SAVE \$0.50



**Garden of Eatin'
Corn Tortilla Chips**
5.5 oz.

\$2.89

SAVE \$0.70

**Angie's
Boom Chicka Pop**
4.8-7 oz.

\$2.99

SAVE \$1.30



**Field Day
Organic Sugar**
16-24 oz.

\$2.99

SAVE \$1.00



BULK



**Organic
Unrefined Sugar**

\$1.79 lb

SAVE \$0.50/lb



**Organic
Raw Cashews**
Whole

\$6.69 lb

SAVE \$1.00/lb



**Pachamama
Organic Guatemala**
Medium Roast

\$11.99 lb

SAVE \$2.30



**Organic
Dried Cranberries**
Cane Juice Sweetened

\$5.49 lb

SAVE \$1.80/lb





**ASHLAND
FOOD CO+OP**

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FREE

5 LB. BAG ORGANIC RUSSET POTATOES



Fresh Diestel
Organic or Natural
Whole Turkey
All Varieties

Prices Vary

OR



Tofurky
Holiday Feast
3.5 lb.

\$24⁶⁹

Buy a whole turkey or
Tofurky Holiday Feast and receive
a free 5 lb. bag of russet potatoes.

NOVEMBER 20 TO 27, 2024



**ASHLAND
FOOD CO+OP**

EST. 1972

GRATEFUL TO BE YOUR CO-OP

FROM OUR KITCHEN TO YOUR TABLE!



WE'LL COOK.
YOU FEAST.



Relax with
friends
and family
and order our
housemade
Thanksgiving
meals today!



READY TO
HEAT AND SERVE

PLACE YOUR ORDER NOW!

ashlandfood.coop/thanksgivingmeal

Ordering available until November 25 at 7AM
or until we are sold out!

LAND & SEA



Organic Smart Chicken
Whole Chicken
\$3.49 lb
SAVE \$0.50/lb



Organic Smart Chicken
Ground Chicken
\$6.99 lb
SAVE \$2.00/lb



Applegate Naturals
Sliced Turkey & Ham
7 oz.
\$5.49
SAVE \$2.00



Beelers's
Boneless Pork Loin Chops
\$5.99 lb
SAVE \$2.00/lb

HOUSE-MADE

ASHLAND FOOD CO+OP
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Co-op Kitchen Bakery
Pumpkin Doodle Cookie
\$1.50
SAVE \$0.75



ASHLAND FOOD CO+OP
EST. 1972

Co-op Kitchen Grab-n-Go
House Made Salsa
16 oz.
\$3.45
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

Field Day Organic Three Cheese Pizza
12.2 oz.
\$5.99



USDA ORGANIC

Co+op basics

Field Day Organic Coconut Milk
13.5 oz.
2/\$3



USDA ORGANIC

Co+op basics

Field Day Organic Honey Nut O's Cereal
14 oz.
2/\$6



USDA ORGANIC

Co+op basics

Field Day Organic Golden Round Crackers
8 oz.
2/\$8



USDA ORGANIC

Co+op basics

Field Day Medium Pitted Olives
6 oz.
2/\$5





STRENGTHEN NATIVE FOODWAYS

Shop Co+op Deals on Field Day products — for each product sold we'll donate 5¢ to NATIFS! Oct. 30 – Dec. 3



This November, get ready for gatherings with friends and family with big savings on all Field Day products at AFC. Save on more than 270 Field Day items — from maple syrup to wild-caught tuna to paper towels — from Oct. 30 through Dec. 3. Field Day is our value brand that offers high-quality, delicious food and household products at more affordable prices every day through Co+op Basics, making this savings event even more spectacular. Our lowest prices will be even lower!



Giovanni Men's Moisturizing Shave Cream
7 oz.

\$6⁷⁹
SAVE \$1.20

WELLNESS



Solaray Magnesium Glycinate
Bone-Muscle-Relaxation • 120 vcap

\$17⁷⁹
SAVE \$2.20

Gaia Immune Mushroom Blend
5X Strength With Fruiting Body Extracts
40 vcap

\$19⁹⁹
SAVE \$10.00



Zand Elderberry Zinc Gummies
Immunity Gummies • 60 ct

\$13²⁹
SAVE \$1.70



Gaia Black Elderberry Syrup
Immune Support • 3 oz.

\$14⁹⁹
SAVE \$7.00

BRUCE'S PICKS

Mionetto Prosecco
750 ml
Fragrant and fruity Italian sparkler, ideal aperitif for a Holiday party.

\$14⁹⁹



Broc Cellars Got Grapes
750 ml
35% Barbera, 32% Syrah, 23% Carignan, 10% Dolcetto. Light and juicy, chillable, delightful. Great to pair with the varied flavors of a Thanksgiving table.

\$18⁹⁹

