

ASHLAND FOOD CO-OP

EST. 1972

Field Day Organic All Purpose Flour

5 lb bag
\$5.99



SALE FLYER | NOVEMBER 27 TO DECEMBER 3, 2024

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Bosc Pears
Oregon & Washington

\$1.99 lb

SAVE \$0.50



ORGANIC
Satsuma Mandarins
Description

\$2.49 lb

SAVE \$1.50



ORGANIC
Medjule Dates
Pitted
California

\$9.95 ea

SAVE \$3.00



ORGANIC
Jazz Apples
Washington

\$1.49 lb

SAVE \$0.50



ORGANIC
Yellow Potatoes
Canada

\$1.29 lb

SAVE \$0.70



ORGANIC
Cauliflower
Oregon & California

\$2.49 lb

SAVE \$0.50



ORGANIC
Leeks
Oregon & California

\$2.49 lb

SAVE \$0.80



ORGANIC
Red and Rainbow
Chard
Oregon & California

\$1.99 ea

SAVE \$1.00

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

coop deals

Clif Energy Bars
2.4 oz.

2/\$3
SAVE \$1.38 on 2



GROCERY

coop deals

GT's Raw Kombucha
16 oz.

2/\$6
SAVE \$1.58 on 2



coop deals



Bob's Red Mill
Gluten Free 1 to 1
Baking Flour
22 oz.

\$4.29
SAVE \$0.70

coop deals



Field Day
Organic Maple Syrup
8 oz.

\$5.99
SAVE \$1.50



coop deals



Vital Farms
Pasture Raised Large
Eggs
18 count

\$7.99
SAVE \$3.00

coop deals



Straus Family
Creamery
Organic Ice Cream
Pint

\$4.99
SAVE \$1.60



coop deals



TruWhip
Whipped Topping
9 oz.

\$3.99
SAVE \$1.30



Field Roast
Chao Plant-Based
Sliced Cheese
Alternative
7 oz.

\$4.99
SAVE \$1.80



Miyoko's Creamery
Plant Milk Cheese
Spread
8 oz.

\$5.49
SAVE \$1.50



BULK



Organic
Pistachios
Roasted & Salted

\$7.39 lb
SAVE \$1.00/lb



Organic
Extra Virgin Olive Oil

\$12.29 lb



Northbound
Organic Ethiopia
Light Roast

\$11.99 lb
SAVE \$3.00/lb



Organic
Pecans
Halves & Pieces

\$10.49 lb
SAVE \$1.00/lb

coop deals



STRENGTHEN NATIVE FOODWAYS



Coop
deals.



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



ASHLAND FOOD CO+OP

EST. 1972

GINGERBREAD COOKIE DECORATING PARTY

DECEMBER 14
11AM TO 3PM
❄️ **FREE** ❄️

300 N. PIONEER ST. ASHLAND, OR
JOIN US IN THE CLASSROOM FOR OUR
ANNUAL COOKIE CELEBRATION.

Fresh baked cookies, buttercream frosting
and decorative sweet treats will be provided.

Support Your Local Food Bank and bring a non-perishable
food item to the cookie party.

SCAN QR CODE TO FIND OUT MORE OR RESERVE YOUR SPOT!



LAND & SEA



Roli Roti Butcher's Organic Bone Broth

All Varieties • 24 oz.

\$7⁹⁹

SAVE \$2.00



Beeler's Hickory Smoked Bacon

16 oz.

\$10⁹⁹

SAVE \$2.00



Organic Smart Chicken Bone-In Thighs

\$4⁴⁹ lb

SAVE \$1.50/lb



Organic Smart Chicken Tenderloins

\$8⁹⁹ lb

SAVE \$2.50/lb

HOUSE-MADE

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Made to Order Funky Monkey Smoothie

16 oz.

\$7⁴⁵

SAVE \$1.50



ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Grab-n-Go Fog City Mac Salad

\$8⁹⁵ lb

SAVE \$2.00/lb



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

Umpqua Organic Whole Milk

1 gallon

\$6⁷³



Co+op
basics



Organic Valley Unsalted Butter

1 lb.

\$8²⁹



Co+op
basics



Field Day Organic Pumpkin

15 oz.

\$2²⁹

SAVE \$0.70



Co+op
basics



Field Day Organic Vanilla Extract

2 oz.

\$7⁴⁹

SAVE \$1.50



Co+op
basics



Field Day Organic All Purpose Flour

5 lb.

\$5⁹⁹

SAVE \$1.00



DECEMBER EVENTS

**DEC
10-13**

**Cookie
Party
Prep!**



Help us roll and cut dough in preparation for our annual cookie party!

**DEC
14**

**Annual
Cookie
Party**



Join us for a festive day in the classroom decorating cookies!

**DEC
18**

**Healing
through
Energy
and
Touch**



Join Andrey Pravda as he introduces his self-developed healing method.

Sign up for classes at
<https://www.eventbrite.com/o/ashland-food-co-op-23218515812>

**coop
deals**



**Child Life
Vitamin D3**
Natural Berry Flavor • 1 oz.

\$5⁹⁹

SAVE \$2.00

WELLNESS



**Nature's Way
Cherry Umcka Syrup**
Cold Relief Syrup • 4 oz.

\$13⁹⁹

SAVE \$4.30

**coop
deals**

**coop
deals**

**Fat And The
Moon
All Products**

**15%
OFF**



**Life-Flo
Magnesium Flakes**
Effective For Relief & Relaxation • 1.65 lb.

\$9²⁹

SAVE \$1.20



**Solaray
Activated Charcoal**
Cleansing • 90 vcap

\$9⁷⁹

SAVE \$1.20

BRUCE'S PICKS

**Three Sides
Red Blend**
750 ml
Bargain California red
blend of Cab, Merlot
and Petit Verdot.

\$8⁹⁹



**Ercole
Barbera**
1000 ml
Piedmont Barbera at a
wonderful price. Juicy
and bright flavors,
medium-weight, easy
drinking full liter
bottle.

\$13⁹⁹

