



**ASHLAND
FOOD CO+OP**
EST. 1972



HOLIDAY FEAST

SALE FLYER | DECEMBER 18 TO 24



Beeler's
**BONE-IN
SPIRAL SLICED
HALF HAM**

\$4.49/lb



**SAVE
\$2.50/lb**

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Cosmic Crisp & Granny
Smith Apples**
Washington

\$1.64/lb

SAVE \$1.35



**ORGANIC
Satsuma &
Clementine Bags**
California • 2 lb bags

\$4.75/ea

SAVE \$2.20



**ORGANIC
Grapefruit
All Varieties**
California & Texas

\$2.56/lb

SAVE \$1.43



**ORGANIC
Comice Pears**
Oregon & Washington

\$2.44/lb

SAVE \$1.05



**ORGANIC
Garnet & Jewel
Yams**
California

\$1.68/lb

SAVE \$1.31



**ORGANIC
Brussels Sprouts**
California

\$4.75/lb

SAVE \$2.20



**ORGANIC
Crimini & White
Mushrooms**
Oregon & Canada

\$4.95/lb

SAVE \$2.00



**ORGANIC
Russet Potatoes**
Oregon & California

99¢/lb

SAVE \$1.00

coop deals

Pacific Organic Almond Milk
32 oz.

2/\$6
SAVE \$1.78 on 2



GROCERY

coop deals

Green Valley Creamery Lactose Free Shredded Cheese
6 oz.

\$3.99
SAVE \$1.30



coop deals



Health-Ade Organic Kombuchas
16 oz.

2/\$5
SAVE \$2.98 on 2



coop deals



Hodo Organic Tofu Nuggets
8 oz. • 5 Spice • Thai Curry

\$5.79
SAVE \$2.00



coop deals



Talenti Gelato & Sorbetto
16 oz.

\$4.99
SAVE \$1.00

coop deals



Alexia Potatoes
15-19 oz.

\$4.69
SAVE \$1.60-\$1.80

coop deals



Bob's Red Mill Organic Oatmeal Cups
2.15-2.5 oz.

\$1.69
SAVE \$0.60



coop deals

Equal Exchange Organic Bagged Coffee
Ground • Whole Bean • 10-12 oz.

\$9.99



coop deals



Lotus Foods Organic Jasmine Rice
8 oz.

\$2.29
SAVE \$0.70



BULK

coop deals



Organic Deglet Noor Dates
Pitted

\$4.49 lb
SAVE \$1.50/lb



Organic Large Raw Cashews
Whole

\$6.69 lb
SAVE \$1.00/lb



Pachamama Machu Picchu
Vienna Roast

\$11.99 lb
SAVE \$2.30/lb



Organic Mission Figs

\$7.99 lb
SAVE \$2.30/lb

coop deals



Holiday FEAST

\$4.49/lb



**BEELER'S BONE-IN
SPIRAL SLICED
HAM**

\$17.99/lb



**WILD COLUMBIA
RIVER KING
SALMON FILLET**

\$16.99/lb



**EMERALD HILLS
BEEF RIB
ROAST**



BONELESS LAMB LEG

\$13.99/LB

BONE-IN LAMB LEG

\$12.99/LB

BONELESS LAMB SHOULDER

\$11.99/LB



\$2.56/lb



**CLEMENTINE
MANDARINS**

\$3.29 each



**RUSSETT
POTATOES
5LB. BAG**

\$3.44 each



**YELLOW
ONIONS
3LB. BAG**



OSHALA FARM

APPLEGATE VALLEY, OR



15% Off
All Oshala Farm Products
December 18-24

MEET THE FARMERS



WWW.OSHALAFARM.COM

LAND & SEA



Volpi Sliced Meats

3-5.5 oz.

\$1.00 OFF

SAVE \$1.00



Beeler's Hickory Smoked Bacon

16 oz.

\$9.99

SAVE \$3.00



HOUSE-MADE

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Bakery Ginger Molasses Cookie

\$1.50

SAVE \$0.75



Organic Smart Chicken Boneless Skinless Thighs

\$7.49 lb

SAVE \$1.50/lb



Cooked Peeled & Cleaned Shrimp
31/40 count • Farm Raised

\$10.99 lb

SAVE \$4.00/lb

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Made To Order Matcha

16 oz.

\$2.95

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

Field Day Organic Smooth & Salted Peanut Butter

18 oz.

\$4.99



Co+op basics



Field Day Organic Raspberry Fruit Spread

14 oz.

\$4.99

Co+op basics



Naked Bread Organic Bare White

22.5 oz.

\$4.49

Co+op basics



Field Day Organic Blue Corn Tortilla Chips

9 oz.

\$2.99

Co+op basics



Field Day Organic Garlic Cilantro Salsa

16 oz.

\$3.99



BUDGET YOUR MONEY LIKE A BOSS

with
Johnathan Bybee,
Marketing Coordinator
Rogue Credit Union Community

FREE EVENT

January 15, 2025 | 6PM
Co-op Community
Classroom

This presentation will focus on how to budget money using various tools and tricks and how to prepare, plan, and invest in your future. The main focus is to start budgeting now, not later!

Register online at
www.ashlandfood.coop/events

WELLNESS



Evanhealy
All Products

**20%
OFF**



Yerba Prima
Psyllium Husk Powder
Gentle Soothing Fiber • 12 oz.

\$12⁷⁹
SAVE \$3.50

Herb Pharm
All Products

**15%
OFF**



Garden of Life
All Products

**15%
OFF**



coop
deals



Inesscents
Organic African Shea Butter
Body Butter • 16 oz.

\$18⁹⁹
SAVE \$1.00

BRUCE'S PICKS

Mionetto
Prosecco

750 ml
Fragrant, fresh and
fruity Italian sparkler,
ideal apperitif for a
Holiday party.

\$14⁹⁹



Gaba Do Xil
Tinto

750 ml
Red blend of Mencia and
Merenzao (Trousseau),
from the cooler, Atlantic
influenced NW corner of
Spain. Natural winemak-
ing, no oak, red and dark
berry, with earth and
leather on finish.

\$20⁹⁹

