



**ASHLAND
FOOD CO+OP**

EST. 1972



**Prairie Fresh Pork
Baby Back Ribs**

\$2⁹⁹ lb

SAVE \$3.00/lb

SALE FLYER | February 5 to February 11, 2025

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Cilantro**
Mexico

\$1²⁹ ea

SAVE \$0.70



**ORGANIC
Large Hass
Avocados**
Mexico

\$2⁹⁹ ea

SAVE \$1.00



**ORGANIC
Jalapeño Peppers**
Mexico

\$3⁹⁹ lb

SAVE \$2.96/lb



**ORGANIC
Red Onions**
California

\$1⁹⁹ lb

SAVE \$0.50/lb



**ORGANIC
Limes**
Mexico

\$1⁹⁹ lb

SAVE \$1.00/lb



**ORGANIC
Kent Mangos**
Peru

\$2⁹⁹ ea

SAVE \$0.50



**ORGANIC
Golden Nugget
Mandarins**
California

\$2⁴⁹ lb

SAVE \$1.50/lb



**ORGANIC
Pink Lady Apples**
Washington

\$1⁹⁹ lb

SAVE \$1.00/lb

coop deals

GROCERY

coop deals

**Honey Mama's
Cocoa
Truffle Bars**

2.5 oz.

\$3.99

SAVE \$1.50



**Organic Valley
Organic
Shredded Cheese**

6 oz.

\$4.29

SAVE \$1.20



**Califia Farms
Almondmilk**

48 oz.

\$4.99

SAVE \$1.00



coop deals

**Chobani
Greek Yogurt**

5.3 oz.

\$1.29

SAVE \$0.30



coop deals

**Kite Hill
Dairy
Free
Ravioli**

9 oz.

\$6.49

SAVE \$2.10



coop deals

**Koyo
Ramen**

2.1 oz.

10/\$10

SAVE \$4.90 on 10



**Kettle
Brand
Potato Chips**

5 oz.

\$2.99

SAVE \$1.00



coop deals

**Feel Good
Foods
Gluten Free
Potstickers & Egg Rolls**

Select Varieties • 9-10 oz.

\$6.99

SAVE \$2.00



**Virgil's
Cream Soda**

Select Varieties • 4 pk

**Buy One, Get One
FREE**



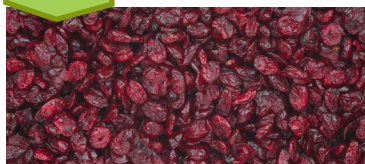
coop deals

BULK

**Organic
Dried Cranberries**
Cane Juice Sweetened

\$5.99 lb

SAVE \$1.30/lb



**Organic
Amaranth**

\$2.49 lb

SAVE \$0.40/lb



**Café Mam
Italian Roast
Coffee Beans**

\$9.99 lb

SAVE \$2.60/lb



**Organic
Red Lentils**

\$2.49 lb

SAVE \$0.30/lb





BIG GAME

GRILL PLAY

SIZZLE

VS.

SEAR



**Beeler's
Boneless Pork
Shoulder Roast**

\$4⁹⁹ lb

SAVE \$2.00/lb



**Prairie Fresh Pork
Baby Back
Ribs**

\$2⁹⁹ lb

SAVE \$3.00/lb



**ASHLAND
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WINNING BITES



**Emerald Hills
Ground Beef**



Not to Exceed 20% Fat • 100% Grass Fed

\$5⁹⁹ lb

SAVE \$1.00/lb



**Cooked Peeled
& Cleaned Shrimp
31/40 Count**

Farm Raised

\$10⁹⁹ lb

SAVE \$4.00/lb



**Beeler's
Hickory Smoked
Bacon**

16 oz.

\$10⁹⁹ ea

SAVE \$2.00



**Teton Waters Ranch
Sausages**

10 oz.

\$6⁹⁹ ea

SAVE \$2.00

LAND & SEA



Teton Waters Ranch Sausages

10 oz.

\$6⁹⁹ ea

SAVE \$2.00

Applegate Naturals Chicken Nuggets & Tenders

16 oz.

\$10⁹⁹ ea

SAVE \$2.00



ASHLAND FOOD CO+OP

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Co-op Kitchen Grab-n-Go Smoked Turkey Sandwich

\$7⁴⁵ ea

SAVE \$1.50



Roli Roti Butcher's Organic Bone Broth

All Varieties • 24 oz.

\$7⁹⁹ ea

SAVE \$2.00



Volpi Sliced Meats

All Varieties • 3-5.5 oz.

\$1 OFF

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Grab-n-Go Curry Tempeh Salad

\$14⁹⁵ 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 gal

\$6⁷⁹



Co+op basics

Umpqua Orange Juice

64 oz.

\$7⁴⁹



Co+op basics



Field Day Organic Chunk White Albacore Tuna

Salted/No Salt Added • 5 oz.

\$2⁹⁹



Co+op basics



Field Day Organic Extra Virgin Olive Oil

16.9 oz.

\$10⁹⁹



Co+op basics



Field Day Organic Black Beans

15 oz.

\$1⁴⁹



Upcoming Events

Hormone Balancing & Circadian Rhythms

Learn how sleep, nutrition, stress, and lifestyle optimize hormones and circadian rhythms for wellness.

FREE

Wednesday, Feb. 12th
7:00pm

Farming While Black

Leah Penniman reflects on the decline of Black-owned farms and empowers future generations.

\$5-\$15

Thursday, Feb. 20th
7pm-8:30pm

Weight: It's not just calories and exercise

Join Dr. Laura to uncover 11 hidden causes of weight gain and actionable tips.

FREE

Wednesday, Feb. 26th
6pm-8pm

Lacto-Fermenting (Just About) Anything - Food Preservation

Join Dr. Laura to uncover 11 hidden causes of weight gain and actionable tips.

\$50 Community member

\$45 Owners

Wednesday, Feb. 27th
6pm-8pm

Sign up/Learn More:
AshlandFood.Coop/Events

WELLNESS



Eco-Dent Organic Mint Toothpowder

Fluoride Free
Low Abrasion • 2 oz.

\$6⁹⁹

SAVE \$1.50

coop deals



Inesscents Organic Castor Oil

Body Oil • 8 oz.

\$11⁹⁹

SAVE \$3.80



Enzymedica All Products

10% OFF

*Discount Taken at Register



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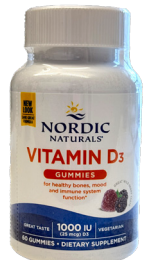
Natural Factors Magnesium Citrate

Healthy Muscle & Heart Function • 180 cap

\$16²⁹

SAVE \$6.70

coop deals



Nordic Naturals Vitamin D3 Gummies

Healthy Bones & Immune Support • 60 gm

\$10⁹⁹

SAVE \$3.00

BRUCE'S PICKS



Dupeuble Beaujolais

750 ml
No oak, carbonic fermentation, juicy and light, but with so much purity of fruit. Natural winemaking, 50 to 100 year old vines.

\$17⁹⁹

Chateau Fonsalade Saint Chinian

750 ml
Southern French red blend of 80% Grenache, 20% Syrah. Fruity, with dark and red berry flavors, black pepper coming through on the finish.

\$10⁹⁹

