



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

coop
basics

Everyday value...
Naturally!

\$7.99
10 oz



SALE FLYER | October 15 to October 21, 2025

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Bartlett Pears**
Oregon & Washington

\$1.49 lb
SAVE \$1.50/lb



**ORGANIC
Pomegranates**
California

\$2.99 ea
SAVE \$1.96



**ORGANIC
Kiwis**
California

\$3.99 lb
SAVE \$1.96/lb



**ORGANIC
Kanzi Apples**
Washington

\$1.99 lb
SAVE \$1.50/lb



**ORGANIC
Sweet, Fall
Harvest
Carrots**
Oregon

\$1.29 lb
SAVE \$0.70/lb



**ORGANIC
Medley Potatoes**
1.5LB Bags
Washington

\$2.99 ea
SAVE \$1.96



**ORGANIC
Artichokes**
California

\$3.99 ea
SAVE \$0.96



**ORGANIC
Cabbage**
Oregon

\$1.29 lb
SAVE \$0.70/lb



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

coop
deals

Imagine Organic Broth

32 oz

2/\$7

SAVE \$2.38 on 2



GROCERY

coop
deals

Annie's Organic Fruit Twists Strawberry Lemonade

3.84 oz

2/\$8

SAVE \$3.78 on 2



coop
deals

Bellwether Farms Organic Whole Milk Yogurt

32 oz

\$5.49

SAVE \$1.50



coop
deals

Nature's Path Organic Waffles

7.4 oz

\$3.29

SAVE \$1.10



coop
deals

GT's Gingerade Kombucha

48 oz

\$7.49

SAVE \$1.80



coop
deals

Quorn Meatless Nuggets

10.6 oz

\$4.49

SAVE \$1.80



coop
deals

Larabar All Varieties

1.6-1.7 oz

2/\$3

SAVE \$1.58 on 2



coop
deals

Nixie Organic Sparkling Water

8 pk

\$4.99

SAVE \$2.30



coop
deals

Seven Sundays Grain Free Cereal

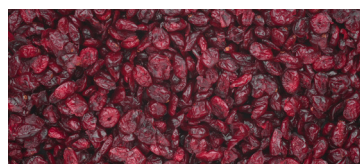
8 oz

\$5.99

SAVE \$2.00



BULK



ORGANIC Cranberries

Cane Juice Sweetened

\$6.99 lb

SAVE \$1.80/lb



Deluxe Mixed Nuts

Roasted & Salted

\$11.99 lb

SAVE \$4.00/lb



Pachamama 5 Sisters

Medium Roast

\$16.49 lb

SAVE \$1.50/lb



ORGANIC Pistachios

Roasted & Salted

\$7.99 lb

SAVE \$1.00/lb



What is Co-op Basics?

Since 1972, the Ashland Food Co-op has been helping people feed their families on a budget. As a member of National Co+op Grocers (NCG), we've leveraged our collective buying power to offer lower prices on healthy, organic food and pass the savings to you.

Co+op Basics is a program intended to make staple pantry items affordable and accessible to shoppers with limited means or on fixed incomes.

We've lowered prices on over 450 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!



**co+op
basics**



 **ASHLAND FOOD CO+OP**

proudly sponsors



Ashland
schools
FOUNDATION

Costume Fun Run

10K 5K & 1-Mile Races
Virtual & Non-Runners Welcome!



Saturday, October 25

Lithia Park, Ashland



Race starts at 8:30

**Visit us at the
Monster Activity Village
9:00 am - 12:30 pm**



MORE
INFO
HERE!





LAND & SEA



Organic Smart Chicken Tenderloins

\$9⁹⁹ lb

SAVE \$2.00/lb



Beeler's Bone-in Pork Chops

\$5⁹⁹ lb

SAVE \$2.00/lb



Premium Raw, Peeled & Deveined Shrimp

21/25 Count

\$11⁹⁹ lb

SAVE \$3.00/lb



Applegate Naturals Uncured Sunday Bacon

\$5⁹⁹

SAVE \$1.30



CO+OP Basics



Smart Chicken Boneless Skinless Breast

\$6⁹⁹ lb



Umpqua Organic Whole Milk

\$6⁹²



Field Day Organic Raisin Bran Cereal

\$3⁹⁹



Field Day Organic Long Grain White Rice

\$4⁹⁹



HOUSE-MADE

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Made-to-Order Hot Tea

16 oz

\$2⁴⁵

SAVE \$0.50



ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Grab-N-Go Sunflower Quinoa

\$9⁹⁵ 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



**ASHLAND
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Celebrating National Co-op Month

October is National Co-op Month, and 2025 marks *The Year of the Cooperatives!* At Ashland Food Co-op, we're proud to show how co-ops build a better world... right here in our community.

Becoming an AFC Owner means more than savings... it's joining a community that values sustainability, fairness, and local producers.

Owners enjoy annual patronage dividends, six 10%-off coupons, class discounts, and the chance to shape AFC's future through voting and involvement.

Every dollar spent at AFC creates three times the local economic impact of a conventional grocery store.

Join us in celebrating people, planet, and prosperity... together, we're co-operating for a better world.

Scan to Learn More



WELLNESS

**Plantiva
All Products**

**15%
OFF**



**coop
deals**

**Wish Garden
Herbs
Kick Ass
Immune
Activator**
Herbal Supplement
1 oz

\$15⁹⁹
SAVE \$8.50



**Ashland Food Co-op
All Products**

**15%
OFF**



**coop
deals**

**Daids
Natural
Peppermint
Toothpaste**
Whitening & Antiplaque
Toothpaste
5.25 oz

\$6⁴⁹
SAVE \$2.00



**coop
deals**

**Nordic
Naturals
Women's
Multivitamin
Gummies**
Support for Healthy Skin,
Hair, Bones & Immunity
60 gm

\$15⁹⁹
SAVE \$5.30



BRUCE'S PICKS

**Simonnet-Febvre
Cremant de
Bourgogne Brut**
750 ml
60% Chardonnay, 40% Pinot
Noir from the Chablis region.
Yeasty complexity with zesty
lemony aromas and crisp
citrusy acidity.

\$22⁹⁹



**Prà
Soave Classico**
750 ml
Super fresh, the prickly
acidity on the finish is
amazing. Zippy citrus and
fresh apple with just a hint
of floral aromatics. 100%
Garganega from Veneto,
Italy.

\$19⁹⁹

