

**ASHLAND
FOOD CO+OP**

EST. 1972



**SMART
GIVING**

Helping those in need

SALE FLYER | NOVEMBER 12 TO 18

**November 1 - 30
we donate 1 lb
of Smart Chicken
for every 10 lbs
sold.**

In 2024, we donated **1,800 pounds** of Smart Chicken to the Ashland Community Food Bank!



**ASHLAND
COMMUNITY
FOOD BANK**

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Pink Lady Apples**
Washington

\$1.89 lb

SAVE \$1.10/lb



**ORGANIC
Kiwis**
California

\$4.49 lb

SAVE \$1.46/lb



**ORGANIC
Thai Coconuts**
Thailand

\$5.45 ea

SAVE \$1.50



**ORGANIC
Comice Pears**
Oregon

\$2.29 lb

SAVE \$0.70/lb



**ORGANIC
Cabbage Red & Green**
Oregon & Washington

\$1.49 lb

SAVE \$0.50/lb



**ORGANIC
Fingerling Potatoes**
1.5LB Bags
Washington

\$3.69 ea

SAVE \$2.26



**ORGANIC
Green Beans**
Mexico

\$2.29 lb

SAVE \$1.70



**ORGANIC
Sweet Potatoes**
California

\$1.99 lb

SAVE \$1.00/lb



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



GROCERY

Good Health Peanut Butter Filled Pretzels

5 oz

2/\$5

SAVE \$1.58 on 2



Health Valley Organic Soup

14.5-15 oz

2/\$7

SAVE \$1.38 on 2



Bitchin' Sauce Dip & Spread

8 oz

\$4.99

SAVE \$1.80



Alden's Organic Ice Cream

1.5 qt

\$7.99

SAVE \$2.00

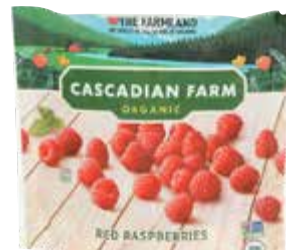


Nancy's Organic Kefir

32 oz

\$4.99

SAVE \$1.60



Cascadian Farm Organic Berries

8-10 oz

\$4.39

SAVE \$2.40



Zack's Mighty Organic Tortilla Chips

7.5 oz

\$4.39

SAVE \$1.00



Organic Valley Organic Cheese Crumbles

Blue Cheese • Feta

4 oz

\$4.39

SAVE \$1.30



Muir Glen Organic Pasta Sauce

23.5 oz

2/\$7

SAVE \$2.38 on 2



BULK



Organic Pistachios

Roasted & Salted

\$8.29 lb

SAVE \$0.70/lb



Blanched Almonds

Slivered

\$6.99 lb

SAVE \$0.50/lb



Cafe Mam Decaf French

\$14.99 lb

SAVE \$2.00/lb



Organic Quinoa

\$2.29 lb



coop
deals.

field
DAY



RAKE IN THE SAVINGS

Stock up and save even more on all Field Day products

For each Field Day product sold we'll donate
5¢ to NATIFS! **Nov. 5 – Dec. 2**





**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 24
or until we are sold out!



Organic Smart Chicken
Boneless Skinless Breast

\$7⁹⁹ lb

SAVE \$4.00/lb



Beeler's
Boneless
Pork Shoulder Roast

\$4⁹⁹ 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

LAND & SEA



Raw Peeled & Deveined
Shrimp • 21/25 Count

\$11⁹⁹ lb

SAVE \$3.00/lb



Applegate Naturals
Sliced Turkey & Ham
All Varieties • 7 oz

\$5⁴⁹

SAVE \$2.00

HOUSE-MADE

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

\$13⁹⁵ lb

SAVE \$3.00

ASHLAND
FOOD CO+OP
EST. 1972



Co-op Kitchen
Grab-n-Go
Sesame Ginger
Tofu Salad

\$7⁹⁵

SAVE \$2.00

CO+OP Basics

Co+op basics



Organic
Smart Chicken
Whole Chicken

\$4¹⁹ lb



Co+op basics



Field Day
Organic Whole Kernel
Sweet Corn

15 oz.

2/\$3



Co+op basics



Field Day
Organic Chicken
Broth

32 oz.

\$1⁵⁹



Co+op basics



Field Day
Organic Savory Herb
Stuffing

10 oz.

2/\$6



Co+op basics



Field Day
Organic Long Grain
White Rice

2 lb.

\$3⁹⁹



The Ashland Food Co-op is delighted to invite the community to our beloved Annual Cookie Decorating Party on **Saturday, December 6th**, a sweet celebration that supports a meaningful cause. This festive, family-friendly event doubles as a food drive benefiting our neighbors at the Ashland Community Food Bank.

Join us for our Annual Cookie Party!

Grab a sweet spot here!



Urban Mooshine All Products

**20%
OFF**



WELLNESS

coop
deals

Field Day Honey Almond Shampoo

With Argan, Olive & Avocado Oil
16 oz

\$4.99

SAVE \$1.00



Barleans All Products

**20%
OFF**



coop
deals

**Solaray
L-Lysine**
Essential Amino
Acid & Immune System
90 tab

\$9.49

SAVE \$1.00



**Gaia
Oil of Oregano**
Herbal Supplement
60 Phyto-Caps

\$18.99

SAVE \$9.00



BRUCE'S PICKS

Fenouillet Ventoux

750 ml
75% Grenache, 20% Syrah and 5% Carignan, wonderful value in this Southern French gem. Big fruit flavors, yet balanced with tart berry.

\$14.99



Upper Five Sauvignon Blanc

750ml
Biodynamic vineyard in Talent, fermented in large Acacia wood barrels, citrusy, aromatic, bright, super clean and fresh.

\$22.99

