

# ASHLAND FOOD CO+OP

EST. 1972

## Leora's Chocolates

Herbal Cacao Elixir  
Damiana & Cardamom



**\$11.49**  
Save \$3.00!

SALE FLYER | DECEMBER 10 TO DECEMBER 16, 2025

## FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC**  
Pink Lady Apples  
Washington

**\$1.49** lb  
SAVE \$1.00/lb



**ORGANIC**  
Navel Oranges  
California

**\$1.69** lb  
SAVE \$0.75/lb



**ORGANIC**  
Meyer Lemons  
California

**\$3.49** lb  
SAVE \$2.46/lb



**ORGANIC**  
Bosc Pears  
Oregon Grown!

**\$1.49** lb  
SAVE \$0.50/lb



**ORGANIC**  
Red & Green Cabbage  
Oregon Grown!

**\$1.29** lb  
SAVE \$0.70/lb



**ORGANIC**  
Red, Gold & Striped  
Beets  
Oregon & Washington

**\$1.99** lb  
SAVE \$1.00/lb



**ORGANIC**  
Broccolini  
California

**\$2.49** ea  
SAVE \$1.50/ea



**ORGANIC**  
Romanesco  
California

**\$1.99** lb  
SAVE \$1.30/lb



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

coop  
deals

## GROCERY

**Milton's  
Organic  
Crackers**  
Select Varities  
6 oz.

**2/\$7**

SAVE \$1.58 on 2



coop  
deals

**R.W. Knudsen  
Lemon Ginger  
Echinacea Juice**  
32 oz.

**\$3.99**

SAVE \$1.40



coop  
deals



**Imagine  
Organic Broth**  
32 oz.

**\$3.69**

SAVE \$1.00



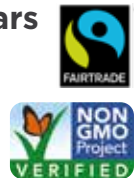
coop  
deals



**Lily's Sweets  
Chocolate Bars**  
2.8-3 oz.

**\$4.49**

SAVE \$1.20



coop  
deals

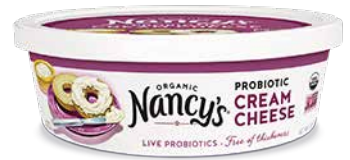
**Napa Valley  
Naturals  
Organic  
Extra Virgin  
Olive Oil**  
25.4 oz.

**\$18.99**

SAVE \$4.60



coop  
deals



**Nancy's  
Organic Cream  
Cheese Spread**  
8 oz.

**\$3.99**

SAVE \$1.30



coop  
deals



**Vital Farms  
Pasture-Raised  
Butter**  
8 oz.

**2/\$7**

SAVE \$1.98 on 2

**Beyond Meat  
Plant-Based  
Meatballs**  
10 oz.

**\$6.99**

SAVE \$1.60



coop  
deals



**Amy's  
Entrees & Bowls**  
8.5-10 oz.

**\$5.99**

SAVE \$1.70

## BULK

coop  
deals



**Grandy Organics  
Organic Antioxidant  
Trail Mix**

**\$12.99 lb**

SAVE \$2.30/lb



**Pachamama  
Peru Coffee**  
Medium Roast

**\$16.99 lb**

SAVE \$1.00/lb



coop  
deals



**Organic  
Walnuts**  
Halves & Pieces

**\$7.99 lb**

SAVE \$1.00/lb



**Organic  
Raw Cashews**  
Whole

**\$6.79 lb**

SAVE \$0.90/lb







**ASHLAND  
FOOD CO+OP**

EST. 1972

COME SEE OUR SEASONAL  
SELECTION OF HOLIDAY  
PLANTS, INCLUDING  
LIVE TREES FROM  
PLANT OREGON!

**\$9.49**

AMARYLLIS BULBS



**\$6.25**

CHRISTMAS CACTI



SANTA BOOTS

**\$26.95**





# HOLIDAY STORE HOURS

December 24th: 7AM - 6PM

December 25th: Closed

December 26th: 7AM - 9PM

\* \* \* \* \*

December 31st: 7AM - 9PM

January 1st, 2026: 11AM - 9PM

Thank you for supporting  
your local Co-op!



## LAND & SEA



**Organic Smart Chicken Tenderloins**

**\$9<sup>99</sup> lb**

SAVE \$2.00/lb



**Diestel Turkey Ranch Ground Dark Turkey**

**\$4<sup>99</sup> lb**

SAVE \$2.00/lb



**Applegate Naturals Sunday Bacon**

8 oz.

**\$5<sup>79</sup>**

SAVE \$1.50



**Aidells Chicken Sausages & Meatballs**

8-12 oz.

**\$6<sup>99</sup>**

SAVE \$1.00

## HOUSE-MADE

**ASHLAND FOOD CO+OP**

EST. 1972

**Co-op Kitchen Made to Order Hot Chocolate**

16 oz.

**\$3<sup>95</sup>**

SAVE \$1.00



**ASHLAND FOOD CO+OP**

EST. 1972

**Co-op Kitchen Bakery Eggnog Shortbread Cookies**

**\$7<sup>95</sup> lb**

SAVE \$1.00/lb



## CO-OP BASICS

### 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**



**Emerald Hills Beef Ground Beef**

Not to exceed 20% fat

**\$7<sup>99</sup> lb**



**Co+op basics**



**Field Day Apple Cinnamon Cereal Bars**

7.8 oz.

**\$2<sup>99</sup>**



**Co+op basics**



**Field Day Organic Unrefined Coconut Oil**

14 oz.

**\$7<sup>99</sup>**



**Co+op basics**



**Naked Bread Organic Bare White**

22.5 oz.

**\$4<sup>99</sup>**



**Co+op basics**



**Field Day Grapefruit Sparkling Water**

6 pack

**\$2<sup>49</sup>**



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

## Join us for **Grocery Democracy**

with

Jon Steinman,  
Food Co-op Educator,  
Motivator & Dialogue  
Practitioner

**Saturday,  
December 13th  
12-2pm  
in the  
Co-op Classroom**

**In this inspiring  
talk, author Jon  
Steinman draws on  
20+ years of  
experience to  
reveal what co-op  
membership really  
means—and why it  
matters now more  
than ever.**



Sign up at  
[www.ashlandfood.coop/events](http://www.ashlandfood.coop/events)

## WELLNESS



**Essential  
Formulas  
All Products**

**20%  
OFF**



**Natural Factors  
WellBetx  
Berberine**  
Superior Quality  
60 cap

**\$16<sup>99</sup>**  
SAVE \$9.00



**Microjoy  
All Products**

**20%  
OFF**



**Life-Flo  
Organic Rosehip  
Seed Oil**  
Cold Pressed  
1 oz.

**\$10<sup>79</sup>**  
SAVE \$1.20



**Terry  
Naturally  
Curamed  
750mg**

Superior Absorption  
Curcumin • 30 softgel

**\$22<sup>49</sup>**  
SAVE \$7.50



## BRUCE'S PICKS

**Ruffino  
Prosecco**

750 ml  
Organically grown Italian  
bubbles with just a hint of  
sweetness. Floral aromas,  
apple, pear, peach, citrus,  
delicate and soft. Great  
price, ideal for a Holiday  
party.

**\$12<sup>99</sup>**



**Pra  
Soave Classico**  
750ml

Super fresh, the prickly acid-  
ity on the finish is amaz-  
ing. Zippy citrus and fresh  
apple with just a hint of floral  
aromatics. 100% Garganega  
from Veneto, Italy.

**\$19<sup>99</sup>**

