



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

THE BIG GAME

Prairie Fresh Pork
Baby Back Ribs

\$3.99/LB
SAVE \$2.00/LB



SALE FLYER | FEBRUARY 4 TO FEBRUARY 10, 2026

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Navel Oranges
California

\$1.49 lb
SAVE \$0.95/lb



ORGANIC
Kent Mangos
Mexico

\$3.69 ea
SAVE \$1.26/ea



ORGANIC
Triple Cross Mandarins
California

\$3.24 lb
SAVE \$0.75/lb



ORGANIC
Limes
Mexico

\$1.49 lb
SAVE \$2.00/lb



ORGANIC
Cilantro
California & Mexico

\$1.29 ea
SAVE \$0.70/ea



ORGANIC
Large Avocados
Mexico

2/\$3
SAVE \$2.98 on 2



ORGANIC
Cherry Tomatoes
All Varieties
Mexico

\$6.25 ea
SAVE \$2.70/ea



ORGANIC
Red Onions
Oregon & Washington

\$1.29 lb
SAVE \$0.70/lb



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



GROCERY

Chobani
Greek Yogurt
5.3 oz.

4/\$5

SAVE \$1.76 on 4



Follow Your Heart
Avocado Oil Vegenaize
14 oz.

\$5⁹⁹

SAVE \$2.30



Feel Good Foods
Gluten Free
Potstickers

Vegetable & Chicken • 10 oz.

\$6⁹⁹

SAVE \$1.90



Woodstock
Organic
Tortelloni & Ravioli
20 oz.

\$8³⁹

SAVE \$1.60



Bob's Red Mill
Gluten Free Pizza
Crust Mix
16 oz.

\$3⁶⁹

SAVE \$1.00



Koyo
Organic
Udon & Soba
Noodles
8 oz.

\$2⁴⁹

SAVE \$1.10



Dr. McDougall's
Vegan Soup Cups
1.8-3.4 oz.

2/\$4

SAVE \$0.98 on 2



Tasty Bite
Indian Entrees
10 oz.

2/\$7

SAVE \$2.98 on 2



Bobo's
Oatmeal Bars
2.5-3 oz.

BOGO

SAVE \$2.89 on 2



BULK



Organic
Brown Flax Seed

\$2⁴⁹ lb

SAVE \$0.40/lb



Organic
Adzuki Beans

\$4⁰⁹ lb

SAVE \$0.50/lb



Northbound
Organic
Ethiopia
Light Roast

\$14⁹⁹ lb

SAVE \$3.00/lb



Organic
Dried Cane Juice
Sweetend Cranberries

\$8⁴⁹ lb

SAVE \$0.90/lb



GAME DAY

SAVINGS



**ASHELAND
FOOD CO-OP**
EST. 1978



**Niman Ranch
Applewood Smoked
Bacon**

12 oz.

\$8.49 ea

SAVE \$1.80/ea



**Prairie Fresh Pork
Baby Back Ribs**

\$3.99 lb

SAVE \$2.00/lb



**Cooled Peeled
& Cleaned Shrimp**

3 1/40 Count • Farm Raised

\$11.99 lb

SAVE \$3.00/lb



**Emerald Hills
Ground Beef**

Not to Exceed 20% Fat
Grass Fed

\$6.99 lb

SAVE \$1.00/lb



**Beeler's
Boneless Pork
Shoulder Roast**

\$4.99 lb

SAVE \$2.00/lb



**Volpi
Sliced Meats**

3-5.5 oz. • All Varieties

\$1.00 OFF

SAVE \$1.00/ea

GAME DAY

SNACKS



**ASHLAND
FOOD CO+OP**

EST. 1972



**Bitchin' Sauce
Dips and Sauces**

8 oz.

\$6⁷⁹

BUY ONE GET ONE FREE!



**Against the Grain
Gluten Free
Gourmet Pizza**

Three Cheese + Pepperoni

\$14⁴⁹

BUY ONE GET ONE FREE!



**Quinn
Gluten Free
Pretzels & Nuggets**

5-7 oz.

\$4⁹⁹

SAVE \$0.60



**Siete Puffs
Chili Lime and
Queso**

Gluten Free • 4 oz.

\$3⁵⁰

SAVE \$0.79



**AFC Kitchen
Housemade Salsa
Grab n Go**

16 oz.

\$3⁵⁰

SAVE \$1.45



**The Good
Crisp Company
Potato Crisps**

5.6 oz.

\$3⁷⁹

BUY ONE GET ONE FREE!



ROUND UP TO Give Back



ASK YOUR CASHIER TO ROUND UP!



RV Street Dogs supports essential services like spay-neuter, and improves quality of life for pets living in poverty.

Rogue Cats supports community cats through rescue, TNR, providing shelter, and a free community pet pantry.

FEBRUARY 1 TO 28

coop
deals

WELLNESS

coop
basics

Booda Organics
All In One Daily Moisturizer
Spread The Love
2.3 oz.

\$8⁹⁹
SAVE \$5.30



Natural Factors
Suntheanine
Mental Calmness & Relaxation
60 chewables

\$15⁷⁹
SAVE \$3.70



Terry Naturally
All Products

20% OFF



Eco-Dent
Baking Soda Toothpowder
For Healthier Looking Teeth & Gums
2 oz.

\$6⁹⁹
SAVE \$1.50



KAL
Lithium Orotate
General Wellness Support
120 veg caps

\$10⁹⁹
SAVE \$1.50



BRUCE'S PICKS

Fidora Prosecco
Brut Rose Nature
750 ml
Floral and light, very dry, Italian Prosecco. Made from Biodynamically grown Glera 90% and Pinot Noir 10%.

\$17⁹⁹



Luzador Tinto
750ml
50% Garnacha, 50% Tempranillo from Navarra, SP. Juicy, without being over ripe, great balance.

\$16⁹⁹

