



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





GROCERY

Chobani
Greek Yogurt
5.3 oz.

4/\$5

SAVE \$1.76 on 4



Follow Your Heart
Avocado Oil Vegenaise
14 oz.

\$5.99

SAVE \$2.30



Feel Good Foods
Gluten Free
Potstickers
Vegetable & Chicken • 10 oz.

\$6.99

SAVE \$1.90



Woodstock
Organic
Tortelloni & Ravioli
20 oz.

\$8.39

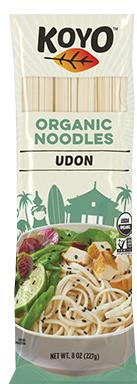
SAVE \$1.60



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

\$3.69

SAVE \$1.00



Koyo
Organic
Udon & Soba
Noodles
8 oz.

\$2.49

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



Organic
Brown Flax Seed

\$2.49 lb

SAVE \$0.40/lb



Organic
Adzuki Beans

\$4.09 lb

SAVE \$0.50/lb

BULK



Northbound
Organic
Ethiopia
Light Roast

\$14.99 lb

SAVE \$3.00/lb



Organic
Dried Cane Juice
Sweetened Cranberries

\$8.49 lb

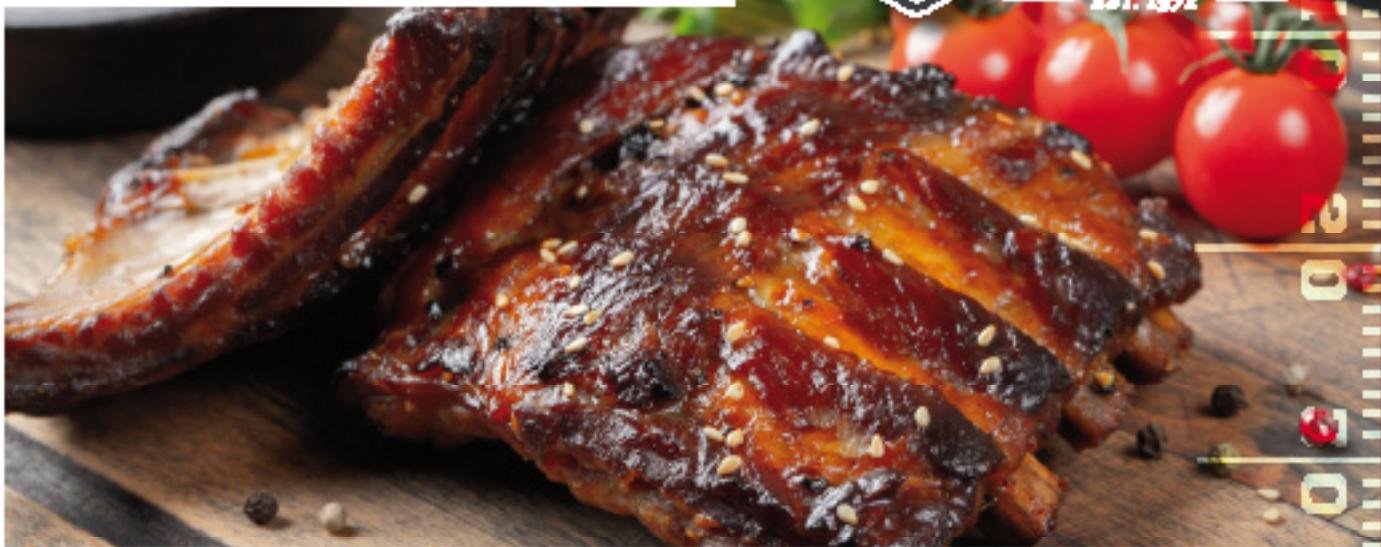
SAVE \$0.90/lb



GAME DAY SAVINGS



ASHLAND
FOOD CO-OP
EST. 1972



Niman Ranch
Applewood Smoked
Bacon

12 oz.

\$8.49 ea
Sav. \$2.00/ea



Emerald Hills
Ground Beef
Not to Exceed 20% Fat
Grass Fed

\$6.99 lb
Sav. \$1.00/ea



Prairie Fresh Pork
Baby Back Ribs

\$3.99 lb
Sav. \$2.00/lb



Cooled Peeled
& Cleaned Shrimp
3/40 Count • Farm Raised

\$11.99 lb
Sav. \$3.00/lb



Beeler's
Bonanza Pork
Shoulder Roast

\$4.99 lb
Sav. \$2.00/lb



Volpi
Sliced Meats
3-5.5 oz. • All Varieties

\$1.00 OFF
Sav. \$1.00/ea

GAME DAY SNACKS



ASHLAND
FOOD CO+OP
EST. 1972



Bitchin' Sauce Dips and Sauces

8 oz.

\$6.79



BUY ONE GET ONE FREE!



Against the Grain Gluten Free Gourmet Pizza

Three Cheese + Pepperoni

\$14.49

BUY ONE GET ONE FREE!



Siete Puffs Chili Lime and Queso

Gluten Free • 4 oz.

\$3.50

SAVE \$0.79



Quinn Gluten Free Pretzels & Nuggets

5-7 oz.

\$4.99

SAVE \$0.60



AFC Kitchen Housemade Salsa Grab n Go

16 oz.

\$3.50

SAVE \$1.45



The Good Crisp Company Potato Crisps

5.6 oz.

\$3.79



BUY ONE GET ONE FREE!

**coop
deals**

Niman Ranch
Applewood Smoked
Bacon

12 oz.

\$8.49

SAVE \$3.50

**coop
deals**

Applegate Naturals
Chicken Nuggets &
Tenders

Family Size • 16 oz.

\$10.99

SAVE \$2.00

HOUSE-MADE**ASHLAND
FOOD CO+OP**

EST. 1972

Co-op Kitchen
Grab N Go
Cheddar Cheese
Sandwich

\$5.95

SAVE \$1.00



Organic
Smart Chicken
Bone-In Thighs

\$5.49 **lb**

SAVE \$1.00/lb



Teton Waters Ranch
Sausages

Polish & Jalapeno Cheddar Brat-
wurst • 10 oz.

\$7.99

SAVE \$2.00

**ASHLAND
FOOD CO+OP**

EST. 1972

Co-op Kitchen
Grab N Go
Tuna Salad

\$15.95 **lb**

SAVE \$3.00/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!

**coop
basics**



Smart Chicken
Drumsticks

\$2.49 **lb**



Field Day
Organic Pasta
Sauce
24 oz.

\$3.49

CO-OP BASICS

Field Day
Organic Capellini
Angel Hair Pasta
16 oz.

\$1.99



Field Day
Organic Dark Maple
Syrup
12 oz.

\$8.99



Field Day
Organic Apple Cider
Vinegar
32 oz.

\$5.99



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



WELLNESS



Booda Organics All In One Daily Moisturizer

Spread The Love

2.3 oz.

\$8.99

SAVE \$5.30



Natural Factors Suntheanine

Mental Calmness & Relaxation

60 chewables

\$15.79

SAVE \$3.70



Terry Naturally All Products

20% OFF



Eco-Dent Baking Soda Toothpowder

For Healthier Looking Teeth & Gums

2 oz.

\$6.99

SAVE \$1.50



KAL Lithium Orotate

General Wellness Support

120 veg caps

\$10.99

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%.

\$17.99



Luzador Tinto

750ml

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

\$16.99

