

KIKO
Catnip Bubbles
\$8⁹⁹ ea



SALES FLYER | SEPTEMBER 30 TO OCTOBER 6, 2026

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer

Oregon
GROWN



ORGANIC
McIntosh Apples

Oregon Grown!

\$2³⁸ lb

SAVE \$0.61/lb



Oregon
GROWN



ORGANIC
Kiwi Berries

Oregon Grown!

\$3⁹⁸ ea

SAVE \$1.97/ea



Oregon
GROWN



ORGANIC
Quince Fruit

Oregon Grown!

\$4²⁸ lb

SAVE \$1.67/lb



Oregon
GROWN



ORGANIC
Red Bartlett Pears

Oregon Grown!

\$2⁴⁶ lb

SAVE \$1.03/lb



Oregon
GROWN



ORGANIC
Celery

Oregon Grown!

98¢ lb

SAVE \$0.71/lb



Oregon
GROWN



ORGANIC
Carrots
5lb Bag

Oregon Grown!

\$4²⁶ ea

SAVE \$2.69/ea



Oregon
GROWN



ORGANIC
Bunched Spinach

Oregon Grown!

\$2³⁸ ea

SAVE \$1.11/ea



Oregon
GROWN



ORGANIC
Yellow Onions

Oregon Grown!

\$1²⁵ lb

SAVE \$0.34/lb



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

coop deals

**Bellwether Farms
Sheep Milk Yogurt**
A2 Protein • 6 oz.

\$2²⁹

SAVE \$1.00



GROCERY

**Ripple
Plant Based Milk**
Original and Unsweetened
48 oz.

\$4⁹⁹

SAVE \$1.00



coop deals

coop deals



**Amy's
Burrito's**
All Flavors • 5.5-6 oz.

2/\$6

SAVE 2.58 on 2



**Woodstock
Ravioli**
All Flavors • 20 oz.

\$8⁴⁹

SAVE \$1.50



coop deals



**Dave's Killer Bread
Sandwich Bread**
Select Varieties • 24-27 oz.

\$5⁹⁹

SAVE \$1.60



coop deals



**Que Pasa
Tortilla Chips**
Yellow, Blue and White
Corn • 7.5 oz.

\$4⁴⁹

SAVE \$1.50



coop deals



**R.W. Knudsen
Juice**
Morning Blend, Ginger
Echinacea, Mega Antioxidant
32 oz.

\$4⁴⁹

SAVE \$0.90



coop deals



**Purely Elizabeth
Cereal**
Cranberry, Blueberry,
and Ancient Grain
12 oz.

\$6⁴⁹

SAVE \$1.40



coop deals



**Simple Mills
Sweet Thins**
Cinnamon, Brownie, and Lemon
4.25 oz.

\$4²⁹

SAVE \$1.40



BULK

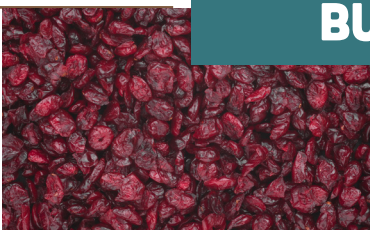
coop deals



**Organic
Pitted Prunes**

\$8⁴⁹ lb

SAVE \$1.40/lb



**Organic
Sweetened
Cranberries**

\$8⁹⁹ lb

SAVE \$2.60/lb



**Cafe Mam
Decaf Italian**
Dark Roast

\$13⁹⁹ lb

SAVE \$3.00/lb



coop deals



**Organic
Raw Cashew Pieces**

\$7⁷⁹ lb

SAVE \$0.50/lb





**Azure
All Life Stages
Dry Dog Food**
Chicken and Brown Rice
40 lb

\$69⁹⁹
SAVE \$18.00



**Azure
All Life Stages
Dry Dog Food**
Salmon and Brown Rice
40 lb

\$85⁹⁹
SAVE \$22.00



**Nature's Greatest Foods
Cat Food**
Flavorful Turkey
24 pk

\$23⁹⁹
SAVE \$4.00



**Nature's Greatest Foods
Cat Food**
Tuna in Jelly
24 pk

\$23⁹⁹
SAVE \$4.00





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

SPONSORED BY:



**FREE
EVENT!**



HOT DOGS & COLD HOPS A STREET BLOCK PARTY



**OCTOBER 4, 4 - 7PM
A STREET, ASHLAND**

**Live music. Beer garden. Vendors.
Food trucks. Travelers Ice Cream.**

FOTAS adoption pop-up.

Pet Halloween costumes encouraged.

*Visit the co-op booth to grab
some homemade dog biscuits
and free samples for your pup!*





LAND & SEA



**Organic Smart Chicken
Boneless Skinless
Thighs**

\$9⁹⁹ lb

SAVE \$1.50/lb



**Wild Ahi Tuna Fillet
Previously Frozen**

\$11⁹⁹ lb

SAVE \$3.00/lb



**Applegate Naturals
Sunday Bacon & No
Sugar Bacon**

8 oz.

\$5⁹⁹

SAVE \$1.00



**Roli Roti
Butcher's Organic
Bone Broth**

All Varieties • 24 oz.

\$8⁹⁹

SAVE \$2.00



HOUSE-MADE

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

**Co-op Kitchen
Made to Order
Pumpkin Spice
Latte**

16 oz.

\$4⁹⁵

SAVE \$1.00/lb



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

**Co-op Kitchen
Grab-n-Go
Spinach Artichoke
Dip**

\$10⁹⁵ lb

SAVE \$2.00/lb



WHAT IS CO+OP BASICS?

Co+op Basics includes over 400 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

**Co+op
basics**



**Organic Smart
Chicken
Whole Chicken**

\$4⁴⁹ lb



**Co+op
basics**



**Field Day
Organic Pizza
Sauce**

14 oz.

\$2⁹⁹



**Co+op
basics**



**Field Day
Sandwich Creme
Cookies**

Chocolate Vanilla • 10.5 oz.

\$3⁹⁹

**Co+op
basics**



**Field Day
Peanut Butter Filled
Pretzels**

16 oz.

\$4⁷⁹

**Co+op
basics**



**Field Day
Organic Lemonade**

64 oz.

\$3⁹⁹



ROUND UP TO Give Back



ASK YOUR CASHIER TO ROUND UP!



Ashland High Arts Advocates

Empowering Ashland High School students to learn to cook thoughtful, sustainable and delicious food to help support themselves, our community and beyond.

OCTOBER 1 TO 31

WELLNESS



**Terry Naturally
Curamin Nighttime**
Pain Relief & Sleep

30 cap

\$17²⁹

SAVE \$5.70



**Barlean's
Flax Oil**
Pure & Unrefined
12 oz.

\$16⁹⁹

SAVE \$4.44



**Dr Hauschka
All Products**

**30%
OFF**



**Herbs Etc
All Products**

**20%
OFF**



**Earth Science
Apricot Facial
Scrub**

Daily Exfoliant
4 oz.

\$12⁴⁹

SAVE \$2.80



BRUCE'S PICKS

**Caparzo
Sangiovese**

2024 • 750 ml
Great value from Tuscany. Shows red fruits like currant, pomegranate and cherry. Balanced with typical Italian acidity and earthy tannins.

\$14⁹⁹



**Ridge
Coast Range Red**

2025 • 750ml
59% Zinfandel, 18% C arignane, 13% Petite Sirah, 10% Cabernet Sauvignon. Easier drinking, lighter, fresher approach from Ridge. Delightfully smooth and fruity.

\$22⁹⁹

