



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



**BACK TO
SCHOOL
SAVINGS**



**ANNIE'S HOMEGROWN
MACARONI &
CHEESE**

Selected Varieties
5.25-6 oz. • Reg. \$2.29

10/\$10

Sale Effective August 21 to 27

Fresh Produce
Your only Southern Oregon Certified organic Grocer



**ORGANIC
Specialty Melons**
Honeydews, Galias, Canary, and more! Northwest Grown
Reg. \$1.99/lb

99¢ lb



**ORGANIC
Plums & Pluots**
Washington & California
Reg. \$2.99/lb

\$2²⁴ lb



**ORGANIC
White Peaches**
Hood River, Oregon
Reg. \$3.99/lb

\$2⁶⁴ lb



**ORGANIC
Bartlett Pears**
Hi Ho Produce, Williams, Oregon
Reg. \$2.29/lb

\$1⁶⁴ lb



**ORGANIC
Baby Peeled Carrots**
California
1 lb. • Reg. \$1.99/ea

\$1⁵⁴ ea



**ORGANIC
Romanesco**
California
Reg. \$3.29/lb

\$1⁹⁶ lb



**ORGANIC
Mini Sweet Peppers**
Oregon & Mexico
1 lb. & Pints • Reg. \$5.95/ea

\$3⁹⁹ ea



**ORGANIC
Cucumbers**
Oregon Grown
Reg. \$2.99/lb

\$1⁶⁸ lb



**Organic Valley
Organic
Lactose Free Milk**

64 oz. • Reg. \$5.79

\$4⁷⁹



Grocery

**SAVE
\$1**

**Organic Valley
Organic Raw
Cheese Block**

Mild Cheddar
Sharp Cheddar
Jack Style

8 oz. • Reg. \$5.89

\$4⁸⁹



**SAVE
\$1**



**SAVE
\$1**

**Loacker
Bite Size
Wafer Cookies**

8.82 oz. • Reg. \$4.29

\$3²⁹



**Garden of Eatin'
Corn Tortilla Chips**

7.5-8.1 oz. • Reg. \$3.39

2/\$4



**GoMacro
Organic Macrobar**

2-2.5 oz. • Reg. \$2.79

2/\$4



**Three Twins
Organic Ice Cream**

32 oz. • Reg. \$7.79

\$5⁹⁹



**SAVE
\$1**

**Perfect Bar
Protein Bars**

2.2-2.5 oz. • Reg. \$2.99

\$1⁹⁹



**Wilcox Family Farms
Organic Brown Eggs**

Jumbo
Dozen • Reg. \$4.75

\$3⁸⁹



**Van's
Waffles**

8-9 oz. • Reg. \$3.29

2/\$4

Bulk



**Lundberg Family Farms
Organic White
Basmati Rice**

Reg. \$2.33/lb

\$1⁹⁹ lb



**ORGANIC
Red Quinoa**

Reg. \$3.00/lb

\$2⁵⁹ lb



**Pachamama
Organic 5 Sisters
Coffee Blend**

Reg. \$13.59/lb

\$10⁹⁹ lb



**ORGANIC
Olive Oil**

\$5⁹⁹ lb



**ASHLAND
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BACK TO SCHOOL SNACKS



ideas for healthy, delicious snacks to fuel for school

Kids love making ants on a log!



ORGANIC Celery

Oregon, California,
& Mexico

Reg. \$1.69/lb

99¢/lb



Santa Cruz Organic Applesauce

6-pack/4 oz.

Reg. \$3.99
\$2.99



**SAVE
\$1**



**SAVE
\$1**



Stonyfield Organic Organic Kids Yogurt Tubes

Strawberry • Berry

8-Pack/2 oz. • Reg. \$4.89
\$3.89



RW Knudsen Organic Lemonade Juice Boxes

4-Pack • Reg. \$3.19

\$1.99



ORGANIC Baby Peeled Rainbow Carrots

California • 12 oz. • Reg. \$2.49

\$1.78

Late July Organic Mini Cheddar Cheese Bites

5 oz.
\$3.49



Stretch Island Fruit Leather

Gluten-Free

0.5 oz.

55¢



Bearitos Classic Sea Salt Corn Chips

Gluten-Free

9 oz.

\$3.29





BACK TO SCHOOL SNACKS

Make this!



ASHLAND FOOD CO+OP
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Energy Bites

A little boost of energy with flavor!

1 Mix ingredients together

Mix 1 cup of rolled oats, 1/3 cup of peanut or almond butter, 2-4 tablespoons of honey, 3 tablespoons of chocolate chips, 1/8 teaspoon salt together in a bowl. Mix by hand or with a food processor until well blended.



ORGANIC BULK
Organic Rolled Oats
BIN # 1427
84¢ lb



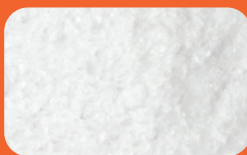
SANTA CRUZ
Organic Peanut Butter
Dark • Light
16 oz. • Reg. \$5.65
2/\$8



BULK
Meadowfoam Honey
BIN # 492
\$5⁵¹ lb



BULK • ENJOY LIFE
Semi-Sweet Mini Chocolate Chips
BIN # 654
\$6¹⁵ lb



BULK • GLUSTO VITA
Extra Fine Salt
BIN # 503
69¢ lb

2 Form mixture into 1-in balls

3 Roll in coconut flakes (if desired)



LET'S DO ORGANIC
Organic Shredded Coconut Flakes
7 oz.
\$3¹⁹

mid-day energizer!

Land & Sea



SAVE \$3

Teton Waters Ranch
100% Grass-Fed Beef
 Breakfast Sausage Links
 Located in Freezer
 5.6 oz. • Reg. \$6.99
\$3.99



SAVE \$1

Diestel Family Ranch
Sliced Black Forest Ham
 6 oz. • Reg. \$6.99
\$5.99

House-Made

ASHLAND FOOD CO+OP
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AFC DELI
Made to Order
Americano
 16 oz. • Reg. \$2.95
\$1.95



SAVE \$1



SAVE \$1/lb

Emerald Hills
Ground Beef
 Not to Exceed 10% Fat
 Reg. \$8.99/lb
\$7.99/lb



SAVE \$2/lb

Fresh Columbia River
Steelhead Fillet
 Farm Raised
 Reg. \$14.99/lb
\$12.99/lb

ASHLAND FOOD CO+OP
 EST. 1972

AFC DELI
Grab-n-Go
Chocolate
Coconut
Pudding
 Reg. \$7.25/lb
\$5.95/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



ON SALE!
\$6.99

Tillamook
Medium Cheddar Loaf
 2 lb.
Reg. \$8.93

CO+OP basics



Nordic Naturals
Children's DHA
 180 soft gel.
\$17.99

CO+OP basics



USDA ORGANIC

ORGANIC
Banana
88¢/lb

CO+OP basics



USDA ORGANIC

Organic Valley
Organic Milk
 1 Gallon
\$6.39

CO+OP basics



USDA ORGANIC

Field Day
Organic Honey Nut O's
 14 oz.
\$2.99



**ASHLAND
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FIRST FRIDAY

September 6, 2019

4-7PM • AFC Courtyard
FREE EVENT

kids
under 12
eat free

LIVE
MUSIC

MIX & MINGLE with your
NEIGHBORHOOD
& enjoy a community meal!

Featuring
charcuterie plates decked
out by Niman Ranch and
with fresh fruit & cheese

COMMUNITY MEAL
\$3 Owners • \$5 community members

**LIVE MUSIC BY
TONY SMILEY**
Starts @ 5PM

FREE TASTINGS
Huizache Creamery, Organically
Grown Company, Noble Coffee
Roasting, Alden's Ice Cream, and
Caldera Brewing Company

coop
deals



**Wish Garden
Serious Relaxer**
For Muscle Tension
0.66 oz. • Reg. \$9.49

\$6⁴⁹

Wellness

SAVE
\$3



**Hero Nutritionals
Complete Multi**
16 Essential Nutrients for Healthy
Growth & Development
200 ct. • Reg. \$35.99

\$26⁹⁹

SAVE
\$9

coop
deals

**Bach
Flower Essences**
All Varieties
20 ml. • Reg. \$16.99

\$12⁹⁹



SAVE
\$4



**Life-Flo
Rosehip Seed Oil**
Replenishes & Restores
1 oz. • Reg. \$7.79

\$4⁷⁹

SAVE
\$3

coop
deals



**Andalou Naturals
Fruit Stem Cell
Shampoo & Conditioner**
All Varieties
11.5 oz. • Reg. \$8.99

\$6⁹⁹

SAVE
\$2

Bruce's Picks

**Ecliptic Brewing
Phazer Hazy, Starburst IPA,
Quasar Pale**

6-Pack Cans
Brewed in Portland, the IPAs are juicy and
easy-drinking. Quasar is a beloved annual
seasonal release with
big hop flavor and a
refreshing warm
weather crispness.

\$9⁴⁹



**Monte Tondo
Valpolicella
Superiore**

750 ml.
Elegant and pretty red from
the Veneto. Red fruits; rasp-
berry, strawberry and cherry.
Floral nose, silky, medium
weight, touch of earthiness.

\$13⁹⁹

