



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



**AFC DELI GRAB-N-GO
BEAN & CHEESE
BURRITO**
\$4⁹⁵

ADVENTURE *Seekers* SAVINGS



Sale Effective October 16 to 22

Fresh Produce

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Red & Green Cabbage
Oregon & Washington
Reg. \$1.69/lb

99¢ lb



ORGANIC
Bunch Carrots
Oregon & Washington
Reg. \$2.99/ea

2/\$5



ORGANIC
Fingerling Potatoes
Oregon & Washington
Reg. \$3.99/lb

\$2²⁴ lb



ORGANIC
Red Bell Peppers
Oregon & California
Reg. \$3.99/lb

\$1⁹⁹ lb



ORGANIC
Valencia Oranges
California
Reg. \$1.48/lb

99¢ lb



ORGANIC
Carnival Grapes
California
Reg. \$5.95/lb

\$4⁴⁸ lb



ORGANIC
Hosui Asian Pears
Oregon Grown!
Reg. \$4.95/lb

\$3²⁸ lb



ORGANIC
Ambrosia Apples
Washington
Reg. \$2.29/lb

\$1⁴² lb

coop deals

Pacific Organic Soup

32 oz. • Reg. \$3.99

\$2⁵⁹



Grocery

coop deals

Organic Valley Shredded Cheese

6 oz. • Reg. \$4.99

\$3⁹⁹



SAVE \$1



coop deals

Angie's Boomchicka Pop Popcorn

4.8-7 oz. • Reg. \$2.99

\$1⁹⁹



SAVE \$1

coop deals

Hilary's Organic Veggie Burgers

6.4 oz. • Reg. \$3.59

2/\$5



coop deals

Frontera Salsa

16 oz. • Reg. \$3.79

2/\$5



coop deals

Crunchsters Sprouted Protein Snack

4 oz. • Reg. \$4.39

\$3⁴⁹



coop deals

Amy's Pizzas

Selected Varieties
12-14.5 oz. • Reg. \$7.99-\$8.99

\$5⁹⁹



coop deals

Lily's Chocolate Bars

2.8-3 oz. • Reg. \$4.29

2/\$6



coop deals

R.W. Knudsen Organic Apple Juice

32 oz. • Reg. \$3.89

2/\$5



Bulk



Lundberg Family Farms Organic White Basmati Rice

Reg. \$2.33/lb

\$1⁸⁹ lb



ORGANIC Pitted Prunes

Reg. \$7.67/lb

\$6²⁹ lb



Pachamama Organic Peru Coffee

Reg. \$13.59/lb

\$10⁹⁹ lb



Bluebird Grain Farms Organic Emmer Farro

Reg. \$3.43/lb

\$2⁶⁹ lb



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

ADVENTURE *Seekers*



our deli offers delicious and nutritious food that hits the spot when you're on the go!



**AFC Bakery
Hooty Creek
Cookies**
\$1⁹⁵ ea



MADE FRESH DAILY

**AFC Grab-n-Go
Asian Tofu Salad**
\$6⁹⁵ ea



MADE FRESH DAILY

**AFC Grab-n-Go
Ham & Swiss
Croissant Sandwich**
\$6⁹⁵ ea



**AFC Grab-n-Go
Spinach
Artichoke Dip**
\$12²⁵ lb



TAKE-N-BAKE

**AFC Grab-n-Go
Take-n-Bake Cheese Pizza**
Wheat-Free
\$10⁹⁵ ea



**AFC Bakery
Dream Bar**
Wheat-Free
\$10⁵⁰ lb

ADD SOME FLAVOR TO YOUR LIFE

Seasonal **LATTES**

**TRY THESE
FLAVORS!**

Add to your
favorite drink!

**PUMPKIN SPICE
CARDAMOM**



OCTOBER IS CO-OP MONTH! CELEBRATE WITH US BY GIVING.

OCTOBER 1ST TO OCTOBER 31ST

Round up your change & help support local non-profits



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

**FOLLOW US
ON SOCIAL!**



@ashlandfoodcoop

By supporting your local Co-op you support local non-profits!

For the month of October, ask your cashier to round up your transaction and your cashier will have the ability to automatically round your total to the next even dollar. The difference between the original purchase and the round up amount will be donated to the AFC Grants Committee in support of our local non-profit grants program!

Land & Sea



Aidell's Chicken Sausage
Mango • Apple • Spinach & Feta
12 oz. • Reg. \$6.99
\$4.99



Prairie Fresh Pork Baby Back Ribs
Reg. \$6.99/lb
\$3.99 lb



Beeler's Heluka Boneless Pork Shoulder Roast
Reg. \$6.99/lb
\$4.99 lb



Ashland Food Co-op Housemade Pork Sausage
All Varieties
Reg. \$9.99/lb
\$7.99 lb

House-Made

ASHLAND FOOD CO+OP
EST. 1972

AFC DELI Made to Order Golden Milk
12 oz. • Reg. \$2.95/ea
\$2.25 ea



ASHLAND FOOD CO+OP
EST. 1972

AFC DELI Bakery Wheat-Free Morning Muffin
Reg. \$2.95/ea
2/\$4



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

ASHLAND FOOD CO+OP
EST. 1972

AFC Deli Egg & Cheese Breakfast Sandwich
\$3.50

7AM TO 10AM DAILY



Co+op basics



Natural Factors Theracurmin
60 vcap.
\$20.99

Co+op basics



ORGANIC Bananas
88¢ lb

Co+op basics



AFC Brand Show Me the Whey
13.3-13.5 oz.
\$24.99

Co+op basics



Clif Energy Bars
Selected Varieties • 2.4 oz.
\$1.25



Crunchy ROASTED CHICKPEAS

These crunchy protein bites make the perfect snack or salad topper. You can snack on them anywhere anytime.

INGREDIENTS

- 1 (12 ounce) can chickpeas (garbanzo beans), drained
- 2 tablespoons olive oil
- Salt to taste
- 1/2 teaspoons Cayenne pepper (optional)
- 1 teaspoon Chili powder

INSTRUCTIONS

- 1) Preheat oven to 400 degrees
- 2) Rinse and drain chickpeas, dry with paper towel or clean cloth towel. The drier the chickpeas the better they will crisp up.
- 3) Toss dried chickpeas with olive oil and salt. Spread evenly on baking sheet and roast for 45 min to one hour or until desired crispiness. Check after 20 minutes and shake chickpeas to crisp all sides.
- 4) When finished roasting toss, with cayenne and chili powder.

Serve hot

Cheers!

TRIED & LOVED THIS RECIPE?

Post a photo of your creation & tag us on social!

@ashlandfoodcoop

#NailedIt #AshlandFoodCoop

WE ALSO HAVE UPCOMING COOKING CLASSES!

Visit www.ashlandfood.coop/events for more information

Wellness



Auromere Ayurvedic Toothpaste
All Varieties
1 ct. • Reg. \$6.99
\$5⁹⁹



NutriGold All Products
20% OFF

Pranarom All Products

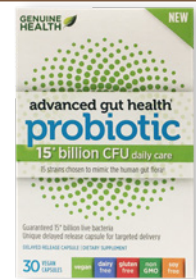
20% OFF



SAVE \$3

Acure Brightening Facial Scrub
Sea Kelp & French Green Clay
4 oz. • Reg. \$9.99

\$6⁹⁹



Genuine Health Advanced Gut Health Probiotic
15 Billion CFU Daily Care
30 vcap. • Reg. \$24.99

\$17⁴⁹

Bruce's Picks

Apple Outlaw Hard Cider

500 ml.
Contribute to what Apple Outlaw will turn into our fourth annual Backyard Community Cider. Bring in your boxed apples and pears this weekend, Friday through Sunday.

\$4⁹⁹



Oregon MADE

Cuckoo's Nest Pinot Noir

750 ml.
Aromatic with red berries and plums, very elegant and supple. Palate refreshing complement to autumn flavors of root vegetables, squash, and slow simmered stews.

\$15⁹⁹



Oregon MADE