

ASHLAND FOOD CO+OP

EST. 1972

BOB'S ORGANIC ALL-PURPOSE BAKING FLOUR

5 LB BAG

\$4.99

**Save
\$2.20!**



SALE FLYER | DECEMBER 3 TO DECEMBER 9, 2025

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer

**Oregon
GROWN**



**ORGANIC
Honeycrisp Apples**
Washington

\$1.49 lb

SAVE \$1.50/lb



**ORGANIC
Hachiya
Persimmons**
California

\$2.69 ea

SAVE \$1.30/ea



**ORGANIC
Lemons**
California & Mexico

\$1.99 lb

SAVE \$1.00/lb



**ORGANIC
Starkrimson Pears**
Oregon

\$1.69 lb

SAVE \$1.30/lb



**ORGANIC
Yellow Potatoes**
Oregon & Canada

99¢ lb

SAVE \$1.00/lb



**ORGANIC
Fennel Bulbs**
California

\$2.69 ea

SAVE \$1.30/ea



**ORGANIC
Mini Persian
Cucumbers**
Mexico

\$1.99 lb

SAVE \$1.00/lb



**ORGANIC
Red Onions**
Oregon & Washington

\$1.49 lb

SAVE \$0.50/lb



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

coop
deals

**Brew Dr.
Organic Kombucha**
14 oz.

2/\$5

SAVE \$2.98 on 2



GROCERY

coop
deals

**Wildwood
Organic Tofu**
14 oz.

\$2.99

SAVE \$0.60



coop
deals



**Amy's
Burritos**
5-6 oz.

2/\$6

SAVE \$2.58 on 2

coop
deals



**Nature's
Path
Organic Waffles**
7.4 oz.

\$3.29

SAVE \$1.10



coop
deals



**Boulder Canyon
Kettle Potato
Chips**
5.25-6.5 oz.

\$3.29

SAVE \$1.00



coop
deals



**Choice
Organic Herbal
Tea**
16 bags

\$3.89

SAVE \$1.00



coop
deals



**Koyo
Ramen**
2-2.1 oz.

4/\$5

SAVE \$1.76 on 4

**Alvarado St. Bakery
Sliced Sprouted
Wheat Bread**
24 oz.

\$5.19

SAVE \$0.80



coop
deals



**Minor
Figures
Organic
Oatmilk**
32 oz.

\$3.99

SAVE \$0.70



coop
deals



**Equal Exchange
Organic Bittersweet
Chocolate Chips**

\$13.99 lb

SAVE \$3.50/lb



coop
deals



**Grandy Organics
Organic Coconola
Coconut Granola**

\$11.99 lb

SAVE \$2.50/lb



BULK

coop
deals



**Pachamama
Peru**
Medium Roast

\$16.99 lb

SAVE \$1.00/lb



**Sunridge Farms
Organic Jolly
Beans**

\$9.99 lb

SAVE \$6.00/lb



EVERYDAY LOW PRICES ON EVERYDAY BASICS



Field Day
Organic Vanilla
Extract • 2 oz
\$7.99



Field Day
Organic Semi-Sweet
Chocolate Chips • 10 oz
\$6.99



Field Day
Organic Cane
Sugar • 24 oz
\$3.99



Field Day
Organic Light Brown
Sugar • 24 oz
\$3.99



Field Day
Organic Powdered
Sugar • 16 oz
\$3.99



Field Day
Organic All-Purpose
Flour • 5 lb
\$6.49





**ASHLAND
FOOD CO+OP**

EST. 1972

GINGERBREAD COOKIE DECORATING PARTY!

**DECEMBER 6TH
11AM TO 3PM
FREE**

300 N. PIONEER ST. ASHLAND, OR

Come join us and decorate some freshly baked cookies! Bring a non-perishable food item to help our neighbors at Ashland Community Food Bank during this holiday season.

SCAN THE QR TO RESERVE YOUR SPOT OR FIND OUT MORE!



ASHLAND
COMMUNITY
—FOOD BANK—



LAND & SEA



**Organic Smart Chicken
Boneless Skinless
Thighs**

\$8⁹⁹ lb

SAVE \$1.50/lb



**Beeler's
Boneless Pork
Shoulder Roast**

\$4⁹⁹ lb

SAVE \$2.00/lb



**Applegate Naturals
Sunday Bacon**

8 oz

\$5⁷⁹

SAVE \$1.50



**Wild Ahi Tuna Fillet
Previously Frozen**

\$11⁹⁹ lb

SAVE \$3.00/lb

HOUSE-MADE

**ASHLAND
FOOD CO+OP**
EST. 1978

**Co-op Kitchen
Grab-N-Go
Tempeh Club**

Vegan

\$7⁹⁵ ea

SAVE \$2.00



**ASHLAND
FOOD CO+OP**
EST. 1978

**Co-op Kitchen
Grab-N-Go
Garlic Lover's
Pasta Salad**

\$7⁹⁵ lb

SAVE \$2.00/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!

**Co+op
basics**

CO-OP BASICS

**Co+op
basics**

**Applegate Naturals
Gluten-Free
Chicken Nuggets**

16 oz.

\$12⁹⁹



**Co+op
basics**

**Field Day
Organic Brown Rice
Penne Pasta**

12 oz.

\$3⁴⁹



**Co+op
basics**

**Field Day
Organic
Garbanzo
Beans**

15 oz.

\$1⁴⁹



**Co+op
basics**

**Field Day
Organic
Apple
Juice**

64 oz

\$6⁹⁹



**Co+op
basics**

**Field Day
Organic
Pasta
Sauce**

24 oz

\$3⁴⁹



ROUND UP TO Give Back



ASK YOUR CASHIER TO ROUND UP!



Jackson County Fuel Committee

Jackson County Fuel Committee is dedicated to addressing the disparity between the lack of access to heating and energy resources for thousands of low-income workers and families and the abundance of such resources in the area.

WELLNESS

Now
All Products

**10%
OFF**



Canary
All Products

**20%
OFF**



Aura Cacia
All Products

**30%
OFF**



coop
deals

Heritage Store
Rosewater
Refreshing Facial Mist
8 oz.

\$9.49

SAVE \$1.00



coop
basics

Boiron
Oscillococcinum
Flu-Like Symptoms
6 dose

\$11.79

SAVE \$1.70



BRUCE'S PICKS

Boucard
Bourgueil

750 ml
Nice example of Loire Valley Cabernet Franc, with juicy fruit up front, followed by a rustic, earthy, herbal finish

\$14.99



Valley View
Pinot Noir

750ml
Bright raspberry, cherry, and other red fruits. Silky, refined, graceful, with delicate aromas and just a hint of oak.

\$18.99

