



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



HOLIDAY FEAST

SALE FLYER | DECEMBER 17 TO 23



FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Granny Smith Apples
Washington

\$1.28 lb

SAVE \$1.71/lb



ORGANIC
Satsuma Mandarins
California

\$2.64 lb

SAVE \$1.35/lb



ORGANIC
Cosmic Crisp Apples
Washington

\$1.86 lb

SAVE \$1.43/lb



*Oregon
GROWN*

ORGANIC
Comice Pears
Oregon Grown!

\$1.68 lb

SAVE \$1.81/lb



ORGANIC
Garnet & Jewel Yams
California

\$1.78 lb

SAVE \$1.21/lb



ORGANIC
Crimini & White
Mushrooms
Oregon & Canada

\$5.45 lb

SAVE \$2.50/lb



ORGANIC
Yellow Onion
3lb Bag
Oregon & Canada

\$3.44 ea

SAVE \$2.51/ea



ORGANIC
Russet Potatoes
Oregon, Washington, & Canada

79¢ lb

SAVE \$1.20/lb



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

coop
deals

GROCERY

coop
deals

Cascadian Farm Organic Vegetable Blends

Gardener's • California • Chinese
10 oz.

2/\$6

SAVE \$2.58 on 2



Alden's Organic Ice Cream

48 oz.

\$8.99

SAVE \$1.00



coop
deals



Hodo Organic Tofu

Extra Firm • Miso
8-10 oz.

\$3.79

SAVE \$1.60



coop
deals



Immaculate Baking Co. Organic Flaky Biscuits & Crescent Rolls

2/\$8

SAVE \$6.58 on 2



coop
deals



Alter Eco Organic Chocolate Bars

\$4.39

SAVE \$1.30



coop
deals



Eco Teas Organic Mate Tea

\$4.99

SAVE \$0.60



coop
deals



Mary's Gone Organic Crackers

4 oz.

\$3.29

SAVE \$1.20



Genuine Bavarian Organic Rye Bread

17.6 oz.

\$4.39

SAVE \$1.00



coop
deals



Organic Valley Organic Raw Mild Cheese Blocks

8 oz.

\$5.49

SAVE \$1.50



coop
deals



Organic Pitted Deglet Noor Dates

\$4.49 lb

SAVE \$1.40/lb



coop
deals



Equal Exchange Organic Bittersweet Chocolate Chips

\$13.99 lb

SAVE \$3.50/lb



BULK



Pachamama Peru Coffee

Medium Roast

\$16.99 lb

SAVE \$1.00/lb



coop
deals



Organic Pistachios

Roasted & Salted

\$8.49 lb

SAVE \$0.50/lb



Your Holiday FEAST

STARTS AT THE CO-OP

Holiday classics, crowd-pleasers, and everything in between.

\$5.49/LB
SAVE \$1.50/LB



**BEELER'S BONE-IN
SPIRAL SLICED
HAM**

\$12.99/LB
SAVE \$2/LB



**SHRIMP
31/40 COUNT
COOKED, PEELED
AND CLEANED**



**BONELESS LAMB LEG
\$13.99/LB - SAVE \$2/LB**

**BONE-IN LAMB LEG
\$12.99/LB - SAVE \$2/LB**

**BONELESS LAMB SHOULDER
\$11.99/LB - SAVE \$3/LB**



\$18.99/LB
SAVE \$4/LB



**EMERALD HILLS
BEEF RIB
ROAST**

\$11.99/LB
SAVE \$4/LB



**FRESH COLUMBIA
RIVER STEELHEAD
FARM RAISED**



HOLIDAY STORE HOURS

December 24th: 7AM - 6PM

December 25th: Closed

December 26th: 7AM - 9PM

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December 31st: 7AM - 9PM

January 1st, 2026: 11AM - 9PM

Thank you for supporting
your local Co-op!

LAND & SEA



**Organic Smart Chicken
Whole Chicken**

\$3⁸⁹ lb

SAVE \$0.30/lb



**Premium Raw, Peeled &
Deveined Shrimp**
21/25 count

\$9⁹⁹ lb

SAVE \$5.00/lb



**Beeler's
Hickory Smoked
Bacon**

16 oz.

\$9⁹⁹

SAVE \$3.00



**Volpi
Sliced Meats**
3-5.5 oz.

\$1 OFF

SAVE \$1.00

**ASHLAND
FOOD CO+OP**

EST. 1972

**Co-op Kitchen
Grab-N-Go
Chicken Quesadilla**

\$3⁹⁵

SAVE \$1.00



**ASHLAND
FOOD CO+OP**

EST. 1972

**Co-op Kitchen
Grab-N-Go
Salmon**

\$17⁹⁵ 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**



**Smart Chicken
Drumsticks**

\$2⁴⁹ lb



**Co+op
basics**



**Field Day
Organic Garlic Cilantro Salsa**
16 oz.

\$3⁹⁹



**Co+op
basics**



**Field Day
Organic Blue Corn
Tortilla Chips**
9 oz.

\$2⁹⁹



**Co+op
basics**



**Field Day
Organic Dark Maple Syrup**
12 oz.

\$8⁹⁹



**Co+op
basics**



**Field Day
Organic Mild Cheddar
Macaroni and Cheese**
6oz.

\$1⁹⁹



POMEGRANATE PUNCH



INGREDIENTS

- 4 cups cranberry juice cocktail
- 3 cups orange juice
- 2 cups pomegranate juice
- 3 cups ginger ale
- Garnish

DIRECTIONS

- In a large pitcher stir together the cranberry juice, orange juice and pomegranate juice.
- Pro Tip: start with cold ingredients so you don't have to dilute the punch with ice.
- 4 cups cranberry juice cocktail, 3 cups orange juice, 2 cups pomegranate juice
- At this point, if you are making this punch ahead, you can pop it in the fridge for a few hours.
- Pour in the ginger ale and give it one or two stirs to combine.
- 3 cups ginger ale
- Garnish the pitcher with orange slices, whole cranberries, and pomegranate arils (seeds).

WELLNESS

coop
deals

Garden Of Life
All Products

15% OFF



Kal
Citrus D3 K2
Immune System Support
2 oz.

\$14.99

SAVE \$2.50



Dr. Hauschka
All Products

30% OFF



Evanhealy
All Products

20% OFF



Natural Factors
Tranquil Sleep

Advanced Fast Acting
Formula
60 chewable tablets

\$21.79

SAVE \$7.00



BRUCE'S PICKS

Simonnet-Febvre
Cremant de
Bourgogne Brut

750 ml
60% Chardonnay, 40% Pinot Noir from the Chablis region. Yeasty complexity with zesty lemony aromas and crisp citrusy acidity.

\$22.99



AFC
GSM Red Blend

750ml
Wonderful local red version on a Southern Rhone blend. Made for us by the great people at Quady North/ Barrel 42. Medium-bodied, loads of mixed berry, both dark berry and lighter raspberry and blueberry flavors.

\$19.99

