



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

A DOZEN COUSINS

Seasoned Beans

10 oz.

\$2.99
SAVE \$0.80



SALE FLYER | FEBRUARY 18 TO FEBRUARY 24, 2026

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Minneola Tangelos
California

\$1.99 lb
SAVE \$1.00/lb



ORGANIC
Date Rolls
All Varieties • 12oz Packages
California

\$6.95 ea
SAVE \$3.00/ea



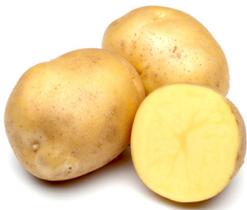
ORGANIC
Farm To School
Fuji Apples
3 lb Bags
Washington

\$4.45 ea
SAVE \$1.00/ea



ORGANIC
Cara Cara Navel
Oranges
California

\$1.49 lb
SAVE \$1.50/lb



ORGANIC
Yellow Potatoes
Oregon & Canada

\$1.14 lb
SAVE \$0.85/lb



ORGANIC
Yellow Onions
3 lb Bags
Oregon & Washington

\$3.69 ea
SAVE \$1.26/ea



ORGANIC
Mini Mixed Sweet
Peppers
Mexico

\$3.69 ea
SAVE \$1.26/ea



ORGANIC
Tomatoes
Mexico

\$2.99 lb
SAVE \$1.26/lb



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

coop deals

GROCERY

coop deals

Ripple Dairy Free Milk
Original • Unsweetened
48 oz.

\$4.79

SAVE \$1.20



Icelandic Provisions Skyr
5.3 oz.

2/\$4

SAVE \$0.98 on 2



coop deals



Wyman's Of Maine Wild Blueberries
15 oz.

\$4.49

SAVE \$1.80



Cappello's Gluten Free Pizza
Cheese • Pepperoni
11-12 oz.

\$7.99

SAVE \$3.30

coop deals



Melt Plant Butter
13 oz.

\$4.99

SAVE \$1.50



Siete Tortilla Chips
Grain Free
5 oz.

\$4.49

SAVE \$1.10



Lily's Sweets Chocolate Bars
2.8-3 oz.

\$3.99

SAVE \$1.70



coop deals



Laird Superfood Creamer
Turmeric • Unsweetened
8 oz.

\$7.49

SAVE \$1.20



Rumiano Organic Cheese
8 oz.

\$5.49

SAVE \$1.50



BULK



Organic Golden Flax Seeds

\$2.59 lb

SAVE \$0.70/lb



Organic Cashews

Large Pieces

\$5.49 lb

SAVE \$1.00/lb



Northbound Coffee Roasters Organic Ethiopia
Light Roast

\$14.99 lb

SAVE \$3.00/lb



Organic Red Royal Quinoa

\$3.79 lb

SAVE \$0.50/lb



AFC BLACK HISTORY CELEBRATION!

Join us February 20th, 5 - 7 pm at the Meese Auditorium to learn more about Oregon's Black History!

PRESENTED BY:

OREGON
BLACK
PIONEERS

Snacks and refreshments served before and after event

\$10 TO ATTEND

\$5 FOR CO-OP OWNERS

SOU students attend for free!

This event was brought to you in partnership with



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



**SCAN HERE
FOR TICKETS:**





**ASHLAND
FOOD CO+OP**

EST. 1972

20% OFF

**HOUSEMADE SOUP
FEBRUARY 18-24**

ALL SIZES AND VARIETIES

All of our soups are *made from scratch* in the Co-op Kitchen and meet our high product standards.



LAND & SEA

Organic Smart Chicken
Boneless Skinless Breast

\$9⁹⁹ lb

SAVE \$2.50/lb



Diestel Turkey Ranch
Ground Dark Turkey

\$4⁹⁹ lb

SAVE \$2.00/lb

HOUSE-MADE

ASHLAND FOOD CO+OP
EST. 1972

Co-op Kitchen
Grab N Go
Wheat Free Breakfast Sandwiches

Bacon & Ham • Egg

\$3⁵⁰ - \$3⁹⁵

SAVE \$1.00/ea



Chomps
Jerky Sticks

All Varieties • 1.15 oz.

\$1⁹⁹

SAVE \$0.70



Beeler's
Hickory Smoked Bacon
16 oz.

\$10⁹⁹

SAVE \$2.00



ASHLAND FOOD CO+OP
EST. 1972

Co-op Kitchen
Grab N Go
House Made Salsa

16 oz.

\$3⁵⁰

SAVE \$1.00



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



Emerald Hills
Ground Beef
Not to exceed 20% fat

\$7⁹⁹ lb



Co+op basics



Field Day
Organic Honey Nut O's Cereal
14 oz.

\$3⁹⁹



Co+op basics



Field Day
Organic Crinkle Cut Fries
24 oz.

\$4⁹⁹



Co+op basics



Field Day
Organic All Purpose Flour
5 lb.

\$6⁴⁹



Co+op basics



Field Day
Organic Kidney Beans
15 oz.

\$1⁴⁹



CO-OP CLASSROOM

EVENTS



FEB 18
6-8PM

Your Most Undervalued Health Asset
FREE



FEB 19
5-8PM

Co-op Crafternoon
FREE



FEB 21
12-2PM

Gut Harmony: Herbal Remedies for Digestion & Balance
\$25-30



FEB 23
6-8PM

I'm Sick of Single-use Waste: Eco-friendly Eating with Rogue To Go!
FREE



FEB 26
5-8PM

Co-op Clothing Swap
FREE

Register at
<https://events.humanitix.com/host/ashland-food-cooperative>

WELLNESS

coop deals

Giovanni Shave Cream
For All Skin Types
7 oz

\$6⁷⁹

SAVE \$1.00



Heritage Store Rose Water Atomizer
Reawakens Skin & Mood
8 oz.

\$8⁹⁹

SAVE \$1.50



Wild Carrot All Products

20% OFF



coop deals

Host Defense Lions Mane
Memory & Nerve Support
30 vcap

\$13⁷⁹

SAVE \$5.20



Natural Factors Pharma Gaba 100Mg
Relaxation & Focus
60 Chewable Tablets

\$18⁷⁹

SAVE \$4.70



coop basics

BRUCE'S PICKS

Goldback Cuvee

750 ml
Rogue Valley grown Grenache and Syrah, bottled here in Ashland, 18 months neutral oak, minimal winemaker intervention.

\$15⁹⁹



Domenico Clerico Dolcetto D'Alba

750ml
Beautiful nose, light, 12.5% alc, no oak, cherry, cranberry, pomegranate. From Medford's Sister City of Alba, in Piedmont, Italy.

\$18⁹⁹

