

**ASHLAND
FOOD CO+OP**

EST. 1972

MEMORIAL DAY



**3
DAYS!**


**HOUSEMADE
SAUSAGES**
20% OFF

5/26 - 5/28

Discount taken
off at register.

All housemade
sausages!

Sale items are
specially marked.

Sale Effective May 24 to 30, 2023

Fresh Produce

Your only Southern Oregon Certified Organic Grocer



USDA
ORGANIC

ORGANIC
**Whole Seedless
Watermelon**
California & Mexico

94¢ lb



USDA
ORGANIC

ORGANIC
Apricots
California

\$5²⁵ lb



USDA
ORGANIC

ORGANIC
**Seedless
Green Grapes**
Mexico

\$5²⁸ lb



USDA
ORGANIC

ORGANIC
Cosmic Crisp Apples
Northwest

\$1⁶⁴ lb



USDA
ORGANIC

ORGANIC
Vidalia Sweet Onions
Georgia

\$1⁶⁶ lb



USDA
ORGANIC

ORGANIC
**Josie's Classic
Coleslaw**
9 oz. • California & Arizona

\$3²⁴ ea



USDA
ORGANIC

ORGANIC
Zucchini
Oregon Grown!

\$2⁴⁴ lb



USDA
ORGANIC

ORGANIC
**Red & Yellow
Potatoes**
California

\$1⁸⁶ lb

coop
deals

Lightlife Foods
Plant-Based
Hot Dogs
12-13.5 oz.

\$3⁷⁹



Grocery

Dr. Praeger's
Veggie Burgers
8-10 oz.

\$4⁹⁹



coop
deals



Nixie
Organic
Sparkling Water
8 pk.

\$3⁹⁹

coop
deals



Late July
Organic Multigrain
Tortilla Chips
7.5-10.1

2/\$7

coop
deals



Organic Valley
Organic Cheese Blocks
Muenster • Pepper Jack
Mozzarella • 8 oz.

\$4⁹⁹

coop
deals



Schär
Gluten Free Hot Dog
& Hamburger Buns
8-10.6 oz.

\$4⁷⁹ - \$4⁸⁹

coop
deals



Hi Ball
Sparkling
Energy Water
16 oz.

\$2²⁹

coop
deals



Alden's
Organic Ice Cream
48 oz.

\$8⁹⁹

coop
deals



Santa Cruz
Organic Lemonade
32 oz.

2/\$4

Bulk



ORGANIC
Red Lentils

\$2²⁹ lb



ORGANIC
Deglet Noor Dates
Pitted

\$4⁴⁹ lb



Pachamama
Organic Farmer's
Extra Dark Coffee

\$12⁹⁹ lb



Golden Prairie
Organic Rolled Oats
Gluten Free

\$2³⁹ lb



HOUSEMADE SAUSAGES

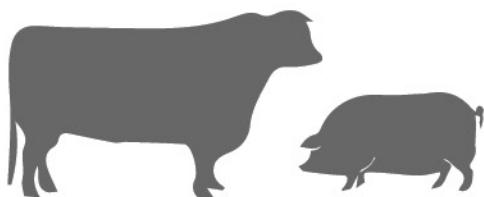
20% OFF

5/26 - 5/28

Discount taken off at register.

All housemade
sausages!

Sale items are
specially marked.



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

MEMORIAL DAY



**Emerald Hills
Ground Beef**
Not to Exceed 20% Fat

\$5⁹⁹ lb



**Franz Naked Bread
Organic Hot Dog
& Hamburger Buns**
15 oz.

\$2⁹⁹



**Niman Ranch
Sausages**
Bratwurst • Andouille
Sweet Italian • Spicy Italian
Apple Gouda
12 oz.

\$6⁴⁹



**Boulder Canyon
Kettle Style
Potato Chips**
5-5.25 oz.

\$2⁷⁹



**Field Roast
Plant-Based
Sausages**
9.31-12.95 oz.

\$4⁹⁹

Land & Sea



Volpi
Sliced Meats
4-5.5 oz. • All Varieties

\$1.00 OFF



Beeler's
Hickory
Smoked Bacon
16 oz.

\$9.99



Prairie Fresh Pork
Baby Back Ribs

\$4.99 lb



Smart Chicken
Boneless Skinless
Thighs

\$5.99 lb

House-Made

ASHLAND
FOOD CO+OP
EST. 1972

Co-op Kitchen
Made to Order
Bombshell
Coffee
12 oz.

\$2.45



ASHLAND
FOOD CO+OP
EST. 1972

Co-op Kitchen
Grab-n-Go
Classic
Potato Salad

\$5.95 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



Organic
Smart Chicken
Whole Chicken

\$4.49 lb



Co+op
basics



Field Day
Organic Applesauce
24 oz.

\$3.49

Co+op
basics



California Premium
Medium Cheddar
Loaf
2 lb.

\$7.99

Co+op
basics



Lundberg
Family Farms
Organic
White Basmati Rice

\$3.29 lb

Co+op
basics



Field Day
Coconut Water
16.6 oz.

\$2.29

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

MEMORIAL DAY



**ORGANIC
Strawberries**
1 lb. Pack • California & Mexico
\$4⁹⁸ ea



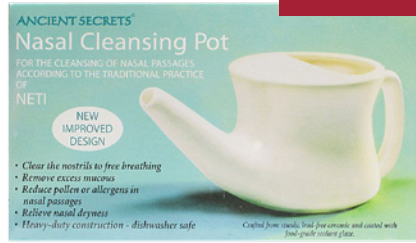
**ORGANIC
Blueberries**
Pint • California
\$4⁹⁶ ea

**ORGANIC
Raspberries**
Pints
California & Mexico
\$4⁶⁸ ea



**ORGANIC
Blueberries**
18 oz. Container
California
\$7²⁴ ea

Wellness



**Ancient Secret
Neti Pot**
reduce dust and pollen • 1 ct.
\$13²⁹



**Tera's
Goat Whey**
unsweetened • 12 oz.
\$23⁹⁹

**Solaray
All Products**
**25%
OFF**



**Naturtint
7N Hazelnut Blonde**
ammonia free • 5.75 oz.
\$13⁴⁹



**Terry Naturally
Curamin**
pain relief • 60 vcap.
\$27⁹⁹

Bruce's Picks

**Colle Petruccio
Stralunato
Bianco**
750 ml.
Vermentino with just
a touch of Trebbiano
and Malvasia, all
cofermented, natural
winemaking. From
Maremma, on the
Tuscan coast.
\$14⁹⁹



**L'Umami
Sauvignon Blanc**
750 ml.
Willamette Valley
grown, a fresh and
bright style with crisp
acidity. lemon and
grapefruit flavors, light
minerality developing
on the finish.
\$14⁹⁹

