

**ASHLAND
FOOD CO+OP**

EST. 1972

**GOOD FOOD
GOOD MOOD**

coop
deals



**Chobani
GREEK YOGURT**

5.3 oz.

4/\$5

SALE FLYER | MARCH 20 TO 26, 2024

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



USDA
ORGANIC

**ORGANIC
Honeycrisp Apples**

Washington

99¢_{lb}

SAVE \$1.00/lb



USDA
ORGANIC

**ORGANIC
Blueberries
Pint Container**

California

\$5²⁵_{ea}

SAVE \$1.74



USDA
ORGANIC

**ORGANIC
Murcott Mandarins**

California

\$2⁶⁴_{lb}

SAVE \$1.35/lb



USDA
ORGANIC

**ORGANIC
Heirloom
Navel Oranges**

California

\$1⁴²_{lb}

SAVE \$0.57/lb



USDA
ORGANIC

**ORGANIC
Cauliflower**

California

\$1⁷⁸_{lb}

SAVE \$1.21/lb



USDA
ORGANIC

**ORGANIC
Mini Sweet Peppers
1 lb Bag**

Mexico

\$3⁶⁴_{ea}

SAVE \$1.31



USDA
ORGANIC

**ORGANIC
Shishito Peppers
Dry Pint**

Mexico

2/\$4



USDA
ORGANIC

**ORGANIC
Brussels Sprouts**

Mexico

\$2⁸⁶_{lb}

SAVE \$1.13/lb

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

GROCERY

coop deals



Larabar
Fruit & Nut Bars
1.7 oz.

2/\$3

Muir Glen
Organic
Pasta Sauce
23.5 oz.

2/\$7



coop deals



Silk
Almondmilk
64 oz.

\$3.99

SAVE \$0.50

coop deals



Silver Hills
Organic
Sprouted Bagels
14 oz.

\$4.99

SAVE \$1.50

coop deals



Beyond Meat
Plant-Based
Chicken Fillets
Original • Spicy • 11 oz.

\$6.49

SAVE \$2.10



Quorn
Meatless Pieces,
Patties & Nuggets
10.6-12 oz.

\$4.99

SAVE \$1.30

coop deals



Bobo's
Oat Bars
2.5-3 oz.

\$2.29

SAVE \$0.70

coop deals



Equal Exchange
Organic Bagged Coffee
Ground • Whole Bean • 10-12 oz.

\$9.99

SAVE \$2.00

coop deals



Newman's Own
Fig Newmans
10 oz.

\$4.49

SAVE \$1.00



Petit Pot
Cheesecake Dessert
Original • Strawberry • 7 oz.

\$4.99

SAVE \$1.80

BULK

coop deals



ORGANIC
Millet
Hulled

\$1.49 lb

SAVE \$0.50/lb



ORGANIC
Pistachios
Roasted & Salted

\$6.99 lb

SAVE \$1.40/lb



Pachamama
Organic Machu Picchu
Vienna Roast

\$12.89 lb

SAVE \$1.40/lb



ORGANIC
Flax Seeds
Brown • Golden

\$2.79 lb

SAVE \$0.80/lb

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

GOOD FOOD GOOD MOOD

SALE FLYER | MARCH 20 TO 26, 2024



coop basics



**Umpqua
Orange Juice**
64 oz.

\$6⁵⁹



**Field Day
Organic Peanut Butter**
Smooth • Crunchy
Salted • Unsalted
18 oz.

\$4⁹⁹



**Franz
Organic Bread**
20-27 oz.

\$4⁵⁹



**Crofter's
Organic Seedless
Raspberry
Premium Spread**
16.5 oz.

\$5²⁹



**Field Day
Organic Pretzels**
8 oz.

\$2⁷⁹



**Field Day
Organic Oatmeal**
11.29 oz.

\$4⁹⁹



**Field Day
Coconut Water**
33.8 oz.

\$4⁴⁹



**Field Day
Organic Applesauce**
24 oz.

\$3⁴⁹

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



**Receive an
EVERY DAY
10% discount**

**Everyone is welcome
to shop at the Co-op.**

Everyone deserves to have access to organic,
healthy, and affordable foods.

The Ashland Food Co-op's CAN program strives to support
Co-op owners that are experiencing economic hardship.

CAN participants will receive an everyday 10% discount throughout the store.

Enrollment is simple! Visit our website at ashlandfood.coop/CAN
or stop by the Information Desk or an application.

Becoming an Owner is Simple!

Need assistance with the one-time \$100 Ownership investment?
We have options to support the equity investment payments.

Find out if you qualify at ashlandfood.coop/CAN



LAND & SEA



Applegate Naturals Turkey Bacon

8 oz.

\$3⁹⁹

SAVE \$2.70



Thousand Hills Hot Dogs & Sausages

10 oz.

\$5⁹⁹

SAVE \$1.00



Organic Smart Chicken Bone-In Thighs

\$4⁹⁹ lb

SAVE \$1.00/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 Housemade Salsa

16 oz.

\$3⁴⁵

SAVE \$1.05



ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Grab-n-Go Sliced Pepper Jack Cheese

\$8⁹⁵ 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



Smart Chicken Drumsticks

\$2⁴⁹ lb



Co+op basics



Bio K Fermented Probiotic

3.5 oz.

\$4²⁹

Co+op basics



Flora Sophia Botanicals Pet Care Full Spectrum CBD Oil

1 oz.

\$24⁹⁹

Co+op basics



Ashland Food Co-op Brand Show Me the Whey

13.3 oz.

\$26⁹⁹

Co+op basics



Ener-C Variety Pack

30 pack.

\$14⁷⁹

ROUND UP TO Give Back

CHANGE
for good



KS Wild seeks to
protect and restore
wild nature in the
Klamath-Siskiyou
region

MARCH
1 TO 31

WELLNESS



**NutriBiotic
Skin Cleanser**
For Normal To Dry Skin • 16 oz.
\$6⁴⁹
SAVE \$1.00



**Natural Factors
Oregano Oil**
With Extra Virgin Olive Oil • 1 oz.
\$16⁴⁹
SAVE \$5.50

**Garden of Life
All Products**
**15%
OFF**



**One With Nature
Lavendar Bar Soap**
Triple Milled Mineral Soap • 7 oz.
\$4⁴⁹
SAVE \$0.80



**Enzymedica
Betaine HCL**
For Relief of Occasional Heartburn
& Indigestion • 120 vcap
\$15⁴⁹
SAVE \$1.00

BRUCE'S PICKS

**Pelican Brewing
Sparkle Hops**
6-Pack Cans
Produced on the Oregon
Coast. Refreshing, with
light hop bitterness, zero
percent alcohol.

\$6⁹⁹



**Lone Birch
Cabernet
Sauvignon**
750 ml.
What's not to love
about this smooth and
plush Washington Cab.

\$13⁹⁹

