

**ASHLAND
FOOD CO+OP**

EST. 1972

**3-DAYS
ONLY!**

**Seafood
SALE**

20% OFF
4/26 - 4/28

Discount taken off at register.

select seafood products salmon, shrimp,
scallops and more!

Sale items are specially marked.

SALE FLYER | APRIL 24 TO 30, 2024

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Russet & Purple
Potatoes**

California & Washington

99¢ lb

SAVE \$0.50-\$1.00/lb



**ORGANIC
Spring Onion Bunches
White & Red**

Oregon & California

\$3.96 ea

SAVE \$1.99/ea



**ORGANIC
Broccoli & Purple
Sprouting Broccoli**

Oregon & California

\$3.24 ea

SAVE \$1.71/ea



**ORGANIC
Sweet Potatoes**

Sweet • Japanese • Purple
California

\$2.28 lb

SAVE \$0.71/lb



**ORGANIC
Green & Red
Bartlett Pears**

Argentina

\$1.82 lb

SAVE \$1.17/lb



**ORGANIC
Blueberries**

6 oz. Container
California

\$3.99 ea

SAVE \$0.76/ea



**ORGANIC
Raspberries**

6 oz. Container
California & Mexico

\$5.25 ea

SAVE \$1.70/ea



**ORGANIC
3lb. Apple Bags**

All Varieties
Washington

\$2.98-\$4.25 ea

SAVE \$1.70-\$2.00/ea

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

GROCERY

coop deals

RX Bars Protein Bars
1.83 oz.

2/\$4



Hilary's Organic Veggie & Bean Burger Patties
10-11 oz.

2/\$8



coop deals



CocoJune Organic Cultured Coconut
4 oz.

\$1.99

SAVE \$0.90

coop deals



Organic Valley Organic Raw Cheddar Cheese Blocks
Cheddar • Sharp Cheddar • 8 oz.

\$6.99

SAVE \$2.00



Hummingbird Organic Awakened Salted Walnuts
6 oz.

\$7.99

SAVE \$1.30

coop deals



Rustic Crust Sourdough Grilled & Seared Flatbread
12-in • 13 oz.

\$4.69

SAVE \$1.00

coop deals



Garden of Eatin' Corn Tortilla Chips
5.5 oz.

\$2.79

SAVE \$1.50

GT's Kombucha
16 oz.

2/\$6



coop deals



Emmy's Organics Organic Coconut Cookies
6 oz.

\$4.99

SAVE \$1.30

BULK

coop deals



ORGANIC Grind Your Own Almond Butter

\$6.99 lb

SAVE \$2.00/lb

coop deals



ORGANIC Chili Powder

\$13.99 lb

SAVE \$7.00/lb



Cafe Mam Organic Bulk Coffee All Varieties

\$10.99-\$12.39 lb

SAVE \$1.60/lb

coop deals



ORGANIC Ground Cumin

\$13.99 lb

SAVE \$6.80/lb



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Look for me!

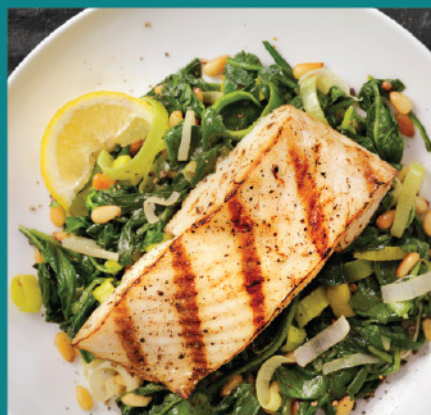




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LAND & SEA



Aidells Chicken Sausages & Meatballs

All Varieties • 8-12 oz.

\$6⁹⁹ SAVE \$1.00



Volpi Sliced Meat

All Varieties • 3-5.5 oz.

\$1⁰⁰ OFF

HOUSE-MADE

ASHLAND FOOD CO+OP

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Co-op Bakery Grab-n-Go Oat Bar

Wheat Free

\$5⁹⁵ lb

SAVE \$2.00/lb



Organic Smart Chicken Bone-In Thighs

\$4⁹⁹ lb

SAVE \$1.00/lb



Diestel Turkey Ranch Ground Dark Turkey

\$4⁹⁹ lb

SAVE \$2.00/lb

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Grab-n-Go Sun Dried Tomato Feta Spread

\$10⁹⁵ 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



Franz Organic Bread

20-27 oz.
\$4⁵⁹



Co+op basics



Field Day Organic Pretzels

8 oz.

\$2⁷⁹



Co+op basics



Surata Organic Firm Tofu

16 oz.

\$3⁸⁹



Co+op basics



Field Day Coconut Water

16.6 oz.

\$2⁴⁹

Classes & Events

May 15 • 6pm–8pm

Optimizing Macronutrients: Unlock the Power of Nutrition to Fuel Your Active Lifestyle

Co-op Classroom • FREE

Ever wondered why different fitness goals call for unique dietary approaches? Join Giulia on a journey to discover the truth about macronutrient optimization for a variety of fitness objectives—designed to not just nourish, but elevate your training and energize your vitality! Let's fine-tune your nutrition for peak performance.

May 16 • 6pm–8pm

Local Goodness, Turning Our Valleys Bounty into Culinary Art

Co-op Classroom

General \$50 • Co-op Owner \$45

Staff \$22.50

Join LARKS executive chef, Franco Console for some farm to table insight. Learn how we utilize our local & sustainable farms & how we turn our valleys bounty into culinary art.

May 22 • 6pm–8pm

Build up Resistance with Lung Health and Stress Support

Co-op Classroom • FREE

Join Karla in a discussion about building resiliency in our lungs and nervous system. We will discuss Herb Pharm's incredible Regenerative Organic Certified™ farms and go deeper into nervines, adaptogens, and herbs to nurture the respiratory system for daily use and the upcoming fire season.

WELLNESS



Ginger People Turmeric Ginger Shots

With Wild Turmeric • 2 oz.

\$2⁹⁹

SAVE \$0.30



Natural Factors Whole Earth & Sea D3 1000

Vegan Bioenhanced • 90 vcap

\$13⁴⁹

SAVE \$6.50



Ancient Nutrition Women's Probiotic

Supports Healthy Digestion
30 vcap

\$19⁹⁹

SAVE \$5.00



Lily of the Desert Aloe Vera Juice

Inner Fillet • 16 oz.

\$3⁹⁹

SAVE \$1.00



Natural Factors Suntheanine 100 Mg

Mental Calmness & Relaxation • 60 tab.

\$14⁷⁹

SAVE \$4.70

BRUCE'S PICKS

Crux Fermentation Pilz and Bochi Bochi

6-Pack Cans

Brewed in Bend. The Pilz has been a warm weather favorite for years. The newer Bochi Bochi is a refreshing and light rice lager.

\$11⁹⁹



Upper Five Rose of Grenache

750 ml.

New vintage of a Coop favorite. Always light, bright and fresh. High in acidity, very dry flavors of watermelon, strawberry and cherry. Organically and Biodynamically grown in Talent.

\$19⁹⁹

