

ASHLAND FOOD CO+OP

EST. 1972



**Beeler's
Bone-In
Spiral Sliced
Hickory Smoked Ham**

\$5⁴⁹ lb
SAVE \$1.50/lb

SALE FLYER | April 16 to April 22, 2025

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Cosmic Crisp Apples**
Washington

\$1⁴² lb

SAVE \$0.87/lb



**ORGANIC
Honey Mangos**
Mexico

\$1⁹⁸ ea

SAVE \$1.01



**ORGANIC
Rhubarb**
Oregon Grown!

\$4²⁸ lb

SAVE \$1.67/lb



**ORGANIC
Navel Oranges**
California

\$1⁴⁴ lb

SAVE \$0.85/lb



**ORGANIC
Russet Potatoes**
Washington & Canada

\$1²⁹ lb

SAVE \$0.70/lb



**ORGANIC
Asparagus**
California & Mexico

\$5⁹⁸ lb

SAVE \$1.97/lb



**ORGANIC
Broccoli & Purple
Sprouting Broccoli**
California

\$2⁶⁴ ea

SAVE \$1.35



**ORGANIC
Cauliflower**
California

\$1⁹⁶ lb

SAVE \$1.03/lb

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

GROCERY

Tillamook Cream Cheese

8 oz

\$3⁷⁹

SAVE \$1.00



Schar Gluten Free Artisan Bread
14.1 oz.

\$5²⁹

SAVE \$2.00



coop deals



Fage Greek Yogurt
32 oz.

\$5⁹⁹

SAVE \$3.00



coop deals



Deep Indian Entrees
9-12 oz.

2/\$10

SAVE \$3.58 on 2



coop deals



Hodo Organic Tofu
8 oz.

\$3⁷⁹

SAVE \$1.60



Cascadian Farm Riced Cauliflower
12 oz.

\$4²⁹

SAVE \$2.00



coop deals



Kettle Brand Potato Chips
5 oz.

2/\$6

SAVE \$1.98 on 2



coop deals



Cascadian Farm Organic Cereal & Granola
8.6-14.6 oz.

2/\$8

SAVE \$2.58 - \$3.98 on 2



coop deals



Patagonia Mussels, Mackerel & Anchovies
4.2 oz.

\$5⁴⁹

SAVE \$0.80

BULK

coop deals



Organic French Green Lentils

\$2⁴⁹ lb

SAVE \$0.50/lb



Organic Black Chia Seeds

\$2⁷⁹ lb

SAVE \$0.60/lb



Café Mam French Roast

\$9⁹⁹ lb

SAVE \$2.60/lb



coop basics



Organic White Basmati Rice

\$3²⁹ lb



We're Open on Easter

Enjoy Fresh Baked Items
and Brunch Essentials!



Kiwi Fruit

California

\$3⁹⁹ lb

SAVE \$1.46/lb



Jumbo Blueberries

9.8oz Container

California

\$7⁹⁹ ea

SAVE \$3.96



Strawberries

1lb Container

California & Mexico

\$4⁹⁵ ea

SAVE \$1.00



Seedless Grapes

Red & Green

South America

\$5⁷⁵ lb

SAVE \$2.20/lb



SALE FLYER

April 16 to April 22, 2025

Open Daily 7AM - 9PM



**ASHLAND
FOOD CO+OP**

EST. 1972



Beeler's Bone-In Spiral Sliced Ham

**Beeler's
Bone-In
Spiral Sliced**
Hickory Smoked Ham

\$5⁴⁹ lb

SAVE \$1.50/lb



Let the celebration begin!

Make your Easter table unforgettable with Beeler's Bone-In Spiral Sliced Hickory Smoked Ham! Tender, flavorful, and slow-smoked to perfection. Pair it with classic spring sides like scalloped potatoes, honey-glazed carrots, roasted asparagus, deviled eggs, and a bright citrus salad. Add a buttery dinner roll and you've got a holiday feast that's as joyful as it is delicious.



LAND & SEA



**Organic Smart Chicken
Bone-In Thighs**

\$5⁴⁹ lb

SAVE \$2.00/lb



**Wild Alaskan
Coho Salmon Fillet**
Previously Frozen

\$12⁹⁹ lb

SAVE \$2.00/lb



**Applegate Naturals
Breakfast Sausage
Links**

7 oz.

\$4⁹⁹ ea

SAVE \$2.00



**Beeler's
Hickory
Smoked Bacon**
16 oz.



\$10⁹⁹ ea

SAVE \$2.00

HOUSE-MADE

**ASHLAND
FOOD CO+OP**
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**Co-op Kitchen
Bakery
Banana Bread
Grain Free**

\$3⁹⁵ lb

SAVE \$1.00/lb



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

**Co-op Kitchen
Made-to-Order
Island Bliss
Smoothie**
16 oz.

\$7⁴⁵ ea

SAVE \$1.50



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**

**Applegate
Naturals
Homestyle
Chicken
Tenders**

8 oz.

\$7⁹⁹



**Co+op
basics**



**Ener-C
Variety Pack**
30 pack

\$15⁴⁹

**Co+op
basics**



**Jarrow
Bone-Up**
240 cap

\$21⁴⁹

**Co+op
basics**



**Field Day
Organic
Three Cheese Pizza**
12.2 oz.

\$7⁹⁹



**Co+op
basics**



**Nordic Naturals
Omega-3**
60 softgel

\$14⁴⁹

Save the Date!

Earth Day at ScienceWorks

Join us at Earth Day for a fun, educational family event featuring vendors, kids' activities, music, food, and more.

FREE

Friday, April 25th
3:30pm - 7:00pm

Opportunities For:

- Vendors
- Performers
- Food Trucks
- Volunteers
- Sponsors

Email:

Info@ScienceWorksMuseum.org

ScienceWorks
HANDS-ON MUSEUM

SO Southern OREGON
U UNIVERSITY

Learn More:

AshlandFood.Coop/Events
ScienceWorksMuseum.org

coop
deals

WELLNESS

Xlear Nasal Spray
Daily Relief • 1.5 oz.
\$7⁹⁹
SAVE \$3.30



Daids Natural Peppermint Toothpaste
Whitening + Antiplaque
5.25 oz.
\$7⁴⁹
SAVE \$1.00



Terry Naturally All Products
20% OFF



Barlean's All Products
20% OFF



Natural Factors Oil Of Oregano
Minimum 80% Carvacrol • 1 oz.
\$16⁴⁹
SAVE \$5.50



BRUCE'S PICKS

Almacita Brut
750 ml
100% Chardonnay from the Uco Valley, Argentina. Peach, pineapple, mango, mandarins, bread, toasted almonds.
\$15⁹⁹



Fond Croze Cairanne
750 ml
Single Village Cotes du Rhone at a wonderful price. 60% Grenache, 20% Mourvedre, 20% Carignan. Very full-bodied, ripe and generous.
\$14⁹⁹

