

**ASHLAND
FOOD CO+OP**

EST. 1972

**3
DAYS!**



**HOUSEMADE
SAUSAGES**

20% OFF

5/23 - 5/25

Discount taken at register.

All housemade sausages!
Sale items are specially marked.



SALE FLYER | May 21 to May 27, 2025

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Seedless Watermelon**
California & Mexico

82¢ lb

SAVE \$0.17/lb



**ORGANIC
Yellow Peaches**
California

\$4⁵⁶ lb

SAVE \$1.39/lb



**ORGANIC
Cherries**
California

\$9⁹⁹ lb

SAVE \$2.96/lb



**ORGANIC
Honey Mangos**
Mexico

\$1⁸⁶ ea

SAVE \$0.63



**ORGANIC
Sweet Corn
on the Cob**
California

\$1⁹⁶ ea

SAVE \$0.48



**ORGANIC
Asparagus**
Washington

\$5⁹⁸ lb

SAVE \$3.97/lb



**ORGANIC
Portabella
Mushrooms**
Oregon & Canada

\$6⁹⁵ lb

SAVE \$3.00/lb



**ORGANIC
Persian Cucumbers**
Mexico

\$1⁸⁶ lb

SAVE \$1.13/lb

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

GROCERY

**Maranatha
Almond Butter**

12 oz.

\$8⁹⁹

SAVE \$2.00



**Simpli
Organic Regenerative
Tri-Color Quinoa**

12 oz.

\$5⁴⁹

SAVE \$1.00



coop deals

**Bubbies
Sauerkraut**

25 oz.

\$7²⁹

SAVE \$2.30



coop deals

**Cappello's
Almond Flour
Crust Pizza**

11-12 oz.

\$7⁹⁹

SAVE \$3.00



coop deals

**Toby's
Tofu Plant Based
Dip & Spread**

11 oz.

\$4⁴⁹

SAVE \$1.30



coop deals

**Talenti
Gelato & Sorbetto**
pint

\$4⁹⁹

SAVE \$1.00



**Angie's
Boom Chicka Pop
Popcorn**

4.5-7 oz.

\$2⁸⁹

SAVE \$1.40



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

\$4⁹⁹

SAVE \$1.90



**Kettle
Brand
Potato Chips**
4.25-5 oz.

\$2⁹⁹

SAVE \$1.00



BULK

coop deals



**Organic
Green Lentils**

\$2⁴⁹ lb

SAVE \$0.50/lb



**Organic
Adzuki Beans**

\$3³⁹ lb

SAVE \$0.40/lb



**Pachamama
Peru
Medium Roast**

\$14⁹⁹ lb

SAVE \$2.00/lb



**Organic
Red Royal Quinoa**

\$2⁸⁹ lb

SAVE \$0.70/lb



ASHLAND FOOD CO+OP

EST. 1972

Open Daily 7AM - 9PM

Memorial Cookout Classics



coop deals
USDA ORGANIC

Woodstock Organic Ketchup
20 oz.

\$3.39 ea

SAVE \$0.60



coop deals
USDA ORGANIC

Woodstock Organic Mayonnaise
32 oz.

\$7.99 ea

SAVE \$1.00



coop deals
USDA ORGANIC

Woodstock Organic Bread & Butter Pickle Chips
24 oz.

\$5.49 ea

SAVE \$1.40



coop deals
USDA ORGANIC

Woodstock Organic Yellow Mustard
8 oz.

\$2.99 ea

SAVE \$1.00



coop deals
USDA ORGANIC

Applegate Organics Great Hot Dog
10 oz.

\$6.49 ea

SAVE \$1.80



Local
100 MILES OR LESS

Emerald Hills Ground Beef
Not to Exceed 20% Fat

\$6.99 lb

SAVE \$1.00/lb



GRASS-FED 100% BEEF

Fresh Columbia River Steelhead Fillet
Farm Raised

\$12.99 lb

SAVE \$3.00

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HOUSEMADE SAUSAGES

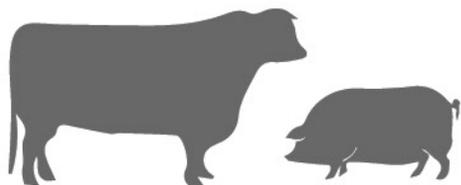
20% OFF

5/23 - 5/25

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All housemade
sausages!

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specially marked.



LAND & SEA



**Organic Smart Chicken
Bone-In Thighs**

\$5⁴⁹ lb

SAVE \$1.00/lb



**Cooked Peeled &
Cleaned Shrimp**
31/40 Count • Farm Raised

\$11⁹⁹ lb

SAVE \$3.00/lb



**Chomps
Jerky Sticks**
All Varieties • 1.15 oz.

2/\$4

SAVE \$1.00 on 2



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

\$10⁹⁹

SAVE \$2.00



HOUSE-MADE

**ASHLAND
FOOD CO+OP**
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**Co-op Kitchen
Grab-N-Go
Baked Potato Salad**

\$8⁹⁵ lb

SAVE \$2.00/lb



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

**Co-op Kitchen
Bakery
Muffin of the Day**

\$1⁹⁵ ea

SAVE \$0.30



CO+OP BASICS

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!



**Applegate
Organics
Chicken Strips**
8 oz.

\$9⁹⁹



**Field Day
Organic
Mini Twist Pretzels**
8 oz.

\$2⁷⁹



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

\$7⁹⁹



**Field Day
Organic
Raw
Wildflower
Honey**
16 oz.

\$6⁹⁹



**Field Day
Organic Diced
Peaches & Pears**
4 pk

\$3⁹⁹





**ASHLAND
FOOD CO+OP**

EST. 1972



YOUR PATRONAGE DIVIDEND

will be available
at the Register
on June 2nd!

Questions?

Visit

AshlandFood.Coop
/patronage-faq

WELLNESS



**Heritage
Store
Rose Water**
Refreshing Facial Mist
8 oz.

\$9⁴⁹

SAVE \$1.00



**Solaray
Calcium
Citrate**
Bone Strength
+ Healthy Teeth
120 vcap

\$10⁴⁹

SAVE \$1.80



**Evanhealy
All Products**

**20%
OFF**



**Pranarom
All Products**

**15%
OFF**



**Ultima
Replenisher
Lemonade**
Daily Electrolyte Drink Mix
3.9 oz.

\$16⁹⁹

SAVE \$3.50



BRUCE'S PICKS



**Upper Five
Sauvignon Blanc**
750 ml

New 2024 vintage. Biodynamic vineyard in Talent, fermented in large Acacia wood barrels, citrusy, aromatic, bright, super clean and fresh.

\$22⁹⁹



**Sound & Vision
Pig Missile Rosé**
750 ml

Locally grown Rose of Primitivo. Pretty aroma and flavor of strawberry, vibrant, zippy acidity.

\$21⁹⁹

