

SALE FLYER | April 1 to April 7, 2026

ASHLAND FOOD CO+OP

EST. 1972

Beeler's

Bone-In Spiral Sliced
Hickory Smoked Ham

\$5⁴⁹ lb
SAVE \$1.50/lb

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Garnet & Jewel
Yams
California

\$1⁸⁶ lb
SAVE \$1.13/lb



ORGANIC
Green & Purple
Broccolini
California

\$2²⁴ ea
SAVE \$2.01/ea



ORGANIC
Asparagus
New Crop!
California

\$5⁹⁸ lb
SAVE \$2.97/lb



ORGANIC
Mini Persian Cucumbers
Mexico

\$2⁸⁶ lb
SAVE \$2.09/lb



ORGANIC
Wild Twist Apples
Washington

\$2²⁸ lb
SAVE \$1.01/lb



ORGANIC
Gold Nugget Mandarins
California

\$2⁶⁴ lb
SAVE \$1.35/lb



ORGANIC
Blueberries
Pint
California

\$7⁹⁸ ea
SAVE \$2.97/ea



ORGANIC
Cara Cara
Navel Oranges
California

\$1⁶⁸ lb
SAVE \$1.31/lb



GROCERY

coop deals

Immaculate Baking Cinnamon Rolls

Take and Bake
17.5 oz.

\$6⁹⁹

SAVE \$3.00



Oatly Original Barista Edition

32 oz.

\$3⁷⁹

SAVE \$1.50



coop deals



Wholly Wholesome Traditional Pie Shell

14 oz.

\$5⁴⁹

SAVE \$2.10



coop deals



Alden's Ice Cream All Flavors

48 oz.

\$9⁴⁹

SAVE \$1.50



coop deals



Endangered Species Chocolate Bars

Fair Trade
3 oz.

\$3⁹⁹

SAVE \$1.30



coop deals



Field Day Bread Crumbs

Original, Italian, and Panko
8-15 oz.

2/\$7

SAVE \$0.98



coop deals



C2O Coconut Water

Original, Ginger, and with Pulp
17.5 oz.

2/\$5

SAVE \$1.38



Wholesome Sweeteners Regenerative Turbinado Sugar

24 oz.

\$4⁹⁹

SAVE \$1.30



coop deals



Milton's Crackers All Flavors

6 oz.

\$3⁷⁹

SAVE \$0.50



BULK



Organic Wilderness Poets Oat Milk Powder

\$10⁹⁹ lb

SAVE \$6.00



Organic Tamari Almonds

Dry Roasted

\$14⁹⁹ lb

SAVE \$0.90/lb



Cafe Mam Decaf Italian

Dark Roast

\$13⁹⁹ lb

SAVE \$3.00/lb



Grandy Organics Gluten Free Granola

\$7⁹⁹ lb

SAVE \$1.30/lb



BANYAN[®]
BOTANICALS



20% OFF

All Banyan Botanicals Products

April 1st - 28th





LAND & SEA



Smart Chicken
Boneless Skinless
Thighs

\$5⁹⁹ lb

SAVE \$1.50/lb



Fresh Columbia River
Steelhead Fillet
Farm Raised

\$12⁹⁹ lb

SAVE \$3.00/lb

HOUSE-MADE

ASHLAND
FOOD CO+OP

EST. 1972

Co-op Kitchen
Grab N Go
Honey Mustard
Potato Salad

\$8⁹⁵ lb

SAVE \$2.00/lb



Diestel Turkey Ranch
Ground Dark Turkey

\$4⁹⁹ lb

SAVE \$2.00/lb



Premium
Raw Peeled & Deveined
Shrimp • 21/25 Count

\$9⁹⁹

SAVE \$5.00

ASHLAND
FOOD CO+OP

EST. 1972

Co-op Kitchen
Grab N Go
Cold Grab and Go
Salmon

\$16⁹⁵ lb

SAVE \$3.00/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



Organic Smart
Chicken
Whole Chicken

\$4⁴⁹ lb



Co+op
basics



Field Day
Organic Brown Rice
Fettuccine Pasta

12 oz.

\$3⁴⁹



Co+op
basics



Field Day
Organic Vegetable
Broth

32 oz.

\$2⁴⁹



Co+op
basics



Field Day
Organic Cranberry
Juice

32 oz.

\$6⁹⁹



Co+op
basics



Field Day
Vanilla Sandwich
Cookies

10.5 oz.

\$3⁴⁹



ROUND UP TO Give Back

CHANGE
for good



ASK YOUR CASHIER TO ROUND UP!



Stream Smart is an educational campaign with a vision to increase awareness about the choices we make and how they might impact local waterways.

APRIL 1 TO 30

coop deals

Garden Of Life Magnesium with Pre & Probiotics
Orange Cream Gummies
60 ct

\$12⁹⁹
SAVE \$5.80



WELLNESS

coop deals

Badger Mineral Sunscreen SPF 30
Ultra-Sheer Finish
4 oz.

\$19⁹⁹
SAVE \$1.00



Dr. Hauschka All Products

30% OFF



coop deals

coop deals

Hyland's Leg Cramps Relief
Quick-Dissolving Tablets
100 tab

\$11⁴⁹
SAVE \$4.30



coop deals

Wishgarden Herbs Kick-Ass Allergy
Seasonal Rescue
2 oz.

\$16⁹⁹
SAVE \$7.50



BRUCE'S PICKS

Ercote Rosato
750 ml
Produced in a Piedmont wine cooperative comprised of small, family growers around Monferrato. Barbera and Dolcetto, red apple, strawberry and raspberry.

\$13⁹⁹



Mantlerhof Gruner Veltliner
750ml
Another liter bottle ideal for spring weather. Lightly aromatic, very fresh, dry, light and refreshing. Family run winery, all estate fruit from certified organic vineyards in N.E. Austria.

\$17⁹⁹

