

# Seafood SALE

## 20% OFF

5/1 - 5/3

Discount taken at register

3-DAYS ONLY!



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

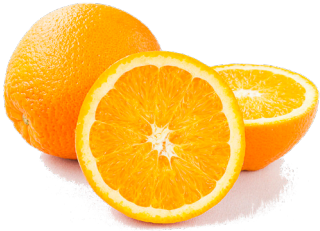


Look for me!

SALE FLYER | APRIL 29 TO MAY 5, 2026

## FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC**  
Navel Oranges  
California

**\$1.99** lb  
SAVE \$0.90/lb



**ORGANIC**  
Pineapples  
Costa Rica & Mexico

**\$5.95** ea  
SAVE \$3.00/ea



**ORGANIC**  
Strawberries  
California & Mexico

**\$4.95** ea  
SAVE \$1.00/ea



**ORGANIC**  
Tommy Atkin Mangos  
Mexico

**\$1.99** ea  
SAVE \$1.00/ea



**ORGANIC**  
Vine Ripened Tomatoes  
Mexico & Canada

**\$3.49** lb  
SAVE \$1.46/lb



**ORGANIC**  
Large Hass Avocados  
California & Mexico

**\$1.99** ea  
SAVE \$1.00/ea



**ORGANIC**  
Red Onions  
OREGON GROWN!

**\$1.49** lb  
SAVE \$0.50/lb



**ORGANIC**  
Green Onions  
California

**\$1.49** ea  
SAVE \$0.80/ea



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

coop deals

**Green Valley Yogurt**  
All Flavors  
6 oz.

**\$1.69**

SAVE \$0.60



# GROCERY

coop deals

**Siete Tortillas**  
8 ct.

**\$7.49**

SAVE \$1.80



coop deals



**Dr. Praeger Veggie Burgers**  
Perfect Burger and American Style  
8 oz.

**\$5.49**

SAVE \$1.50



coop deals



**Amy's Burrito**  
5.5 - 6 oz.

**\$3.29**

SAVE \$1.00



**Prince of Peace Boxed Tea**  
All Flavors  
100 ea

**\$5.99**

SAVE \$1.50



coop deals



**Mush Overnight Oats**  
Blueberry and Dark Chocolate  
5 oz.

**1.79**

SAVE \$0.70



coop deals



**Fillo's Tamales**  
All Flavors  
4 oz.

**2/\$4**

SAVE \$1.38 on 2



**Chip Magnet Salsa**  
Mango Habenero and Cilantro Lime  
16 oz.

**\$4.99**

SAVE \$1.00



coop deals



**Siete Refried Beans**  
Black, Pinto and Ranchero  
16 oz.

**2/\$4**

SAVE \$1.58 on 2



coop deals



**Organic Quick Rolled Oats**

**\$1.39 lb**

SAVE \$0.30/lb



**Organic Banana Chips**

**\$4.79 lb**

SAVE \$1.50/lb



# BULK



**Cafe Mam Breakfast Blend**

**\$12.99 lb**

SAVE \$3.00/lb



**Organic Red Lentils**

**\$2.69 lb**

SAVE \$0.30/lb





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

**3-DAYS  
ONLY!**

# Seafood SALE

# 20% OFF

## 5/1 - 5/3

**Discount taken at register.**

Select seafood products.  
Salmon, shrimp,  
scallops and more!

Sale items are  
specially marked.



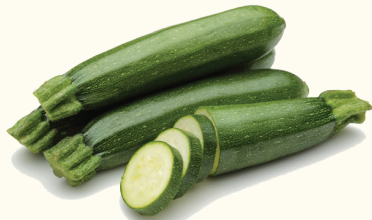
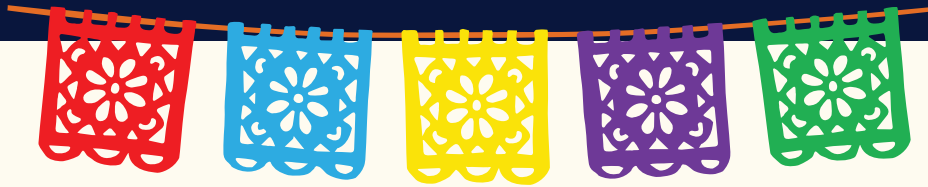
Look for me!



# ASHLAND FOOD CO+OP

EST. 1972

Happy Cinco de Mayo!



**ORGANIC**  
Zucchini

Mexico

**\$2.99** lb

SAVE \$0.30/lb



**ORGANIC**  
Hot Peppers  
All Varieties

Mexico

**\$5.95** lb

SAVE \$2.00/lb



**ORGANIC**  
Cilantro

California

**\$1.49** ea

SAVE \$0.50/ea



**ORGANIC**  
Honey Mangos

Mexico

**\$1.99** ea

SAVE \$0.50/ea





# LAND & SEA



**Organic Smart Chicken**  
Boneless Skinless Breast  
**\$9<sup>99</sup> lb**  
SAVE \$2.50/lb



**Beeler's Boneless Pork Shoulder Roast**  
**\$4<sup>99</sup> lb**  
SAVE \$2.00/lb



**Emerald Hills Ground Beef**  
Not to Exceed 20% Fat  
**\$6<sup>99</sup> lb**  
SAVE \$1.00/lb



**Beeler's Hickory Smoked Bacon**  
16 oz.  
**\$10<sup>99</sup>**  
SAVE \$2.00



# HOUSE-MADE

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

**Co-op Kitchen Made to Order Mexican Mocha**  
Hot or Iced  
16 oz.  
**\$4<sup>95</sup>**  
SAVE \$1.00



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

**Co-op Kitchen Grab N Go Sundried Tomato Feta Spread**  
**\$12<sup>95</sup> 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



**Applegate Naturals Gluten Free Chicken Nuggets**  
16 oz.  
**\$12<sup>99</sup>**



**Field Day Organic Apple Juice**  
64 oz.  
**\$6<sup>99</sup>**



**Naked Bread Organic Hamburger Buns**  
15 oz.  
**\$4<sup>79</sup>**



**Field Day Organic Ketchup**  
20 oz.  
**\$3<sup>99</sup>**

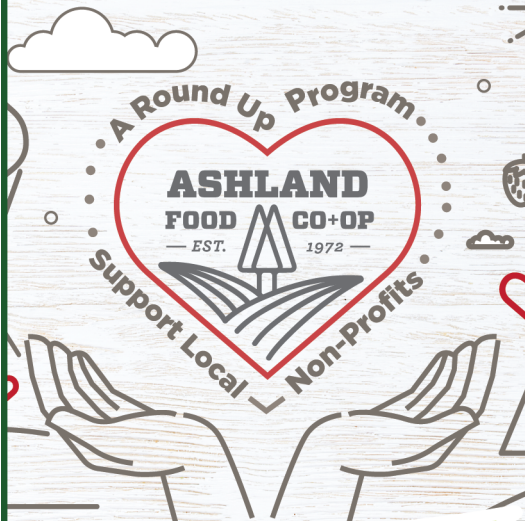


**Field Day Green Pitted Olives**  
6 oz.  
**\$2<sup>99</sup>**



# ROUND UP TO Give Back

**CHANGE**  
for good



ASK YOUR CASHIER TO ROUND UP!



**Klamath Bird  
Observatory**

Ashland, Oregon

Advancing bird and habitat conservation through science, education, and partnerships.

The Klamath Bird Observatory turns bird research into real conservation action.

**MAY 1 TO 31**

## WELLNESS

**Terry Naturally  
Curamin**  
Pain Relief  
21 cap

**\$14<sup>29</sup>**  
SAVE \$4.70



**New Chapter  
Magnesium Complex**  
100% Vegan tablets  
60 tab

**\$17<sup>29</sup>**  
SAVE \$5.50



**Microjoy  
All Products**

**20%  
OFF**



coop  
deals

coop  
deals

**Derma E  
Hyaluronic  
Cleanser**  
Hydrating Gentle  
Cleanser  
6 oz.

**\$11<sup>99</sup>**  
SAVE \$3.80



**Oregon's Wild Harvest  
Dandelion Root**  
Traditional Herbal Bitter  
90 vcap

**\$17<sup>79</sup>**  
SAVE \$5.20



coop  
deals

## BRUCE'S PICKS

**Chateau Fonsalade  
Saint Chinian**

750 ml  
Roughly equal parts Grenache, Syrah and Mourvèdre from SW France. Aromas of dried herb and flowers, juicy and smooth with soft red fruits.

**\$10<sup>99</sup>**



**Dievole  
Chianti Classico**

750 ml  
Single-vineyard bottling from a high elevation, estate owned vineyard. Plenty of ripe red fruits; cherry, raspberry, pomegranate. Earthier, leather and tobacco as well.

**\$19<sup>99</sup>**

