

# 20% OFF HOT BAR

April 8th - 14th

\*Happy Hour Hot Bar Discount is Excluded from this Sale.

**NOURISH YOUR BODY & MIND**  
JOIN US FOR BREAKFAST, LUNCH & DINNER  
AT OUR HOUSEMADE, ORGANIC INGREDIENT-BASED KITCHEN!



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

## FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC  
D'Anjou Pears**  
Washington

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



**ORGANIC  
Meyer Lemons**  
California

**\$2.99** lb  
SAVE \$2.46/lb



**ORGANIC  
Strawberries**  
1LB Packages  
California

**\$4.75** ea  
SAVE \$1.20/ea



**ORGANIC  
Gold Nugget  
Mandarins**  
California

**\$2.49** lb  
SAVE \$1.50/lb



**ORGANIC  
Russet Potatoes**  
Oregon & Washington

**98¢** lb  
SAVE \$0.51/lb



**ORGANIC  
Chard  
Red & Rainbow**  
Oregon, Washington & California

**\$2.29** ea  
SAVE \$0.70/ea



**ORGANIC  
Brussels Sprouts**  
Mexico

**\$2.89** lb  
SAVE \$1.10/lb



**ORGANIC  
Broccoli**  
California

**\$1.99** lb  
SAVE \$1.00/lb



coop deals

### Wyman's of Maine Wild Blueberries

15 oz.  
**\$4.49**

SAVE \$1.80



## GROCERY

coop deals

### Oatly Oat Milk

Original and Full Fat  
64 oz.  
**\$4.49**

SAVE \$1.80



coop deals



### Oatly Frozen Dessert

Non-Dairy  
Pint  
**\$4.49**

SAVE \$1.10



coop deals



### Green Valley Kefir

Plain and Whole Milk  
32 oz.  
**\$5.79**

SAVE \$1.70



coop deals



### Izze Sparkling Juice Drink

Peach, Blackberry, and  
Clementine  
6 pack  
**\$5.89**

SAVE \$1.80



coop deals



### Muir Glen Tomatoes

All Varieties  
28 oz.  
**2/\$6**

SAVE \$4.58 on 2



coop deals



### Lundberg Family Farms Rice Cakes

Stackers and Cakes  
5-10.5 oz.  
**2/\$7**

SAVE \$1.58 on 2



coop deals

### Traditional Medicinals Herb Teas

16 count box  
**\$4.99**

SAVE \$1.40



coop deals



### Que Pasa Tortilla Chips

White and Yellow Corn  
7.5 oz.  
**\$4.49**

SAVE \$3.50



## BULK



**\$2.79** lb  
SAVE \$0.50



**\$12.99** lb  
SAVE \$1.50/lb



**\$13.99** lb  
SAVE \$3.00/lb



**\$6.99** lb  
SAVE \$0.70/lb





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SAVE THE DATE!



# JOIN US!

Saturday April 18<sup>th</sup>, 2026  
10 am to 4 pm at



**ScienceWorks**  
HANDS-ON MUSEUM

to celebrate

# EARTH DAY!

fun for all ages  
rain or shine event



Enjoy hands-on  
activities, local  
vendors, and  
engaging  
experiences that  
highlight the  
science of  
sustainability!



## LAND & SEA



**Smart Chicken  
Boneless Skinless  
Breast**

**\$9<sup>99</sup>** lb  
SAVE \$2.50/lb



**Beeler's  
Boneless Pork Loin  
Chops**

**\$5<sup>99</sup>** lb  
SAVE \$2.00/lb



## HOUSE-MADE

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

**Co-op Kitchen  
Bakery  
Grain Free  
Banana Bread**

**\$3<sup>95</sup>** lb  
SAVE \$1.00/lb



**Volpi  
Sliced Meats**

All Varieties • 3-5.5 oz.

**\$1 OFF**  
SAVE \$1.00



**Niman Ranch  
Applewood Smoked  
Bacon • 12 oz.**

**\$8<sup>49</sup>**  
SAVE \$3.50

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

**Co-op Kitchen  
Made to Order  
Orange Nectar  
Smoothie**

**\$7<sup>45</sup>**  
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**



**Emerald Hills  
Ground Beef**  
Not to exceed 20% fat

**\$7<sup>99</sup>** lb



**Co+op  
basics**



**Naked Bread  
Organic Hamburger  
Buns**

15 oz.  
**\$4<sup>79</sup>**



**Co+op  
basics**



**Field Day  
Organic Shoestring  
Cut Fries**  
24 oz.

**\$5<sup>49</sup>**



**Co+op  
basics**



**Field Day  
Organic Yellow  
Mustard**  
8 oz.

**\$2<sup>39</sup>**



**Co+op  
basics**



**Field Day  
Organic Ketchup**  
20 oz.

**\$3<sup>99</sup>**



# OWN A GROCERY STORE WITH US!

## PATRONAGE DIVIDEND

Owners share the profit. The Board may distribute patronage dividends in proportion to purchases.



## BI-MONTHLY OWNER REWARDS

# 10% OFF

January/February  
March/April  
May/June  
July/August  
September/October  
November/December

## DISCOUNTED GIFT CARD PURCHASES



Get 3% on a \$100 gift cards when you pay by cash or check. Prevent credit card fees going to big companies and get the 3% back for yourself!

Access to our income based discount program.



## A VOICE & A VOTE

Participate in YOUR co-op by running for a board position and holding office, voting in elections and joining committees.

# JOIN TODAY!



coop deals

## WELLNESS

coop deals

**Dr. Tung's Smart Floss**  
All Varieties  
1 ct

# 2/\$8

SAVE \$2.58 on 2



**Manukora Raw Manuka Honey**  
200+ MGO  
8.82 oz.

# \$19.99

SAVE \$6.50



**Banyan All Products**

# 20% OFF



coop deals

**Bach Rescue Sleep Pastilles**  
Black Current  
35 ct

# \$8.89

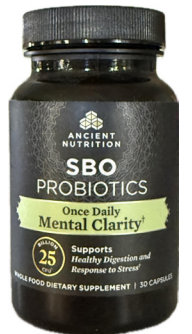
SAVE \$1.90



**Ancient Nutrition Mental Clarity Probiotics**  
Supports Healthy Digestion  
30 cap

# \$21.29

SAVE \$3.70



## BRUCE'S PICKS

**Maison Madeleine Brut Rose**  
750 ml

Way too good for the money. This French bubbly has flavors of cherry, citrus and strawberry.

# \$10.99



**Abacela Albarino**  
750ml

100% estate-grown in the Umpqua Valley. Very dry, zippy acidity, super-fresh, new 2025 vintage just released.

# \$18.99

