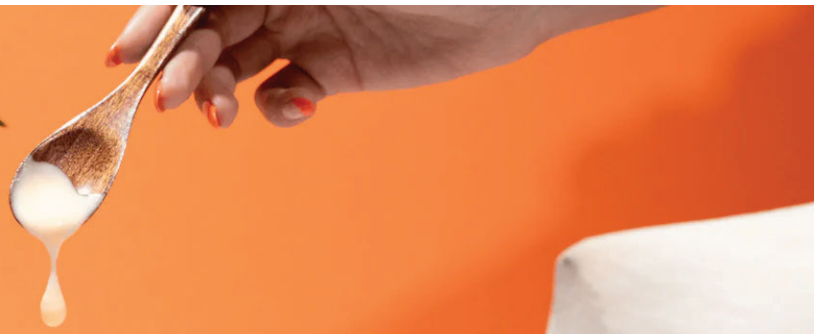


GT'S LIVING FOODS
Cocoyo
 Coconut Based Yogurts
 8 oz

5⁴⁹

SAVE \$1.50



SALE FLYER | JUNE 10 TO JUNE 16, 2026

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Seedless Watermelon

California

94¢ lb

SAVE \$0.25/lb



ORGANIC
Grapes
 Red & Green

California

\$3⁹⁸ lb

SAVE \$1.97/lb



ORGANIC
Apricots
 1LB Containers

California

\$5⁹⁵ ea

SAVE \$2.00/ea



ORGANIC
White Nectarines

California

\$3⁵⁸ lb

SAVE \$2.37/lb



ORGANIC
Locally Grown Lettuce
 Romaine, Green Leaf,
 Red Leaf

Rogue & Applegate Valley

\$2⁴⁸ ea

SAVE \$1.51/ea



ORGANIC
Marble Medley Potatoes
 1.5LB Bags

California

\$3²⁸ ea

SAVE \$2.67/ea



ORGANIC
Locally Grown
Snap Peas

Red Buttes Farm
 Applegate Valley

\$6⁹⁵ lb

SAVE \$2.00/lb



ORGANIC
Rainbow Bunched
Carrots

California

\$2⁹⁸ ea

SAVE \$1.01/ea



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

GROCERY

coop deals

coop deals

**Que Pasa
Corn Chips**
Yellow and Blue
7.5 oz

2/\$7

SAVE \$8.98 on 2



**Cascadian Farms
Cereals**

Various Flavors
8.6-14.6 oz

\$4
SAVE \$1.79



coop deals



**Organicville
Ranch & French Dressing**
8 oz

\$4.99

SAVE \$1.00



coop deals



**Once Again
Peanut Butter**
Crunchy & Smooth
16 oz

\$6.99

SAVE \$1.00



**Vita Coco
Non-Dairy Milk**
Original and Vanilla
33.8 oz

\$2.99

SAVE \$0.40



coop deals



**Simple Mills
Almond Flour Crackers**
All Flavors
4.25 oz

\$4.39

SAVE \$0.90



**Siete
Cluten Free
Tortilla Corn Chips**
Sea Salt
7.5 oz

\$3.99

SAVE \$1.60



coop deals



**R.W. Knudsen
Recharge**
All Flavors
32 oz

\$2.69

SAVE \$0.60



**Annie's
Cheddar Bunnies & Squares
Crackers**
7.5 oz

\$3.99

SAVE \$1.00



BULK



**Organic
Chia Seeds**
\$3.59 lb
SAVE \$1.00/lb



**Organic
Pistachios
Roasted Salted**
\$7.99 lb
SAVE \$1.30/lb



**Pachamama
Peru
Medium Roast**
\$15.49 lb
SAVE \$2.50/lb



**Organic
Brazil Nuts**
\$18.99 lb
SAVE \$0.40/lb



coop deals

BUSINESSES THAT SUPPORT LGBTQ+ COMMUNITIES

play a vital role in fostering inclusion and equity, especially in the food industry, where culture, identity, & community often intersect.



From brands that champion LGBTQ+ rights to those that create inclusive marketing & workplace practices, these companies help foster a sense of belonging & visibility. Many also support local pride events, train staff on inclusivity, & partner with LGBTQ+ organizations.

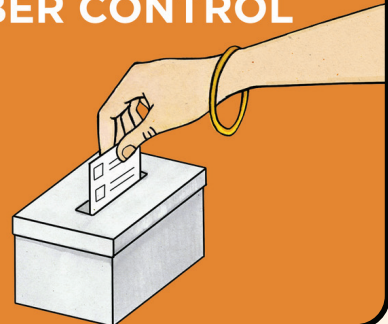
Choosing to support such businesses is not just about great products— It's a meaningful way to celebrate diversity & contribute to a more accepting & connected community.

THE 8 COOPERATIVE PRINCIPLES

**VOLUNTARY AND
OPEN MEMBERSHIP**



**DEMOCRATIC
MEMBER CONTROL**



**MEMBER ECONOMIC
PARTICIPATION**



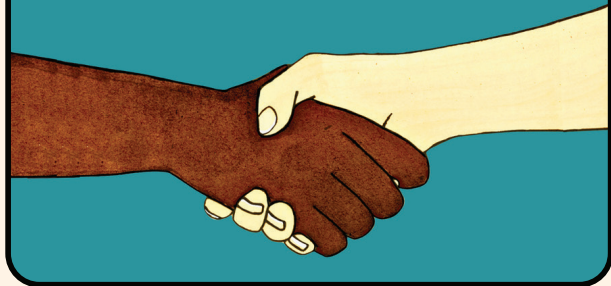
**AUTONOMY AND
INDEPENDENCE**



**EDUCATION, TRAINING
AND INFORMATION**



**COOPERATION AMONG
COOPERATIVES**



CONCERN FOR COMMUNITY



**EQUITY, DIVERSITY
AND INCLUSION**





LAND & SEA



**Smart Chicken
Bone-In Thighs**

\$5⁴⁹ lb

SAVE \$1.00/lb



**Wild Shell on Shrimp
16/20 Count**
Product of Mexico

\$12⁹⁹ lb

SAVE \$3.00/lb

HOUSE-MADE

**ASHLAND
FOOD CO+OP**

EST. 1972

**CO-OP KITCHEN
Funky Monkey
Smoothie**

Made to Order
16 oz

\$7⁹⁵

SAVE \$1.00



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

\$10⁹⁹

SAVE \$2.00



coop
deals

**Diestel Turkey Ranch
Organic Sliced Turkey**
Oven Roasted & Smoked
6 oz

\$6⁹⁹

SAVE \$2.50



**CO-OP KITCHEN
Hot Soup
House Made**

Grab N Go
16 oz

\$5²⁵

SAVE \$1.00



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!

coop
basic

CO-OP BASICS

coop
basics

**Applegate Naturals
Spicy
Chicken Breast Tenders**
16 oz

\$12⁹⁹



coop
basics

**Field Day
Organic
Onion Powder**
2.3 oz

\$3⁹⁹



coop
basics

**Field Day
Organic
Corn Chip Dippers**
9.75 oz

\$3⁴⁹



coop
basics

**Field Day
Organic
Black Beans**
15 oz

\$1⁴⁹



coop
basics

**Field Day
Organic
Long Grain White Rice**
2 lb

\$4⁹⁹



CO-OP CLASSROOM

Summer Cooking Classes

DREAMING OF A SUMMER GETAWAY BUT GROUNDED BY HIGH AIRFARE?

Satisfy your craving for adventure, and join expert chef Deborah Costella in the Ashland Food Co-op Classroom for a culinary journey across Europe that delights your taste buds without emptying your wallet!



Summer in España! Saturday June 13th



Rich in Ricotta Saturday July 11th



Summer in Paris Sunday August 16th

PURCHASE A DATE NIGHT PACKAGE FOR \$10 OFF THE PRICE OF 2 TICKETS



WELLNESS

Bulldog Bamboo Razor
5 Blades
1 count

\$11²⁹
SAVE \$3.00



Solaray Vitamin B Complex
100mg
100 count

\$18²⁹
SAVE \$3.20



coop deals

MegaFood All Products
30% off



coop deals

Kuli Kuli Moringa Powder
Superfood
7.4 oz

\$16⁹⁹
SAVE \$3.00



Andalou Naturals Reviving Eye Cream
Deep Hydration
0.45 oz

\$14²⁹
SAVE \$4.20



BRUCE'S PICKS

Domaine Brunely Vacqueyras
750 ml

Big and voluptuous, dark and fruity. Grenache and Syrah blend from the Rhone Valley, FR.

\$19⁹⁹



Tintero Rosato
750 ml

A Summertime favorite here at the Co-op. New bottling is just as light and fresh as always. Slightly spritzzy, mainly Piedmont Barbera, that gets a lift from a splash of white wine.

\$12⁹⁹

