

ASHLAND FOOD CO+OP

EST. 1972



Oregon MEADOWFOAM HONEY

Raw • Unfiltered

\$6⁹⁹ lb

SAVE \$1.30/lb

SALE FLYER | APRIL 17 TO 23, 2024

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC Persian Mini Cucumbers

Mexico

\$1⁹⁹ lb

SAVE \$2.00/lb



ORGANIC Crimini & White Mushrooms

Oregon & Canada

\$4⁴⁵ lb

SAVE \$2.50/lb



ORGANIC Shiitake & Portabella Mushrooms

Oregon & Canada

\$6⁷⁵-\$8⁹⁵ lb

SAVE \$3.20-\$4.00/lb



ORGANIC Asparagus

California & Mexico

\$4⁹⁵ lb

SAVE \$1.00/lb



ORGANIC Fuji Apples

Washington

88¢ lb

SAVE \$0.40/lb



ORGANIC Abate Fetel Pears

Argentina

\$1⁸⁶ lb

SAVE \$1.13/lb



ORGANIC Tango & Murcott Mandarins

California

\$2²⁹ lb

SAVE \$1.70/lb



ORGANIC Midnight Valencias

California

\$1⁷⁶ lb

SAVE \$0.53/lb

GROCERY

coop deals

Annie's Organic Macaroni & Cheese
6 oz.

2/\$6



coop deals

Cascadian Farm Organic Cereal
9.5-14.6 oz.

2/\$8



coop deals



Dr. McDougall's Big Cup Ramen Soup
1.8-3.4 oz.

2/\$4

SAVE \$0.70

coop deals



Icelandic Provisions Skyr
5.3 oz.

\$1.79

SAVE \$0.70

coop deals



Organic Dark Red Kidney Beans

\$2.79 lb

SAVE \$0.50/lb

coop deals



Organic Valley Organic Sliced Cheese
Muenster • Provolone
Baby Swiss • 6 oz.

\$4.99

SAVE \$1.60

coop deals



Kettle Brand Potato Chips
5 oz.

2/\$6



Artisana Organics Organic Raw Virgin Coconut Oil
14 oz.

\$8.99

SAVE \$2.00



coop deals



Blue Diamond Almond Breeze Almondmilk
64 oz.

\$4.79

SAVE \$1.20

coop deals



Hail Merry Tarts
3 oz.

\$4.49

SAVE \$1.10

BULK

coop deals



Organic Dark Red Kidney Beans

\$2.79 lb

SAVE \$0.50/lb



Oregon Meadowfoam Honey
Raw • Unfiltered

\$6.99 lb



Cafe Mam Organic Bulk Coffee
All Varieties

\$10.99-\$12.39 lb

SAVE \$1.60/lb



Organic Turmeric Root Powder

\$9.99 lb

SAVE \$5.00/lb



**ASHLAND
FOOD CO+OP**

EST. 1972

Earth Day BULK SALE

4/19 to 4/21

on Select Items in
Grocery and Wellness

**20%
OFF**



**ASHLAND
FOOD CO+OP**

EST. 1972



FRY FAMILY FARM

Certified Organic

Plant Starts

20% OFF

4/19 to 4/21

coop deals

LAND & SEA



Diestel Turkey Ranch Sliced Turkey

Oven Roasted • Smoked • 6 oz.

\$4.69

SAVE \$2.30



Beeler's Hickory Smoked Bacon

16 oz.

\$10.99

SAVE \$2.00



HOUSE-MADE

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Co-op Kitchen Rogue to Go Container

\$8.00

SAVE \$2.00



Beeler's Boneless Pork Loin Chops

\$5.99 lb

SAVE \$2.00/lb



Organic Smart Chicken Boneless Skinless Breast

\$9.99 lb

SAVE \$2.00/lb



ASHLAND FOOD CO+OP

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Co-op Kitchen Made to Order Green Light Juice

16 oz.

\$7.45

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!

coop basics

CO+OP Basics

coop basics



Emerald Hills Ground Beef

Not to Exceed 20% Fat Grass Fed

\$6.99 lb



coop basics



Umpqua Organic Whole Milk

64 oz. **\$4.31**

coop basics



Wilcox Family Farms Omega-3 Large Brown Eggs

12 ct.

\$3.89



coop basics



Wilderness Poets Organic Pasteurized Almonds

\$10.39 lb

coop basics



Field Day Organic Blueberries

32 oz. **\$9.99**

Check out our 2023 Sustainability Report



SUSTAINABILITY REPORT



SCAN THE
QR CODE
FOR REPORT



WELLNESS



Nuun
Active Tri-Berry
Sport Hydration • 10 tab

\$5⁷⁹

SAVE \$1.20

coop
deals

Alba Botanica
Sheer Mineral
Sunscreen
Fragrance Free • 5 oz.

\$9⁷⁹

SAVE \$8.20

coop
deals



Barleans
Flax Oil
Cold Press Fresh • 100 cap

\$11⁹⁹

SAVE \$2.00



Genexa
Acetaminophen Kids Cherry
Pain Reliever & Fever Reducer • 4 oz.

\$8⁴⁹

SAVE \$1.50



coop
deals



Wild Carrot
Borage Butter Face Cream
For Sensitive Skin • 2 oz.

\$15⁹⁹

SAVE \$5.50

BRUCE'S PICKS

Deschutes Brewing
Non-Alcoholic Beer
6-Pack Cans

The classic malty Black Butte Porter has been recently joined by the non-alcoholic Fresh Squeezed IPA. As always, brewed in Bend.

\$11⁹⁹



Quady North
GSM Rosé
750 ml.

The benchmark for Southern Oregon Rose returns! The new 2023 vintage of the best selling wine at the Coop is super fresh, clean, dry, low alc (11.8%), with a perfumed/floral nose, and flavors of watermelon and strawberry.

\$13⁹⁹

