



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

# CO-OP KITCHEN

savings

from our kitchen  
to your table



Co-op Kitchen  
Grab-n-Go  
**BLT Sandwich**  
Reg. \$6.95/ea  
**\$5<sup>95</sup>** ea

Sale Effective April 7 to 13

## Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC  
Crimson Delight  
Apples**  
Northwest Grown  
Reg. \$2.29/lb

**\$1<sup>24</sup>** lb



**ORGANIC  
Triplecross Mandarins**  
California  
Reg. \$3.49/lb

**\$2<sup>24</sup>** lb



**ORGANIC  
Gold Nugget  
Mandarins**  
California  
Reg. \$3.29/lb

**\$2<sup>24</sup>** lb



**ORGANIC  
Cara Cara  
Navel Oranges**  
California  
Reg. \$2.99/lb

**\$1<sup>28</sup>** lb



**ORGANIC  
Celery**  
California & Mexico  
Reg. \$1.49/lb

**68<sup>c</sup>** lb



**ORGANIC  
Brussels Sprouts**  
Mexico  
Reg. \$4.95/lb

**\$2<sup>98</sup>** lb



**ORGANIC  
Slicing Tomatoes**  
Mexico  
Reg. \$2.99/lb

**\$1<sup>98</sup>** lb



**ORGANIC  
Savoy Cabbage**  
California  
Reg. \$1.99/lb

**99<sup>c</sup>** lb

coop deals

**Santa Cruz Organic Peanut Butter**  
Dark • Light  
16 oz. • Reg. \$5.65

**2/\$8**



USDA ORGANIC

Grocery

coop deals

**Little Northern Bakehouse Gluten-Free Sliced Bread**  
Millet & Chia • Seeds & Grains  
16-17 oz. • Reg. \$5.99

**\$3.99**



SAVE \$2

NON GMO Project VERIFIED

coop deals

**Organic Valley Organic Shredded Cheese**  
All Varieties  
6 oz. • Reg. \$4.99

**\$3.99**



SAVE \$1

USDA ORGANIC

coop deals

**Late July Organic Multigrain Tortilla Chips**  
5.5 oz. • Reg. \$2.99

**2/\$4**



USDA ORGANIC

coop deals

**Bonne Maman Fruit Preserves**  
13 oz. • Reg. \$4.69

**2/\$7**



coop deals

**R.W. Knudsen Mega Antioxidant Juice**  
32 oz. • Reg. \$3.49

**2/\$5**



NON GMO Project VERIFIED

coop deals

**Nature's Path Organic Waffles**  
7.4 oz. • Reg. \$3.29

**\$2.29**



SAVE \$1

USDA ORGANIC

coop deals

**Coconut Bliss Organic Frozen Dessert**  
Pint • Reg. \$6.29

**\$4.79**



USDA ORGANIC

coop deals

**Newman's Own Newman O's**  
13 oz. • Reg. \$5.99

**\$4.29**



Bulk

coop deals

**ORGANIC French Green Lentils**  
Reg. \$2.29/lb

**\$1.99 lb**



USDA ORGANIC

coop basics

**ORGANIC Grind Your Own Almond Butter**

**\$10.59 lb**



USDA ORGANIC



USDA ORGANIC

FAIR TRADE CERTIFIED

**Pachamama Organic Peru Medium Roast Coffee**  
Reg. \$13.59/lb

**\$11.99 lb**

coop deals

**ORGANIC Pitted Dates**  
Reg. \$5.99/lb

**\$4.49 lb**



USDA ORGANIC



Welcome to the  
**CO-OP**  
**Kitchen &**  
**Bakery!**

**Did you know?**

Our kitchen & bakery is

**90%**  
**Organic!**



Team of

**50**  
**AFC Culinary**  
**Peeps!**



We curate over

**250**  
products in our  
kitchen & bakery

**We even cater!**

**Check out**  
**our menu at**  
[www.ashlandfood.coop](http://www.ashlandfood.coop)





# BUILD YOUR OWN SANDWICH!

Yes, order it the way you like it

## What's for Dinner?

Check out our Hot Bar tonight!

## In a Hurry?

Our Grab and Go Cooler is ready for you!

## Land & Sea



### Applegate Naturals No Sugar Bacon

8 oz. • Reg. \$5.99

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



### Beeler's Heluka Boneless Pork Shoulder Roast

Reg. \$6.99/lb

**\$4<sup>99</sup> lb**



## House-Made

### ASHLAND FOOD CO+OP

EST. 1972

### Co-op Kitchen Heat & Eat Chile Relleno

Reg. \$11.95/ea

**\$10<sup>95</sup> ea**



### Niman Ranch Sliced Ham

All Varieties

6 oz. • Reg. \$7.49

**\$6<sup>49</sup>**



### Thousand Hills Ground Beef

80% Lean 20% Fat  
Located in Freezer

16 oz. • Reg. \$8.49  
**\$6<sup>99</sup>**

### ASHLAND FOOD CO+OP

EST. 1972

### Co-op Kitchen Made to Order Divine 9 Juice

16 oz. • Reg. \$7.95/ea

**\$6<sup>95</sup> ea**



## 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**

### Applegate Naturals Gluten Free Chicken Nuggets

16 oz.

**\$9<sup>99</sup>**



**Co+op  
basics**



### Co-op Kitchen Made to Order PCT Breakfast Burrito

**\$5<sup>95</sup> ea**

**Co+op  
basics**



### Co-op Bakery Snickerdoodle Cookie

**99¢ ea**

**Co+op  
basics**



### Co-op Kitchen Made to Order Keep It Simple Juice

12 oz.  
**\$3<sup>95</sup>**

**Co+op  
basics**



### Co-op Kitchen Hot Grab-n-Go Egg & Cheese Break- fast Sandwich

**\$3<sup>50</sup> ea**

# ROUND UP ★★★★★ TO ★★★★★ Give BACK

**CHANGE**  
for good



from **FIRE**  
to **FLOWERS**  
Pollinator Project Rogue Valley

From Fire to Flowers is an initiative by Pollinator Project Rogue Valley (PPRV) to distribute native pollinator plants to those who lost their homes and gardens in the Alameda Fire.

**APRIL 1 TO  
APRIL 30**

## Wellness



**OM**  
Mushroom Superfood  
Master Blend  
10 Mushroom Species  
3.17 oz. • Reg. \$21.99

**\$18<sup>49</sup>**



**Moon Valley**  
All Products

**20% OFF**

**Mickelberry**  
Gardens  
All Products

**20%  
OFF**



coop deals



**Similasan**  
Allergy Eye Relief  
Multi Symptom Relief  
0.33 oz. • Reg. \$12.99

**\$9<sup>49</sup>**

coop deals



**Nordic Naturals**  
Ultimate Omega  
High-Intensity Omega 3  
60 gel. • Reg. \$27.99

**\$22<sup>99</sup>**

**SAVE  
\$5**

## Bruce's Picks

**Monte Tondo**  
Garganega  
Frizzante

750 ml.  
This is a super-refreshing sparkling Italian Soave. Dry and aromatic with a refreshing light carbonation ideal for warm weather.

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



**Goldback**  
Rosé of  
Grenache

750 ml.  
New 2020 vintage, grown and bottled here in Ashland. Very pale, quite dry, with flavors of raspberry, cranberry and apple peel.

**\$16<sup>99</sup>**

