

**ASHLAND
FOOD CO+OP**

EST. 1972

**Father's Day Weekend
Get Your Grill Hot!**

**20% OFF
CHICKEN**

6/14 - 6/16

Discount taken off at register.

Organic and Natural Fresh Chicken in our
Meat Department and Whole Roasted Chickens
in our Prepare Foods Department



www.smartchicken.com

SALE FLYER | JUNE 12 TO 18, 2024

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Red & Yellow Potatoes
California

\$1.42⁹⁹ lb

SAVE \$0.57/lb



ORGANIC
Mini Sweet Peppers
Mexico

\$4.28⁹⁹ ea

SAVE \$2.17/ea



ORGANIC
Portabella Mushrooms
Oregon

\$6.95⁹⁹ lb

SAVE \$3.00/lb



ORGANIC
Sweet Corn
California

\$1.64⁹⁹ ea

SAVE \$0.80/ea



ORGANIC
Seedless Watermelon
California

94¢ lb

SAVE \$0.25/lb



ORGANIC
Yellow & White
Nectarines
California

\$3.75⁹⁹ lb

SAVE \$1.50/lb



ORGANIC
Seedless Grapes
Red • Green • Black
California & Mexico

\$3.24⁹⁹ lb

SAVE \$2.01/lb



ORGANIC
Cantaloupe
California

99¢ lb

SAVE \$0.50/lb

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

coop
deals

**R.W. Knudsen
Recharge
Electrolyte Beverage**
32 oz.

2/\$5



GROCERY

**Brew Dr.
Organic Kombucha**
14 oz.

2/\$5



USDA
ORGANIC

coop
deals



**Follow Your Heart
Dairy Free
Cheese Slices**
7 oz.

\$3.79

SAVE \$2.20



**Nuts for Cheese
Organic Dairy Free
Cream Cheese
Alternative**
7.4 oz.

\$5.49

SAVE \$1.50

coop
deals



**Nancy's
Organic Kefir**
32 oz.

\$4.79

SAVE \$1.20

USDA
ORGANIC

coop
deals



**Waterloo
Sparkling Water**
8 pack

\$3.99

SAVE \$1.50

coop
deals



**Oatly
Non-Dairy
Frozen Dessert**
Pint

\$3.99

SAVE \$1.60

coop
deals



**Bubbies Hawaii
Mochi**
7.5 oz.

\$4.99

SAVE \$2.00

coop
deals



**Hippeas
Chickpea Puffs**
4 oz.

2/\$6

coop
deals



**ORGANIC
Black Mission Figs**

\$7.99 lb

SAVE \$2.30/lb



**Deluxe
Mixed Nuts**
Roasted & Salted

\$13.29 lb

SAVE \$2.00/lb



**Northbound
Coffee Roasters
Bulk Coffee
Mexico & Ethiopian**
Organic Light Roast

\$11.89 lb

SAVE \$3.10/lb



**ORGANIC
Brazil Nuts**

\$10.29 lb

SAVE \$2.00/lb

BULK



**ASHLAND
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**3
DAYS!**

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HAPPY pride month!

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— EST. 1972 —

Pride Month is a celebration of the LGBTQIA+ community and their ongoing fight for equality and acceptance. It has its roots in the Stonewall riots of 1969, which were a pivotal moment in the modern gay rights movement. Today, Pride Month is a time to celebrate diversity, promote acceptance, and raise awareness about the issues facing LGBTQIA+ people.

At Ashland Food Co-op, we believe in creating a welcoming and inclusive environment for everyone, regardless of sexual orientation or gender identity. We are proud to stand with the LGBTQIA+ community during Pride Month and throughout the year.

Some of our favorite LGBTQIA+-owned products include:



LAND & SEA



Volpi Sliced Meats
3-5.5 oz. • All Varieties

\$1 OFF

coop deals



Niman Ranch Sausages
Selected Varieties • 12 oz.

\$6⁴⁹

SAVE \$3.00

HOUSE-MADE

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Grab-n-Go Guacamole

\$10⁹⁵ lb

SAVE \$2.00/lb



Diestel Turkey Ranch Ground Dark Turkey

\$4⁹⁹ lb

SAVE \$2.00/lb



Roli Roti Butcher's Organic Bone Broth
All Varieties • 24 oz.

\$7⁹⁹

SAVE \$2.00

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Grab-n-Go Cheddar Cheese Sandwich

\$4⁹⁵ ea

SAVE \$1.00/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!

coop basics

CO+OP Basics

coop basics



Emerald Hills Ground Beef
Not to Exceed 20% Fat Grass Fed

\$6⁹⁹ lb



coop basics



Naked Bread Organic Hamburger Buns
15 oz.

\$4²⁹

SAVE \$1.00

ON SALE!
\$3²⁹

coop basics



ORGANIC Yellow Onions

\$1⁸⁴ lb

coop basics



Woodstock Organic Ketchup
20 oz.

\$3⁹⁹

SAVE \$1.00

ON SALE!
\$2⁹⁹

coop basics



Field Day Organic Yellow Mustard
8 oz.

\$1⁹⁹

Classes & Events

Welcoming the Transition of Springy Sunshine to Sultry Summer Days

June 20 | 6pm to 8pm

\$50 General • \$45 Co-op Owners

\$22.50 Staff

Learn how to put together a dazzling, Summer Grazing Board, featuring local cheeses, farm-fresh nibbles, Watermelon Gazpacho and a surprise dessert for Hot Summer Nights!

Eat Your Way Around the World Kids Camp

July 8 to 11 | 9am to 1:30pm

Farm To School • Ages 9-12

\$225 General • \$220 Co-op Owners

\$112 Staff

Join Rogue Valley Farm to School and dive into food production, preparation, and exploration! Campers will have the opportunity to work with staff in the kitchen and on the farm. This is a great opportunity for kids who are curious about cooking and excited to grow their skills in the kitchen!

Rogue Valley Farm Tour

July 14 | 10am to 3pm

FREE

Taste and experience the delicious flavors of the Rogue Valley! The Rogue Valley Farm Tour offers you unique and intimate visits to agricultural destinations in Jackson and Josephine counties. Step behind the scenes and meet the makers, taste artisanal foods, and explore a vast array of local goods.

coop deals



Dr. Bronner's Baby Mild Bar Soap
Certified Fair Trade • 5 oz.

2/\$7

WELLNESS



Natural Factors Oil of Oregano

Minimum 80% Carvacrol • 1 oz.

\$16⁴⁹

SAVE \$5.50

Fat and the Moon All Products

20% OFF



coop deals



Badger Kids Mineral Sunscreen
Tangerine & Vanilla SPF 40 • 2.9 oz.

\$10⁹⁹

SAVE \$6.00



Ancient Nutrition Liver

Grass Fed • 30 tab.

\$17⁹⁹

SAVE \$3.00

BRUCE'S PICKS

Naia Verdejo

750 ml.

Complex, yet refreshing Spanish white made in Rueda. Stonefruit, citrus, bright.

\$13⁹⁹



Long Walk Vineyard Field Notes

750 ml.

A Rhone-style red blend, grown right here in Ashland. Ripe red fruits, with spice and earth on the finish.

\$18⁹⁹

