



Bobo's Oat Bars

12 pk • 2.5-3 oz.

ON SALE

\$2.29

Save \$0.60

SALE FLYER | March 26 to April 1, 2025

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC Zucchini

Mexico

\$1.99 lb

SAVE \$1.00/lb



ORGANIC Red Bell Peppers

Mexico

\$3.99 lb

SAVE \$0.96/lb



ORGANIC Shiitake Mushrooms

Oregon

\$8.95 lb

SAVE \$4.00/lb



ORGANIC Green Beans

Mexico

\$2.69 lb

SAVE \$1.30/lb



ORGANIC Cosmic Crisp Apples

Washington

\$1.56 lb

SAVE \$0.73/lb



ORGANIC Tango Mandarins

California

\$2.49 lb

SAVE \$1.50/lb



ORGANIC Strawberries

California & Mexico

\$5.95 ea

SAVE \$3.00



ORGANIC Bartlett Pears

Argentina

\$1.99 lb

SAVE \$1.00/lb

coop deals



Lesser Evil Organic Popcorn
4.6-5 oz.

2/\$6

SAVE \$1.98 on 2



GROCERY

coop deals

Dr. Bronner's Organic Chocolate Bars
2.93-3 oz.

2/\$7

SAVE \$3.58 on 2



coop deals



CocoJune Organic Cultured Coconut
4 oz.

\$2.19

SAVE \$0.70



coop deals



Amy's Pizzas
9.1-14 oz.

\$8.99

SAVE \$2.70

coop deals



Kerrygold Irish Butter
8 oz.

\$4.29

SAVE \$2.00

coop deals



Cascadian Farm Organic Berries
28-32 oz.

\$12.99

SAVE \$2.00-\$3.00



coop deals



Nixie Organic Sparkling Water
8 pk

\$3.99

SAVE \$3.30



coop deals



Organic Valley Organic Shredded Cheese
6 oz.

\$4.29

SAVE \$1.50



coop deals



Mi-Del Ginger Snap Cookies
Lemon • Gluten Free
8-10 oz.

\$4.49

SAVE \$1.10



BULK

coop deals



Organic Pistachios
Roasted & Salted

\$7.39 lb

SAVE \$1.00/lb



Equal Exchange Organic Breakfast Blend Coffee

\$10.99 lb

SAVE \$1.00/lb



Café Mam Tango
Dark Roast Blend

\$9.99 lb

SAVE \$2.60/lb



Sunridge Farms Sunny Worms

\$8.49 lb

SAVE \$5.10/lb

MT ASHLAND



DUMMY DOWNHILL

at Mt. Ashland

ROICO

CAFE & TAPHOUSE

Serving up fresh,
delicious ROICO coffee.
Stop by and say hi!

MARCH

29

10AM-3PM

10:00-11:00 AM:
Dummy Check-In

11:00-11:30 AM:
Dummy Judging

1:00-3:00 PM:
Live Music on the Bar Deck

2:00-3:00 PM:
Dummies Downhill!



**ASHLAND
FOOD CO+OP**

EST. 1972



PEAK PROTEINS



Hero
Beef Jerky
3 oz.

\$6⁹⁹

SAVE \$2.00



Niman Ranch
Summer Sausage
8 oz.

\$6⁴⁹

SAVE \$1.50



Niman Ranch
**Genoa Salami &
Hot Soppressata**
Snack Packs

\$4⁹⁹

SAVE \$1.00

LAND & SEA



**Organic Smart Chicken
Boneless Skinless
Breast**

\$9⁹⁹ lb

SAVE \$2.00/lb



**Fresh Columbia River
Steelhead Fillet**
Farm Raised

\$12⁹⁹ lb

SAVE \$3.00/lb



**Volpi
Sliced Meats**
3-5.5 oz.

\$1 OFF

SAVE \$1.00

coop deals



**Applegate Naturals
Turkey Bacon**
8 oz.

\$4⁴⁹

SAVE \$2.20

HOUSE-MADE

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

**Co-op Kitchen
Bakery
Grain Free Scone**
each

\$2⁵⁰

SAVE \$1.00



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

**Co-op Kitchen
Made-to-Order
London Fog
Tea**
16 oz.

\$3⁹⁵

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 basics

CO+OP Basics

coop basics



**Smart Chicken
Drumsticks**

\$2⁴⁹ lb

coop basics



**Surata
Organic Firm Tofu**
16 oz.

\$3⁹⁹



coop basics



**Umpqua
Organic Whole Milk**
1 Gallon

\$6⁷⁹



coop basics



**Field Day
Organic Blueberries**
32 oz.

\$9⁹⁹

coop basics



**Naked Bread
Organic Hamburger Buns**
15 oz.

\$4⁹⁹



ROUND UP TO *Give Back*

CHANGE
for good



ASK YOUR CASHIER TO ROUND UP!

ScienceWorks
HANDS-ON MUSEUM

ScienceWorks
is a local
hands-on
science
museum with
community
events and
educational
programs.

WELLNESS

**Humphrey's
Witch Hazel**
Clarifying Pure
Witch Hazel
8 oz.

\$8⁹⁹

SAVE \$1.00



**Enzymedica
Digest Gold**
Maximum Strength
45 cap

\$19⁹⁹

SAVE \$1.80



**Shepard Moon
Concoctions**
All Products

**10%
OFF**



Herb Pharm
All Products

**25%
OFF**

coop
deals

**Natural
Factors
Tranquil
Sleep**

Advanced Fast
Acting Formula
60 tab

\$21⁷⁹

SAVE \$7.00



BRUCE'S PICKS



**Upper Five
Rose of Grenache**

750 ml
Biodynamic and
Organic vineyard in Talent.
New 2024 vintage, just re-
leased. Strawberry,
watermelon, hint of richness,
light and crisp.

\$19⁹⁹



**Paolo Scavino
Vino Rosso**

750 ml
Great Italian red blend of
Nebbiolo, Dolcetto, Merlot
and Barbera. Scavino is a
high end Piedmont producer,
and this everyday priced red
overdelivers.

\$14⁹⁹

