

Seafood SALE

20% OFF

5/2 - 5/4

Sale items are specially marked.

SALE FLYER | April 30 to May 6, 2025

3-DAYS ONLY!



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



Look for me!

Discount taken off at register.

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Cara Cara Navel
Oranges
California

\$1.56 lb

SAVE \$1.43/lb



ORGANIC
Limes • 1lb Bags
Mexico

\$2.48 ea

SAVE \$1.97



ORGANIC
Honey Mangos
Mexico

2/\$3

SAVE \$2.98 on 2



ORGANIC
Papaya
Mexico

\$1.44 lb

SAVE \$1.55/lb



ORGANIC
Cucumbers
Mexico

\$1.56 lb

SAVE \$0.93/lb



ORGANIC
Hot Peppers
Jalapeño, Poblano,
Anaheim, Serrano,
Habanero
Mexico

\$4.29 lb

SAVE \$1.66/lb



ORGANIC
Del Cabo Grape
& Cherry Tomatoes
12oz pack
Mexico

\$2.98 ea

SAVE \$1.01



ORGANIC
Red Bell Peppers
Mexico

\$1.99 lb

SAVE \$2.00/lb

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

coop
deals

GROCERY

Organic Valley Organic Shredded Cheese

6 oz.

\$4²⁹

SAVE \$1.50



Field Roast Plant-Based Cheese Alternative Slices

7 oz.

\$5²⁹

SAVE \$1.50



coop
deals

Forager Organic Cashewmilk Yogurt Drink

28 oz.

\$5³⁹

SAVE \$1.40



coop
deals

Amy's Entrées

Select Varieties
9-9.5 oz.

\$5⁹⁹

SAVE \$1.70



coop
deals

So Delicious Cashewmilk Dairy-Free Frozen Dessert

pint

\$4⁹⁹

SAVE \$1.80



Stonyfield Farm Organic Kids Yogurt

8 pk

\$4⁴⁹

SAVE \$1.20-\$1.50



Late July Salsa

15.5 oz.

\$4⁷⁹

SAVE \$1.00



Garden of Eatin' Corn Tortilla Chips

16 oz.

\$4⁹⁹

SAVE \$1.90



coop
deals

Late July Organic Tortilla Chips

10.1 oz.

2/\$7

SAVE \$2.58 on 2



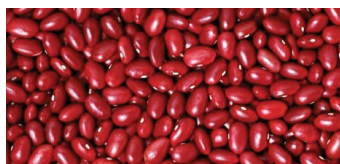
BULK



Organic Black Chia Seeds

\$2⁸⁹ lb

SAVE \$0.50/lb



Organic Small Red Chili Beans

\$2⁴⁹ lb

SAVE \$0.40/lb



Pachamama Guatemala Medium Roast

\$14⁹⁹ lb

SAVE \$2.00/lb



Organic Quick Rolled Oats

\$1¹⁹ lb

SAVE \$0.30/lb





**ASHLAND
FOOD CO+OP**

EST. 1972

**3-DAYS
ONLY!**

Seafood SALE

20% OFF

5/2 - 5/4

Discount taken off at register.

Select seafood products
salmon, shrimp, scallops
and more!

Sale items are
specially marked.

Look for me!



Happy CINCO DE MAYO



ORGANIC
Small Hass Avocados
6ct Bags
Mexico

\$5⁴⁵ ea
SAVE \$2.50



ORGANIC
Roma Tomatoes
Mexico

\$1⁶⁴ lb
SAVE \$1.35/lb



ORGANIC
Red Onions
Oregon & Washington

\$1⁶⁸ lb
SAVE \$0.81/lb



ORGANIC
Cilantro
California

\$1¹⁹ ea
SAVE \$0.80



SALE FLYER
April 30 to May 6, 2025
Open Daily 7AM - 9PM

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



LAND & SEA



Smart Chicken
Boneless Skinless
Thighs

\$5⁹⁹ lb

SAVE \$1.50/lb



Diestel Turkey Ranch
Ground Dark Turkey

\$4⁹⁹ lb

SAVE \$2.00/lb



Beeler's
Boneless Pork Shoulder
Roast

\$4⁹⁹ lb

SAVE \$2.00/lb



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

\$7⁹⁹

SAVE \$2.00



HOUSE-MADE

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

Co-op Kitchen
Grab-n-Go
Black Bean Quesadilla
Vegan

\$2⁹⁵

SAVE \$0.50



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

Co-op Kitchen
Made-to-Order
Cold Brew
16 oz.

\$4⁹⁵

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!

**Co+op
basics**

CO+OP Basics

**Co+op
basics**



**Applegate
Organics**
Chicken Strips
8 oz.

\$9⁹⁹



**Co+op
basics**



**Field Day
Organic**
Shoestring Cut Fries
24 oz.

\$4⁹⁹



**Co+op
basics**



**Field Day
Organic**
Brown Rice
Penne Pasta
12 oz.

\$2⁷⁹



**Co+op
basics**



**Field Day
Organic**
Coconut
Water
16.6 oz.

\$2⁴⁹



**Co+op
basics**



**Field Day
Organic**
Three Cheese
Pizza
12.2 oz.

\$7⁹⁹



ROUND UP TO Give Back

\$CHANGE
for good



Food and Friends strives to cultivate an equitable approach to improving the health, wellbeing and independence of older adults and adults with disabilities through nutrition services, meaningful social connections, and opportunities for education.

May 1-31

coop
deals

WELLNESS

**Badger
Aloe Vera
After Sun Gel**
4 oz.

\$5²⁹

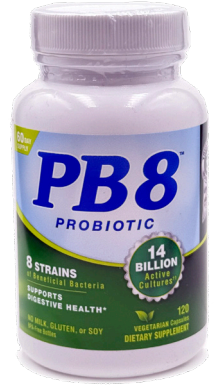
SAVE \$2.70



**Nutrition Now
PB 8 Probiotic**
Supports Digestive
Health
120 cap

\$19⁹⁹

SAVE \$4.00



**Aura Cacia
All Products**

**25%
OFF**



**Heritage
Store
Hydrogen
Peroxide
Mouthwash**
Refreshing Eucalyptus
Mint • 16 oz.

\$8⁴⁹

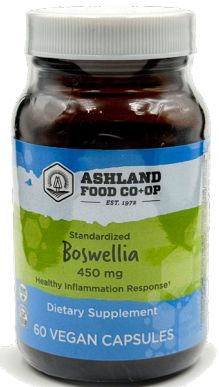
SAVE \$1.50



**Ashland Food
Co-op
Boswellia**
Healthy Inflammation
Response • 60 vcap

\$11⁹⁹

SAVE \$2.00



BRUCE'S PICKS

**Ercole
Barbera**
750 ml

Bright and juicy, red and dark fruits, low tannins, natural winemaking. 100% Barbera, grown in Piedmont, Italy. One litre bottle for even better value.

\$11⁹⁹



**Upper Five
Rose of Grenache**
750 ml

Biodynamic and Organic vineyard in Talent. New 2024 vintage, just released. Strawberry, watermelon, hint of richness, light and crisp.

\$19⁹⁹

