



**ASHLAND
FOOD CO-OP**

EST. 1972

HAPPY FATHER'S DAY

MAKE HIS DAY A COOL ONE!



SALE FLYER | June 11 to June 17, 2025

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Red & Yellow
Potatoes
California & Idaho

\$1.44 **lb**

SAVE \$1.25/lb



ORGANIC
Broccolini
Oregon & California

\$1.96 **ea**

SAVE \$1.03



ORGANIC
Romaine
Hearts • 3 pack
Oregon & California

\$3.88 **ea**

SAVE \$1.07



ORGANIC
Corn on the Cob
California

\$1.86 **ea**

SAVE \$0.33



ORGANIC
Whole
Seedless Watermelon
California

82¢ **lb**

SAVE \$0.37/lb



ORGANIC
Seedless Grapes
Red • Green • Black
California & Mexico

\$4.24 **lb**

SAVE \$1.71/lb



ORGANIC
Dark Sweet Cherries
California

\$7.98 **lb**

SAVE \$4.97



ORGANIC
Yellow Peaches
& Nectarines
California

\$3.64 **lb**

SAVE \$2.31/lb



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

coop
deals

**Lundberg
Family Farms
Rice Chips**
5.5 oz.

2/\$6

SAVE \$1.98 on 2



GROCERY

coop
deals

**GoMacro
Organic Macro
Protein Bars**
2.4oz.

2/\$5

SAVE \$1.78 on 2



coop
deals

**Fage
Greek
Yogurt**
16 oz.

\$2.99

SAVE \$1.70



**Cascadian Farm
Organic Berries**
Blueberry • Raspberry
8 oz.

\$4.29

SAVE \$2.50



**LightLife
Organic
Tempeh**
Soy • 3 Grain • Flaxseed
8 oz.

\$3.39

SAVE \$1.00



coop
deals

**Kite Hill
Dairy
Free
Ravioli**
9 oz.

\$6.49

SAVE \$2.10



coop
deals

**Organicville
Organic
Sauce
& Marinade**
Teriyaki • BBQ
• Pizza
13.25-15.5 oz.

\$3.49

SAVE \$1.10-\$1.40



coop
deals

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

\$4.89

SAVE \$1.70



coop
deals



**Just Ice Tea
Organic Tea**
16 oz.

\$1.59

SAVE \$1.20



BULK



**Organic
Green Lentils**

\$2.49^{lb}

SAVE \$0.50/lb



**Organic
Buckwheat**

\$3.79^{lb}

SAVE \$0.60/lb



**Café Mam
Breakfast Blend**

\$9.99^{lb}

SAVE \$2.60/lb



**Organic
Yellow
Popcorn**
5lb Bag

\$10.59

SAVE \$1.00



flavor, love, and a whole lot of

PRIDE

Rogue Creamery



Businesses that support LGBTQ+ communities play a vital role in fostering inclusion and equity, especially in the food industry, where culture, identity, and community often intersect. From brands that champion LGBTQ+ rights to those that create inclusive

marketing and workplace practices, these companies help foster a sense of belonging and visibility. Many also support local Pride events, train staff on inclusivity, and partner with LGBTQ+ organizations. Choosing to support such businesses is not just about great products—it's a meaningful way to celebrate diversity and contribute to a more accepting and connected community.



Nuts for Cheese

"We believe that intentionally-crafted foods made to taste absolutely delicious have the power to bring people together, to elevate me-time moments, and to turn every snacking occasion into a celebration."

GT's Kombucha

GT started his business at only 15 years old. At the time, GT's company was the first to sell Kombucha at stores in the United States. A couple of decades later, the company offers over 40 flavors across the continent. In May of 2021, GT and his husband, Allan, had their first baby who they bestowed with a very fitting name- baby Bloume!



History of the Pride Flag

The first gay pride flag was created in 1977 by artist and activist Gilbert Baker. Baker pulled inspiration from Pop Art and the United States flag. There is meaning behind each color of the flag...



Vitality



Harmony



Healing



Spirit



Sunlight



Nature



Monica Helms, a trans woman, created the first trans pride flag in 1999. The light blue and light pink represent traditional colors for baby girls and baby boys and the white represents intersex, transitioning, and nonbinary gender identities.





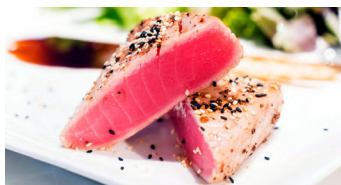
LAND & SEA



**Organic Smart Chicken
Tenderloins**

\$9⁹⁹ lb

SAVE \$2.00/lb



**Wild Ahi Tuna Fillet
Previously Frozen**

\$11⁹⁹ lb

SAVE \$3.00/lb



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

\$1⁰⁰ ea



**Hempler's
Applewood Smoked
Center Cut Bacon**
10 oz.

\$6⁴⁹

SAVE \$1.50

**ASHLAND
FOOD CO+OP**

EST. 1972

**Co-op Kitchen
Bakery**

Camp Cookie

\$1⁹⁵ ea

SAVE \$0.30



**ASHLAND
FOOD CO+OP**

EST. 1972

**Co-op Kitchen
Grab-N-Go
Chicken Quesadilla**

\$3⁹⁵ ea

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**



**Emerald Hills
Ground Beef**
Not to exceed 20% fat

\$7⁹⁹ lb



**Co+op
basics**



**Field Day
Apple Cinnamon
Cereal Bars**
7.8 oz.

\$2⁹⁹



**Co+op
basics**



**Field Day
Organic
Mini Twist Pretzels**
8 oz.

\$2⁴⁹



**Co+op
basics**

**Field Day
Organic
Extra Virgin
Olive Oil**
16.9 oz.

\$9⁹⁹



**Co+op
basics**



**Field Day
Unsalted &
Creamy
Almond Butter**
16 oz.

\$7⁹⁹



Upcoming Events

N. Mountain Park Clean-up

We proudly join Ashland's Adopt a Park Program. Come help with our quarterly clean-up! Coffee and snacks provided. Wear work-friendly clothes.

FREE

Friday, June 20 | 9am-11am

Kids Camp Eat Your Way Around the World

Campers will learn to prepare delicious, culturally-inspired meals from scratch throughout the week, exploring global food traditions.

\$250 Community member

\$245 Owners

June 23 - 26 | 9am-1:30pm
(ages 9-12)

June 30 - July 3 | 9am-1:30pm

Hand-Made Pasta to Impress!

Learn to make delicious pasta from scratch using simple ingredients by hand or with a pasta machine in this fun, hands-on class!

\$40 Community member

\$30 Owners | \$20 Children

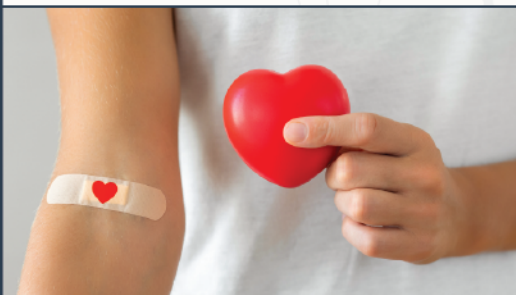
Thursday, June 26 | 6pm

Blood Drive

Give blood this month and help save lives. It's a simple, generous act that makes a lasting difference for someone in need. Your donation truly matters.

FREE

Friday, June 27 | 6pm-8pm



Sign up/Learn More:
AshlandFood.Coop/Events

WELLNESS

coop
deals

Kal

D-3 K-2

Immune System Support
2 oz.

\$14⁹⁹

SAVE \$2.50



coop
basics

Natural Factors Pharma Gaba

Relaxation
& Mental Focus
60 tab

\$17⁷⁹

SAVE \$5.70



coop
deals

Weleda

Skin Food

Ultra-Rich Cream
2.5 oz.

\$13⁹⁹

SAVE \$6.00



coop
basics

Boiron

Arnicare Cream

Pain Relief
2.5 oz.

\$9⁹⁹

SAVE \$1.00



coop
deals

Badger Anti-Bug Spray

Plant-Powered
Mosquito Repellent
4 oz.

\$6⁴⁹

SAVE \$5.50



BRUCE'S PICKS

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



Ercole Rosato

1000 ml

Piedmont, Italy blend of Barbera and Dolcetto. Strawberry, red apple, raspberry, crisp and refreshing.

\$11⁹⁹

