



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

FROM CALIFORNIA

Yellow & White Nectarines

\$3.56/LB
Save \$1.69/lb

SALE FLYER | June 25 to July 1, 2025

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Whole
Cantaloupe Melons
California

\$1.29 lb

SAVE \$0.70/lb



ORGANIC
Strawberries
1lb Containers
California

\$4.45 ea

SAVE \$1.50



ORGANIC
Blackberries
6oz Container
California

\$4.99 ea

SAVE \$0.96



ORGANIC
Whole
Galia Melons
California

\$1.44 lb

SAVE \$0.85/lb



ORGANIC
Cauliflower
California

\$1.86 lb

SAVE \$1.13/lb



ORGANIC
Crimini & White
Mushrooms
Oregon & Canada

\$5.45 lb

SAVE \$1.50/lb



ORGANIC
Zucchini
Oregon Grown!

\$2.75 lb

SAVE \$0.74/lb



ORGANIC
Vidalia
Sweet Onions
Georgia

\$1.76 lb

SAVE \$0.53/lb

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

coop
deals

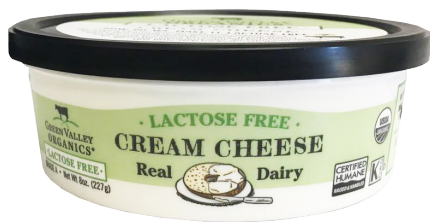
GROCERY

coop
deals

Green Valley Organic Lactose Free Cream Cheese
8 oz.

\$3⁹⁹

SAVE \$1.30



Against the Grain Gourmet Gluten Free Pizza
24 oz.

\$10⁴⁹

SAVE \$4.00



coop
deals

GT's CocoYo Coconut Yogurt
8 oz.

\$5⁴⁹

SAVE \$1.50



Straus Family Creamery Organic Ice Cream
quart

\$8⁹⁹

SAVE \$2.60



LightLife Jumbo Smart Dogs
Plant Based Hot Dogs
13.5 oz.

\$4³⁹

SAVE \$1.30



coop
deals

Wyman's of Maine Wild Blueberries
3lb Bag

\$11⁹⁹

SAVE \$5.00



Spectrum Toasted Sesame Oil
8 oz.

\$6⁴⁹

SAVE \$2.00



Violife Plant Based Cheese
Slices • Shreds
7.05-8 oz.

\$4⁹⁹

SAVE \$1.50



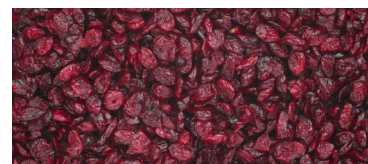
Maranatha Organic Creamy Peanut Butter
Salted • Unsalted
16 oz.

\$5⁴⁹

SAVE \$1.30



BULK



ORGANIC Cranberries
Cane Juice Sweetened

\$6⁷⁹ lb

SAVE \$2.00/lb



ORGANIC Walnuts
Halves & Pieces

\$7⁴⁹ lb

SAVE \$1.00/lb



Café Mam Breakfast Blend

\$9⁹⁹ lb

SAVE \$2.60/lb



Grandy Organics Organic Coconola Coconut Granola

\$11⁹⁹ lb

SAVE \$2.50/lb



Relish the 4th

Condiments: The Real Stars of the Cookout!



**Woodstock
Organic
Pickles**
24 oz.

\$4.99

SAVE \$1.90



**Woodstock
Organic
Ketchup**
20 oz.

2/\$6

SAVE \$1.98 on 2



**Woodstock
Organic
Mayonnaise**
32 oz.

\$6.99

SAVE \$2.00



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

\$4.99



**Woodstock
Organic
Mustard**
8 oz.

\$2.79

SAVE \$1.20



**Naked Bread
Organic
Hot Dog
Buns**
15 oz.

\$4.99

Grab-N-Go

Sandwiches

**50¢
OFF**



Explore the full lineup at Ashland Food Co-op



**ASHLAND
FOOD CO+OP**

EST. 1972

SALE FLYER

June 25 to July 1, 2025

Open Daily 7AM - 9PM



LAND & SEA

Organic Smart Chicken
Boneless Skinless Thighs

\$8⁴⁹ lb

SAVE \$1.50/lb



Cooked Peeled & Cleaned Shrimp

31/40 Count • Farm Raised

\$11⁹⁹

SAVE \$3.00



Niman Ranch Sausages

All Varieties • 12 oz.

\$6⁹⁹

SAVE \$2.50



Beeler's Hickory Smoked Bacon
16 oz.

\$10⁹⁹

SAVE \$2.00

HOUSE-MADE

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen
Grab-N-Go
Honey Mustard
Potato Salad

\$8⁴⁵ lb

SAVE \$2.50/lb



ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen
Grab-N-Go
Cheese Pizza

\$15⁴⁵

SAVE \$2.50



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 Organic Diced Peaches & Pears
4 pk

\$3⁹⁹



co+op basics



Field Day Organic Apple Cinnamon Cereal Bars
7.8 oz.

\$2⁹⁹



co+op basics



Field Day Organic Honey Nut O's Cereal
14 oz.

\$3⁴⁹



co+op basics



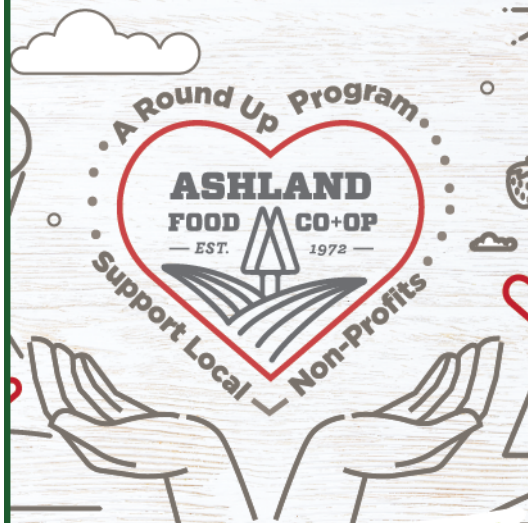
Field Day Organic Coconut Water
16.6 oz.

\$2⁴⁹



ROUND UP TO Give Back

CHANGE
for good



ASK YOUR CASHIER TO ROUND UP!



White Oak Farm
is a Southern
Oregon
nonprofit
fostering food
security,
biodiversity, and
sustainable
living through
education and
community
farming.

WELLNESS

Giovanni Men's Shaving Cream

For All Skin Types
7 oz.

\$6⁷⁹

SAVE \$1.20

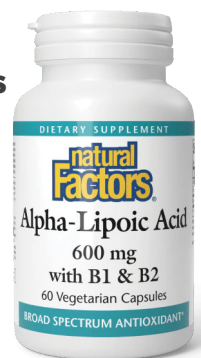


Natural Factors Alpha-Lipoic Acid

Broad Spectrum
Antioxidant
60 vcap

\$17²⁹

SAVE \$5.50



Terry Naturally Curamin

Extra Strength Pain Relief
30 tab

\$16⁹⁹

SAVE \$5.50



coop
deals

Crystal Unscented Mineral Deodorant

24 Hours Odor Protection
4.25 oz.

\$5²⁹

SAVE \$2.20



coop
deals

Biosil Collagen Generator

Clinically
Proven
30 vcap

\$15⁹⁹

SAVE \$2.50



BRUCE'S PICKS

Division Wine Owest White

750 ml
Albariño, Grenache Blanc,
Chenin Blanc and Sauvignon
Blanc from the Columbia Valley.
Lees aging for a little richness,
but very bright, light and zippy.

\$17⁹⁹



Fritz Müller Rosato

750 ml
Floral, red berry, citrus, fruity
and light, finishes nearly dry.
Semi-sparkling. Rheinhessen,
Germany

\$16⁹⁹

