

Seafood SALE

20% OFF

9/19 - 9/21

Sale items are specially marked.

3-DAYS ONLY!



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



Look for me!



SALE FLYER | September 17 to September 23, 2025

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
New Crop
Gala Apples
Washington

\$1.69 lb

SAVE \$0.60/lb



ORGANIC
Pitted Medjool Dates
12oz Packages
California

\$9.95 ea

SAVE \$3.00



ORGANIC
Jupiter & Thomcord
Grape Totes
Oregon

\$4.45 lb

SAVE \$1.50/lb



ORGANIC
Bartlett Pears
Red & Green
Oregon & Washington

\$1.69 lb

SAVE \$1.60/lb



ORGANIC
Potatoes Red & Yellow
Washington & California

\$1.29 lb

SAVE \$0.70/lb



ORGANIC
Locally Grown
Fry Family Farm
Mini Sweet Peppers
1LB Bags
Local

\$4.29 ea

SAVE \$3.66



ORGANIC
Portabella Mushrooms
Canada

\$6.95 lb

SAVE \$3.00/lb



ORGANIC
Romanesco
California

\$2.99 lb

SAVE \$1.00/lb



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

coop
deals

Health-ade Organic Kombucha

16 oz

2/\$5

SAVE \$2.98 on 2



GROCERY

coop
deals

Annie's Organic Macaroni & Cheese

6 oz

2/\$6

SAVE \$1.98 - \$2.38 on 2



coop
deals

Pickled Planet Organic Raw Sauerkraut

16 oz

\$6.99

SAVE \$0.70



Cascadian Farm Organic Berries

8-10 oz

\$4.49

SAVE \$2.30



coop
deals

Cosmic Bliss Organic Non-Dairy Coconut Frozen Dessert

14 oz

\$5.49

SAVE \$1.80



coop
deals

Bionaturæ Organic Pasta

16 oz

2/\$5

SAVE \$1.98 on 2



Muir Glen Organic Pasta Sauce

23.5 oz

\$3.89

SAVE \$0.80



Organic Valley Organic Sliced & Block Cheese

Select Varieties
6-8 oz

\$4.99

SAVE \$1.60



Mary's Gone Organic Crackers

4 oz

\$3.49

SAVE \$1.00



BULK



ORGANIC Adzuki Beans

\$3.39 lb

SAVE \$0.40/lb



ORGANIC Red Quinoa

\$3.49 lb

SAVE \$0.10/lb



Café Mam French Roast Dark Roast

\$13.99 lb

SAVE \$2.00/lb



ORGANIC Almonds Slivered & Blanched

\$6.99 lb

SAVE \$0.70/lb



Sea What's on Sale!



SALE FLYER
September 17 to September 23, 2025
Open Daily 7AM - 9PM



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



**ASHLAND
FOOD CO+OP**

EST. 1972

**3-DAYS
ONLY!**

Seafood SALE

20% OFF

9/19 - 9/21

Discount taken off at register.

Select seafood products
salmon, shrimp, scallops
and more!

Sale items are
specially marked.

Look for me!





Organic Smart Chicken
Tenderloins

\$9⁹⁹ lb

SAVE \$2.00/lb



Niman Ranch
Sausages

All Varieties
12 oz

\$6⁹⁹

SAVE \$2.50

LAND & SEA



Beeler's
Boneless Pork Loin Chops

\$5⁹⁹ lb

SAVE \$2.00/lb



Chomps
Jerky Sticks

All Varieties
1.5 oz

2/\$4

SAVE \$1.38 on 2

HOUSE-MADE

ASHLAND
FOOD CO+OP

EST. 1972

Co-op Kitchen
Made-to-Order
London Fog
16 oz

Try hot or cold!

\$3⁹⁵

SAVE \$1.00



ASHLAND
FOOD CO+OP

EST. 1972

Co-op Kitchen
Grab-N-Go
Spinach Bacon
Salad

\$9⁹⁵ lb

SAVE \$2.00/lb



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



Emerald Hills
Ground Beef
Not to exceed 20% fat

\$7⁹⁹ lb



Field Day
Organic
Long Grain White Rice
2 lb

\$4⁹⁹



Field Day
Organic
Shoestring Cut Fries
24 oz

\$4⁹⁹



Nordic Naturals
Omega-3
60 softgel

\$14⁴⁹



Ener-C
Variety Pack
30 pack

\$16⁹⁹

2025 OWNER ANNUAL MEETING

Co-op Owners are
invited to join us for
our Annual Meeting
and Owner Social

Date: October 4th, 2025

Time: Doors Open at 4:00pm

Location: Co-op Classroom
and Resistance Winery

Annual Meeting and Presentation

4:30pm to 5:30pm

Co-op Classroom

300 N Pioneer

Owner's Social

5:30pm to 7:30pm

Resistance Winery

(on the corner of A St and
Pioneer - next to the
Co-op Classroom)

WELLNESS



Auromere
Fresh Mint Toothpaste
Ayurvedic Herbal Toothpaste
4.16 oz

\$6⁹⁹

SAVE \$1.50



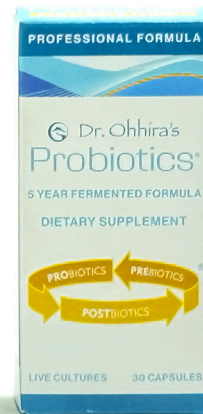
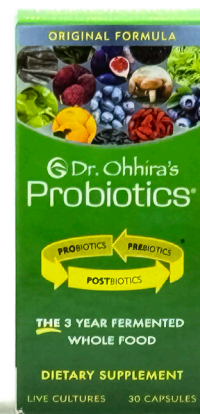
Naturtint
Hair Color
Colors Inspired
By Nature
5.07 oz

\$13²⁹

SAVE \$4.50

Essential Formulas All Products

**20%
OFF**



Co-op
basics



Natural Factors
Suntheanine
100 mg
Mental Calmness &
Relaxation
60 tab

\$14⁷⁹

SAVE \$4.70

Co-op
basics



Enzymedica
Digest Gold
Maximum Strength
45 cap

\$19⁹⁹

SAVE \$1.80

BRUCE'S PICKS

Prá Soave Classico

750 ml
100% Garganega from the
Veneto. Green apple and lime,
with more subtle floral, mineral
and almond notes. Crisp, fresh,
and bright.

\$19⁹⁹



Troon Vermentino

750ml
So lively and fresh, yet a
subtle richness and weight.
Organically and
Biodynamically grown,
natural winemaking.

\$22⁹⁹

