

coop deals

gomacro MACROBAR

All Flavors
2.3-2.8 oz.

\$2.29
SAVE \$1.10



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



*Fuel Your
Adventure*

SALE FLYER | MARCH 25 TO MARCH 31, 2026

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Grapefruit**
All Varieties
California & Texas

\$1.99 lb
SAVE \$1.30/lb



**ORGANIC
Strawberries**
1LB Package
California

\$4.95 ea
SAVE \$1.00/ea



**ORGANIC
Cosmic Apples**
Washington

\$2.49 lb
SAVE \$0.80/lb



**ORGANIC
Honey Mangoes**
Mexico

\$2.15 ea
SAVE \$0.84/ea



**ORGANIC
Yellow Potatoes**
Oregon & Canada

99¢ lb
SAVE \$1.00/lb



**ORGANIC
Artichokes**
California

\$3.99 ea
SAVE \$1.96/ea



**ORGANIC
Portabella Mushrooms**
Canada

\$6.95 lb
SAVE \$3.00/lb



**ORGANIC
Mini Sweet Peppers**
1LB Bags
Mexico

\$3.99 ea
SAVE \$0.96/ea



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

GROCERY

Stahlbush Frozen Fruit
Blueberries, Strawberries and Cranberries
10 oz.

\$3.99

SAVE \$1.30



Van's Frozen Waffles
Original and Blueberry
9 oz.

\$3.69

SAVE \$1.00



Indian Life Foods Naan
Tandoori and Garlic
17.6 oz.

\$4.29

SAVE \$2.00



coop deals



Organic Valley Butter
Lightly Salted and Unsalted
16 oz.

\$7.99

SAVE \$1.40



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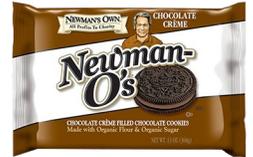
Lesser Evil Popcorn
All Flavors
4.6 oz.

\$3.19

SAVE \$1.00



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Newman's Own Creme Filled Cookies
All Flavors
13 oz.

\$4.99

SAVE \$1.50

coop deals



Muir Glen Tomatoes
Diced, Crushed, Roasted
14.5 oz.

2/\$4

SAVE \$2.58-\$3.38 on 2



coop deals

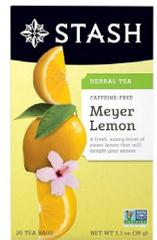
Taza Chocolate Stone Ground Chocolates
All Flavors
2.5 - 2.7 oz.

\$4.99

SAVE \$0.60-\$1.30



coop deals



Stash Tea
18-20 pack

\$2.99

SAVE \$0.80



BULK



Organic Red Lentils
\$2.69 lb

SAVE \$0.30/lb



Organic Raw Whole Cashews
\$6.89 lb

SAVE \$0.80/lb



Pachamama Sunrise
Light Roast
\$15.49 lb

SAVE \$2.50/lb



Organic Black Chia Seeds
\$2.89 lb

SAVE \$0.50/lb





**ASHLAND
FOOD CO+OP**

EST. 1972



HERB & PHARM[®]

25% OFF

All Herb Pharm Products

March 4th to 31st

Discount taken at the register

SAVE THE DATE!



JOIN US!

Saturday April 18th, 2026

10 am to 4 pm at

ScienceWorks
HANDS-ON MUSEUM



to celebrate

EARTH DAY!

fun for all ages
rain or shine event



Enjoy hands-on
activities, local
vendors, and
engaging
experiences that
highlight the
science of
sustainability!



LAND & SEA



Smart Chicken Thighs

\$3⁹⁹ lb

SAVE \$1.00/lb



Cooked Peeled & Cleaned Shrimp

31/40 Count • Farm Raised

\$12⁹⁹ lb

SAVE \$3.00/lb

HOUSE-MADE

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Grab N Go Vegan Falafel Wrap

\$4⁹⁵

SAVE \$1.00



Applegate Naturals Sunday Bacon & No Sugar Bacon

8 oz.

\$5⁹⁹

SAVE \$1.30



Applegate Naturals Breakfast Sausage Links

All Varieties • 7 oz.

\$5⁹⁹

SAVE \$1.00

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Grab N Go Take & Bake Cheese Pizza

\$15⁹⁵

SAVE \$2.50/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

Co+op basics



Emerald Hills Ground Beef

Not to Exceed 20% Fat

\$7⁹⁹ lb



Co+op basics



Field Day Organic Raw Wildflower Honey

16 oz.

\$6⁹⁹



Co+op basics



Field Day Organic Apple Cider Vinegar

32 oz.

\$6⁴⁹



Co+op basics



Field Day Organic Extra Virgin Olive Oil

16.9 oz.

\$10⁹⁹



Co+op basics



Field Day Free & Clear Liquid Laundry Detergent

100 oz.

\$12⁹⁹

ROCO

CAFE + TAPHOUSE

OPEN
7AM - 6PM
Every Day

ROCO is now open every day from 7AM to 6PM!

That's an extra hour to soak up the afternoon sun, enjoy a cold beer or a cocktail and make the most of this beautiful spring weather!



Daids Premium Bamboo Toothbrush
Adult-Soft • 1 ct

\$2.29

SAVE \$1.50



WELLNESS



Barlean's Organic Flax Oil
Fresh Cold Press
16 oz.

\$21.99

SAVE \$2.50



NutriBiotic All Products

15% OFF



Hyland's Calms Forte
Sleep Aid
100 tab

\$10.99

SAVE \$2.80



Natural Factors Theracurmin
Healthy Inflammatory Response
60 vcap

\$17.29

SAVE \$5.70



BRUCE'S PICKS

Quady North Pistoleta
750 ml
Rogue Valley grown and bottled Rhone Valley style white blend. Apricot, nectarine, honey, citrus.

\$16.99



Domenico Clerico Dolcetto
750ml
Beautiful nose, light, 12.5% alc, no oak, cherry, cranberry, pomegranate. From Medford's Sister City of Alba, in Piedmont, Italy.

\$18.99

