

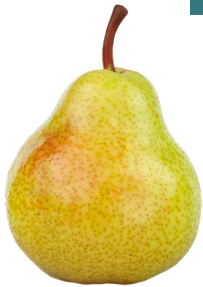


SALE FLYER | APRIL 22 TO APRIL 28, 2026

20% OFF
4/24 - 4/26
ON SELECT ITEMS
IN GROCERY & WELLNESS!

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Bartlett Pears
Argentina

\$1.89 lb
SAVE \$1.10/lb



ORGANIC
Blackberries
6oz Containers
California

\$4.65 ea
SAVE \$1.30/ea



ORGANIC
Gold Nugget Mandarins
California

\$2.69 lb
SAVE \$1.30/lb



ORGANIC
Cosmic Crisp Apples
Washington

\$2.69 lb
SAVE \$1.00



ORGANIC
Yellow Potatoes
Oregon, California & Canada

99¢ lb
SAVE \$1.00/lb



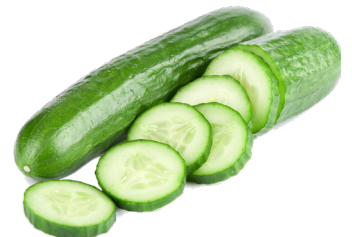
ORGANIC
Radishes
All Varieties
Oregon & California

\$1.95 ea
SAVE \$2.04/ea



ORGANIC
Crimini Mushrooms
Oregon & Canada

\$5.65 lb
SAVE \$1.30/lb



ORGANIC
English Cucumbers
Mexico

\$2.89 lb
SAVE \$1.10/lb



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

coop
deals

GROCERY

coop
deals

Wildwood Baked Tofu
Savory & Teriyaki
7 oz.

\$3.79

SAVE \$1.60



Fage Yogurt
32 oz.

\$6.49

SAVE \$3.00



Jolly Llama Cones
Gluten and Dairy Free
3 pack

\$4.89

SAVE \$1.10



coop
deals



Ice Cream for Bears
Made with Raw Honey
14 oz.

\$6.99

SAVE \$1.30

coop
deals



Angie's Boom Chicka Pop
All Flavors
4.5-7 oz.

BOGO
BUY ONE GET ONE
FREE!



Artisana Organics Raw Coconut Butter
Extra Virgin
14 oz.

8.99

SAVE \$2.00



coop
deals



Vita Coco Coconut Water
Original and Pressed
16.9-17 oz.

BOGO
BUY ONE GET ONE
FREE!



coop
deals



Schar Pizza Crust
Gluten Free
10.6 oz.

\$8.29

SAVE \$2.00

coop
deals



RXBAR Nutrition Bars
All Flavors • 1.83 oz.

2/\$4

SAVE \$1.58 on 2

BULK



Organic Flax
\$2.79 lb
SAVE \$0.50/lb



Organic Pitted Prunes
\$6.99 lb
SAVE \$2.90/lb



Cafe Mam Decaf Italian
Dark Roast
\$13.99 lb
SAVE \$3.00/lb



Organic Roasted Mixed Nuts
Salted
\$12.99 lb
SAVE \$1.40/lb





**ASHLAND
FOOD CO+OP**

— *EST. 1972* —

COMMUNITY & ENVIROMENTAL IMPACT REPORT 2025



<https://ashlandfood.coop/about-us#sustainability>



EARTH DAY



BULK SALE

20% OFF

4/24 - 4/26

ON SELECT ITEMS

IN GROCERY & WELLNESS!



LAND & SEA

Organic Smart Chicken

Boneless Skinless Thighs

\$8⁹⁹ lb

SAVE \$2.50/lb



Beeler's Bone-in Pork Chops

\$5⁹⁹ lb

SAVE \$2.00/lb



HOUSE-MADE

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Made to Order Americano

Hot or Iced

16 oz.

\$1⁹⁵

SAVE \$1.00



Applegate Naturals Breakfast Sausage Links

All Varieties

16 oz.

\$4⁹⁹

SAVE \$2.00



Diestel Turkey Ranch Organic Sliced Turkey

Oven Roasted & Smoked

6 oz.

\$6⁹⁹

SAVE \$2.50



ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Bakery Fudge Bars

\$5⁹⁵ 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

Co+op basics



Emerald Hills Ground Beef

Not to Exceed 20% Fat

\$7⁹⁹ lb



Co+op basics



Field Day Vanilla Sandwich Cookies

10.5 oz.

\$3⁴⁹

Co+op basics



Field Day Organic Unsweetened Coconut Flakes

7 oz.

\$3⁹⁹



Co+op basics



Field Day Organic Coconut Flour

16 oz.

\$4⁹⁹



Co+op basics



Field Day Organic Mild Cheddar Macaroni & Cheese

6 oz.

\$1⁹⁹



CO-OP CLASSROOM

MAY EVENTS



**MAY 8
9-11AM**

**North
Mountain Park
Clean Up
VOLUNTEER!**



**MAY 20
6-8PM**

**Restoration,
Conservation, and
Natural Deathcare:
What's the
Difference?
FREE**



**MAY 22
1-3PM**

**Senior Living
Resource Fair
FREE**



**MAY 23
12-2PM**

**Allergen-Free
Artisan Baking:
Same-Day
Sourdough & More
\$45 Owners | \$50 Community**



**MAY 27
6-8PM**

**Enhancing Cognitive
Health: Assessment Tools,
Emerging Biomarkers, and
Evidence-Based Natural
Strategies
FREE**



Register at
[https://events.humanitix.com/
host/ashland-food-cooperative](https://events.humanitix.com/host/ashland-food-cooperative)

coop
deals

**Badger
Itch Relief Stick**
Calms & Soothes
.6 oz.

\$7.49

SAVE \$1.00



WELLNESS

**Kyolic
Kyo-Dophilus**
Daily Probiotic
45 cap

\$11.59

SAVE \$1.70



**Solaray
Calcium Citrate**
1000 mg • 120 vcap

\$7.49

SAVE \$4.80



coop
deals

**Preserve
Razor Blades
Shave 5**
Replacement
Cartridges
4 ct

\$10.99

SAVE \$2.00



**Gaia Herbs
Ashwagandha Root**
Stress Support
60 cap

\$17.99

SAVE \$7.00



coop
deals

BRUCE'S PICKS

**Walnut Block
Sauvignon Blanc**
750 ml
Small, family-owned winery,
single vineyard,
Marlborough, NZ.
Zesty pink grapefruit, hint of
tropical fruits, citrusy
acidity.

\$11.99



**Ercole
Bianco**
1000 ml
Produced in a Piedmont wine
cooperative comprised of
small, family growers around
Monferrato. 80% Cortese, 15%
Chardonnay, 5% Sauvignon
Blanc. Flavors of citrus, pear,
and apple.

\$14.99

