

FATHER'S DAY WEEKEND - ON SALE AT THE CO-OP!  
**GET READY TO GRILL!**



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

**3 DAY SALE**

**20% OFF**

**Natural & Organic  
Smart Chicken**

**JUNE 19-21**

Discount Taken at the Register

SALE FLYER | JUNE 17 TO JUNE 23, 2026

## FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC  
Honey Mangos**  
Mexico

**\$1.99** ea  
SAVE \$0.50/ea



**ORGANIC  
Washington Grown  
Dark, Sweet Cherries**  
Washington

**\$6.74** lb  
SAVE \$3.21/lb



**ORGANIC  
Yellow Nectarines**  
California

**\$3.88** lb  
SAVE \$2.07/ea



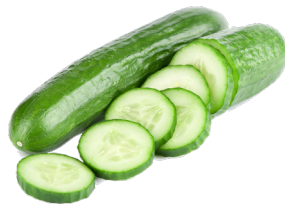
**ORGANIC  
Plums  
Red & Black**  
California

**\$2.99** lb  
SAVE \$1.00/lb



**ORGANIC  
Sweet Onions**  
Nevada

**\$1.32** lb  
SAVE \$0.67/lb



**ORGANIC  
English Cucumbers**  
Mexico

**\$1.99** ea  
SAVE \$2.00/ea



**ORGANIC  
Artichokes**  
California

**\$3.98** ea  
SAVE \$1.97/ea



**ORGANIC  
New Crop  
Red Potatoes**  
California & Idaho

**\$1.68** lb  
SAVE \$0.31/ea



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

# GROCERY

coop deals

**Vital Farms Butter**  
Salted & Unsalted  
8 oz  
**2/\$7**



SAVE \$1.98 on 2

**Alden's Ice Cream Bars**  
All Flavors  
3 & 4 pk

**2/\$6.99**



**BOGO**

BUY ONE GET ONE FREE!

coop deals



**Stonyfield Farm Yogurt**  
All Flavors  
32 oz

**\$4.79**

SAVE \$1.00



**Against the Grain Frozen Pizza**  
Gluten Free  
24 oz

**\$10.99**

SAVE \$3.50

coop deals



**C20 Pure Coconut Water**  
All Flavors  
17.5 oz

**2/\$3.19**

**BOGO**

BUY ONE GET ONE FREE!



**Nixie Sparkling Water**  
All Flavors  
8 pk

**2/\$7.29**

coop deals



coop deals



**Mom's Best Cereals**  
All Varieties  
20 - 24 oz

**\$4.50**

SAVE \$0.79

coop deals

**Kettle Potato Chips**  
All Flavors  
4.25-5 oz

**2/\$7**

SAVE \$1.38 on 2



coop deals



**Heyday Canning Co. Premium Cooked Flavored Beans**  
Various Flavors  
15 oz

**\$3.69**

SAVE \$0.60

# BULK



**Organic French Green Lentils**

**\$2.89 lb**

SAVE \$0.40/lb



**Organic Quick Oats**

**\$1.39 lb**

SAVE \$0.30/lb



**Pachamama Guatemala Medium Roast**

**\$15.49 lb**

SAVE \$2.50/lb



**Organic Deluxe Mixed Roasted Nuts**  
Salted

**\$12.39 lb**

SAVE \$2.00/lb



# ASHLAND FOOD CO+OP

EST. 1972

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[www.smartchicken.com](http://www.smartchicken.com)

# BUFFALO DIP

## Grilled Chicken Sandwich



Make This!



### INGREDIENTS

- 4 Smart Chicken Breasts, Butterflied
- Olive Oil, Salt, & Pepper
- 8oz Ashland Food Co-Op Ranch
- 8oz Cream Cheese
- 24oz Joey's Hot Sauce
- 4oz Rogue Creamery Crater Lake Blue Cheese
- Co-op Buns or Croissants

### INSTRUCTIONS

Season chicken with oil, salt, and pepper.

Bake at 350F for 57 minutes per side, or grill (start at 550F, drop to 450F) until the internal temperature reaches 165F.

Mix ranch, cream cheese, hot sauce, and blue cheese in an oven-safe pan; warm through.

Assemble sandwiches with chicken and warm dip. Garnish with hot sauce, carrots, and celery.



## LAND & SEA

coop deals



**Diestel Turkey Ranch  
Ground Dark Turkey**

**\$4<sup>99</sup> lb**

SAVE \$2.00/lb



**Niman Ranch  
Sausages**

All Varieties  
12 oz

**\$6<sup>99</sup> ea**

SAVE \$2.50/ea

## HOUSE-MADE

**ASHLAND  
FOOD CO+OP**

EST. 1972

**CO-OP KITCHEN  
Wheat Free  
Muffin of the Day**

Bakery

**\$2<sup>25</sup> ea**

SAVE \$1.00/lb



**Roli Roti  
Butcher's Organic  
Bone Broth**

All Varieties  
24 oz

**\$8<sup>99</sup>**

SAVE \$2.00



coop deals

**Applegate Naturals  
Beef Hot Dogs**

10 oz

**\$5<sup>49</sup> ea**

SAVE \$1.20/ea

**CO-OP KITCHEN  
Guacamole**

House Made

Grab N Go

**\$10<sup>95</sup> 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!

coop basics

## CO-OP BASICS

coop basics

**Emerald Hills  
Ground Beef**

Not to exceed 20% fat

**\$7<sup>99</sup> lb**



coop basics

**Field Day  
Lavender Liquid  
Dish Detergent**

25 oz

**\$3<sup>99</sup>**



coop basics

**Field Day  
Organic  
Popcorn**

Microwave Butter Flavor  
10.5 oz

**\$3<sup>99</sup>**



coop basics

**Field Day  
Chocolate Vanilla  
Sandwich Cookies**

10.5 oz

**\$3<sup>49</sup>**



coop basics

**Field Day  
Organic  
Lemonade**

64 oz

**\$3<sup>99</sup>**





We will be closing early  
**June 24th**

Kitchen will close at:  
**4pm**

Store will close at:  
**5pm**

To Honor Our Amazing Staff!

Thank You,  
Ashland Food Co-op



## WELLNESS



coop deals

### The Grandpa Soap Co. Cleansing Shower Cream

Charcoal  
9.5 oz

**\$6<sup>99</sup>**

SAVE \$3.00



### Enzymedica Digest Spectrum

Multiple Food Sensitivity Formula  
30 count

**\$11<sup>49</sup>**

SAVE \$3.00

coop deals

### Garden Of Life All Products

**20% off**



coop deals

### Nordic Naturals Men's Multivitamin

Gummies  
60 count

**\$18<sup>29</sup>**

SAVE \$3.00



coop deals

### Crystal Deodorant Stick

Unscented  
4.25 oz

**\$5<sup>49</sup>**

SAVE \$1.80



## BRUCE'S PICKS

### Monte Tondo Garganega Frizzante

750 ml

This is a super-refreshing sparkling Italian Soave. Dry and aromatic, lightly carbonated, bring on the warm weather.

**\$12<sup>99</sup>**



### Corsini Bianco

750 ml

Piedmont, Italy grown white blend of Arneis, Sauvignon Blanc, and Chardonnay. Super clean and bright, pear, apple, hint of peach and tangerine.

**\$17<sup>99</sup>**

