

**ASHLAND
FOOD CO+OP**

EST. 1972

OPEN PINT BLUEBERRIES

**USDA
ORGANIC**



Oregon
GROWN

\$5⁹⁵ ea
SAVE \$2.00/ea

SALES FLYER | JUNE 24 TO JUNE 30, 2026

FRESH PRODUCE
Your only Southern Oregon Certified Organic Grocer

Oregon
GROWN



**ORGANIC
Cauliflower**
Oregon

\$2²⁴ lb
SAVE \$0.75/lb



**ORGANIC
Radicchio
Chioggia, Treviso,
Castlefranco**
Oregon & California

\$3⁸⁹ ea
SAVE \$1.06/ea



**ORGANIC
Broccolini & Purple
Sprouting Broccoli**
Washington & California

\$2⁶⁴ ea
SAVE \$1.35/ea



**ORGANIC
Romanesco**
California

\$2⁴⁴ lb
SAVE \$1.55/lb



**ORGANIC
Whole Galia Melons**
California

\$2²⁸ lb
SAVE \$0.71/lb



**ORGANIC
Rainier Cherries**
Washington

\$9⁹⁵ lb
SAVE \$3.00/lb



**ORGANIC
Specialty Seedless Grapes
Candy Snap, Gummy Berry, Jelly Berry**
California & Mexico

\$3⁹⁹ lb
SAVE \$1.46/lb



**ORGANIC
Whole Honeydew
Melons**
California

\$1⁹⁸ lb
SAVE \$0.51/lb





GROCERY



Bitchin' Sauce
Dip and Spread
All Flavors
8 oz
Reg **\$6.79**



Cosmic Bliss
Plant Based Ice Cream
All Flavors
14 oz
Reg **\$7.69**



BOGO
BUY ONE GET ONE FREE!



BOGO
BUY ONE GET ONE FREE!



Brew Dr.
Kombucha
All Flavors
14 oz
Reg **\$3.99**



BOGO
BUY ONE GET ONE FREE!



Beyond Beef
Plant-Based Ground
Meatless Burgers
8 oz
Reg **\$7.69**



BOGO
BUY ONE GET ONE FREE!



Triscuit
Crackers
Original & Thin Crisp
6.5-7 oz
\$4.89
SAVE \$0.70



Kate's
Nutrition Bars
All Flavors
2.2 oz
2/\$5
SAVE \$1.58 on 2



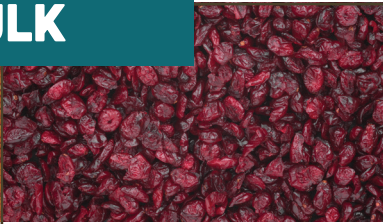
ALO
Aloe Vera Drink
16.9 oz
2/\$4
SAVE \$1.38 on 2



Garden of Eatin'
Tortilla Chips
All Flavors
14 oz
\$4.99
SAVE \$2.30



Mom's Best Cereals
Honey Nut, Raisin Bran,
Wheatfuls
Various Flavors
20-24 oz
\$4.50
SAVE \$0.79



BULK

ORGANIC
Quick Oats
\$1.39 lb
SAVE \$0.30/lb



ORGANIC
Red Lentils
\$2.59 lb
SAVE \$0.40/lb



ORGANIC
Sweetened Cranberries
\$8.89 lb
SAVE \$2.70/lb



Pachamama
5 Sisters
Medium Roast
\$15.49 lb
SAVE \$2.50/lb



coop™ basics

FRESH, HEALTHY,
ORGANIC FOOD
DOESN'T HAVE TO
BE EXPENSIVE!



Field Day Organic Pretzels
Mini Rods and Twists
8 oz

\$2.49



Field Day Organic Tortilla Chips
Yellow and Blue Corn
9 oz

\$2.99



Field Day Organic Pasta Sauce
All Flavors
24 oz

\$3.49



Field Day Organic Pasta
Fusilli, Elbow & Penne
16 oz

\$1.99



Field Day Organic Albacore Tuna
No Salt & Salted
5 oz

\$2.99



Field Day Organic Extra Virgin Olive Oil
33.8 oz

\$19.99



SAVE 10% OR MORE
WHEN YOU SHOP
CO-OP BASICS PRODUCTS!

ASHLAND FOOD CO+OP

EST. 1972

FRESH SUMMER PRODUCE ON SALE!



ORGANIC Mini Seedless Watermelons

California

\$5.45 ea

SAVE \$1.50/ea



ORGANIC Summer Squash All Varieites

Oregon & Washington

\$2.68 lb

SAVE \$1.31/lb



ORGANIC Open Pint Strawberries

Oregon & Washington

\$5.95 ea

SAVE \$2.00/ea





LAND & SEA

coop deals



Organic Smart Chicken Boneless Skinless Thighs

\$8⁹⁹ lb

SAVE \$2.50/lb



Volpi Sliced Meats
3-5.5oz

\$1 OFF!

SAVE \$1.00/ea

HOUSE-MADE

ASHLAND FOOD CO+OP

EST. 1972

CO-OP KITCHEN

Third Eye Fresh Juice
Made to Order
16 oz

\$7⁹⁵

SAVE \$1.00



coop deals

Niman Ranch Sausages
All Varieties
12 oz

\$6⁹⁹

SAVE \$2.50



coop deals

Applegate Organics Great Hot Dog
10 oz

\$6⁹⁹

SAVE \$1.30



CO-OP KITCHEN Sesame Ginger Tofu Salad

Grab N Go

\$8⁹⁵

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 basic

CO-OP BASICS

coop basics

Applegate Organics Chicken Strips
8 oz

\$9⁹⁹



coop basics

Sappo Hill Natural Soap
Multiple Varieties

\$2²⁹ ea



coop basics

Field Day Organic Extra Virgin Olive Oil
16.9 oz

\$10⁹⁹



coop basics

Field Day Organic Balsamic Vinegar
16.9 oz

\$6⁹⁹



coop basics

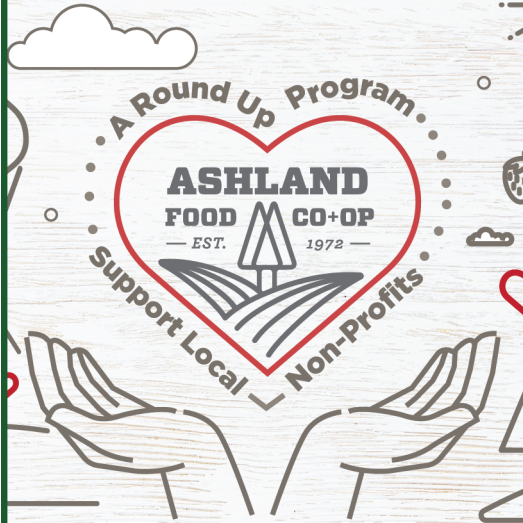
Field Day Organic Spaghetti Pasta
16 oz

\$1⁹⁹



ROUND UP TO Give Back

CHANGE
for good



**ASK YOUR CASHIER
TO ROUND UP!**



Rescues surplus food from local markets and farmers and redistributes it to local food pantries and shelters to feed our neighbors and reduce landfill waste.

JULY 1 TO 31

coop deals

WELLNESS

coop deals

Acure
Brightening Facial Scrub
For Dullness
4 oz
\$7.29
SAVE \$3.50



Quantum
Digital Blue
Eye Health
60 count
\$19.49
SAVE \$5.80



Oregon Soap
All Products
20% off



coop deals

Zhou
D3 & K2 Gummies
5000 IU D3 & 90MCG K2
60 count
\$16.99
SAVE \$2.80



Terry Naturally
All Products
20% off

BRUCE'S PICKS

Ashland Food Coop
Sauvignon Blanc
750 ml

Fresh and light, green apple, citrus, fresh herbs. Grown and bottled by our friends at Schmidt Family Vineyards in the Applegate Valley.



\$10.99

Upper Five
Rosado
750 ml

New release, 100% early picked Tempranillo. Savory notes of orange peel, tomato leaf and bitter herbs, mixed with raspberry and red apple.



\$19.99