



**Fresh Wild Alaskan
Coho Salmon Fillet**

\$14⁹⁹ lb

SAVE \$5.00/lb

SALES FLYER | SEPTEMBER 2 TO SEPTEMBER 8, 2026

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer

**Oregon
GROWN**



**ORGANIC
Seedless Watermelon**
Oregon

86¢ lb

SAVE \$0.33/lb



**ORGANIC
Figs**

All Varieties
California

\$5⁹⁵

SAVE \$3.00



**ORGANIC
Yellow Nectarines**
Washington

\$3⁹⁸ lb

SAVE \$1.47/lb



**ORGANIC
Green Seedless Grapes**
Applegate Valley

\$3²⁸ lb

SAVE \$0.71/lb



**ORGANIC
Zucchini**
Applegate Valley

\$2⁸⁶ lb

SAVE \$0.63/lb



**ORGANIC
Big Butter Lettuce**
Single Pack
California

\$3⁹⁸ ea

SAVE \$0.97/ea



**ORGANIC
Crimini Mushrooms**
Canada

\$5²⁵ lb

SAVE \$1.70/lb



**ORGANIC
Coleslaw**
California

\$3²⁸ ea

SAVE \$1.67/ea



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



Kevita
Probiotic & Kombucha Drinks
 All Flavors
 15.2 oz
2/\$6
 SAVE \$1.58 on 2



GROCERY

Alden's
Ice Cream
 All Flavors
 48 oz
\$9.49
 SAVE \$1.50



Forager
Cashew Yogurt
 Plain, Unsweetened and Vanilla
 24 oz
\$5.99
 SAVE \$0.80



Beyond Meat
Meatballs
 Plant-Based Ingredients
 10 oz
\$6.49
 SAVE \$2.10



Organic Valley
Cream Cheese
 Tubs and Bars
 8 oz
\$3.99
 SAVE \$1.30



Country Save
Laundry Detergent
 Dye and Fragrance Free
 50 oz
\$10.49
 SAVE \$1.50



Blue Diamond
Gluten Free Nut Thins
 All Flavors
 3.75 - 4.25 oz
2/\$7
 SAVE \$2.38 on 2



Ardor
Energy Drinks
 All Flavors
 12 oz
2/\$5
 SAVE \$1.58 on 2



Endangered Species
Fair Trade Chocolate Bars
 All Flavors
 3 oz
\$3.99
 SAVE \$1.30



BULK

ORGANIC
Apple Rings
\$10.99 lb
 SAVE \$2.80/lb



ORGANIC
Lundberg Farms
Long Grain Brown Rice
\$2.39 lb
 SAVE \$0.40/lb



ORGANIC
Equal Exchange
Breakfast Blend
\$12.99 lb
 SAVE \$1.00/lb



ORGANIC
Italian Roast
Dark Roast
\$12.99 lb
 SAVE \$3.00/lb





Teton Waters Ranch Sausages

Polish & Jalapeno Cheddar Bratwurst
10 oz

\$8.49

SAVE \$2.00



Emerald Hills Ground Beef

Not to Exceed 20% Fat

\$6.99 lb

SAVE \$1.00/lb



Applegate Organics Great Hot Dog

10 oz

\$6.99

SAVE \$1.30



LABOR DAY



Sale!



Fresh Wild Alaskan Coho Salmon Fillet

\$14.99 lb

SAVE \$5.00/lb

ASHLAND FOOD CO+OP

EST. 1972

Violife Sliced Cheeses

Plant Based, no dairy or nuts!
7.1 oz

\$4⁷⁹

SAVE \$1.90



Garden of Eatin' Tortilla Chips

Yellow, Blue & Red Hot
14 oz

\$5²⁹

SAVE \$2.00



Boulder Canyon Potato Chips

Select Flavors
6.25 - 6.5 oz

2/\$6

SAVE \$2.58 on 2



Woodstock Sliced Kosher Dill Pickles

24 oz

\$4⁹⁹

SAVE \$1.90



ORGANIC Iceberg Lettuce

California

\$2²⁴ ea

SAVE \$1.75/ea



ORGANIC Sweet Onions

Washington

\$1²⁶ lb

SAVE \$0.73/lb



**Oregon
GROWN**

ORGANIC Red Onions

Oregon

\$1³⁸ lb

SAVE \$0.91/lb



ORGANIC Tomatoes

Applegate Valley

\$2⁹⁸ lb

SAVE \$0.51/lb



LAND & SEA



Organic Smart Chicken
Boneless Skinless Breast

\$9⁹⁹ lb

SAVE \$2.50/lb



Beeler's
Boneless Pork Loin Chops

\$5⁹⁹ lb

SAVE \$2.00/lb



HOUSE-MADE

ASHLAND
FOOD CO+OP
EST. 1972

CO-OP KITCHEN
Cheddar Cheese
Sandwich

Grab N Go

\$6⁹⁵

SAVE \$1.00



Volpi
Sliced Meats
All Varieties
3-5.5 oz

\$1 OFF!



Beeler's
Hickory Smoked Bacon
16 oz

\$10⁹⁹

SAVE \$2.00

CO-OP KITCHEN
Snickerdoodle
Bakery

\$1⁹⁵

SAVE \$0.30



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



Applegate Organics
Chicken Strips
8 oz

\$9⁹⁹



Field Day
Peanut Butter Filled
Pretzels
16 oz

\$4⁷⁹



Field Day
Organic
Apple Juice
64 oz

\$6⁹⁹



Naked Bread
Organic
Hearty Honey Oat
22.5 oz

\$4⁷⁹



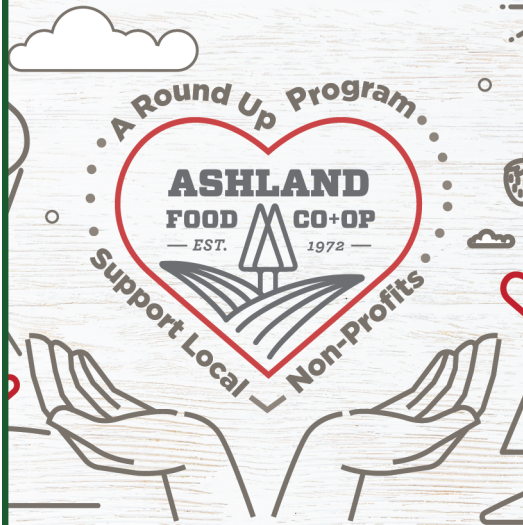
Field Day
Compostable
Plates
20 ct

\$3⁹⁹



ROUND UP TO Give Back

\$CHANGE
for good



**ASK YOUR CASHIER
TO ROUND UP!**



OUR FAMILY FARMS

Protecting local farms,
seeds, and their GMO-Free
Seed Sanctuary since 2014

SEPTEMBER 1 TO 30

coop
deals

WELLNESS

**Himalaya
Boswellia**
Joint Support
60 vcap

\$13⁹⁹

SAVE \$5.00



**Tiger Balm
Extra Strength**
Pain Relieving Ointment
0.63 oz

\$6⁴⁹

SAVE \$2.30



**Sprout Living
All Products**
**20%
off**



**Garden Of Life
All Products**
**15%
off**

**Natural Factors
Oil Of Oregano**
Certified Organic
1 oz

\$16⁴⁹

SAVE \$5.50



BRUCE'S PICKS

**Naia
Verdejo**
750 ml

Dry-farmed, estate vineyard,
four months on the lees.
Very fresh, a little stone fruit
and plenty of crisp green
apple and citrus.
Rueda, Spain.

\$14⁹⁹



**Haden Fig
Chardonnay**
750 ml

Willamette Valley grown
and bottled. Lemon,
nectarine, golden apple,
with only a faint whisper
of oak.

\$19⁹⁹

