



Weekly Specials: Fri Jan 3 - Thu Jan 9, 2025



4 lb
Peelz Navel Oranges
\$3.99



32 oz, Organic Select Varieties
Stonyfield Yogurt
\$2.99



Boneless Pork Sirloin Roast
\$1.99

PRODUCE

Peelz Navel Oranges, 4 lb	\$3.99
Red or Green Seedless Grapes	\$2.49/lb
Eggplant	99¢/lb
Grapefruit	2/\$3
Anjou Pears	99¢
Summer or Zucchini Squash	\$1.49/lb
Yellow Onions, 2 lb	99¢
White Potatoes, 10 lb	\$3.99

BAKERY

Buttermilk Biscuits, 6 pk	\$3.99
Bisou Sweet Ginger Molasses Cookies, 6 pk	\$4.59
French Parisian Baguette, 18 oz	\$2.99

SPECIALTY FOODS & CHEESES

VT Creamery Chevre Logs, 7 oz	\$3.99
BelGioioso Parmesan, Fontina or American Grana, 8 oz	\$4.99
Old Croc Extra-Sharp Cheddar, 8 oz	\$6.99
BelGioioso Fresh Mozzarella Balls, 8 oz	\$4.99

BEER & WINE

Gnarly Head Wines, 750 ml	\$8.99
Athletic Brewing Company, 12 pk	\$14.99
Cupcake Wines, 750 ml	\$9.99
Iron Furnace Brewing, 4 pk	\$2 OFF

BULK FOODS

Grandy Organics Peanut Butter Granola	\$9.99/lb
Semi-Sweet Chocolate Chips	\$6.99/lb
Whole Wheat Pastry Flour	\$1.29/lb
Frontier Ceylon Cinnamon 5.57 oz	\$9.99
Milk Chocolate Rainbow Drops	\$9.99/lb
Medjool Dates	\$7.99/lb
Brown Lentils	\$2.99/lb

MEAT

SERVICE COUNTER OPEN 7AM-7PM DAILY

Boneless Pork Sirloin Roast	\$1.99/lb
Chuck Roast	\$5.69/lb
Boneless New York Sirloin Steak	\$6.99/lb
Boneless Pork Cutlets	\$2.29/lb
Fresh Chicken Tenders	\$2.59/lb
VT Salumi Sausage, 14 oz	\$6.59
North Country Applewood Bacon, 8 oz	\$6.99

SEAFOOD

Wild Alaskan Cod Fillets, previously frozen	\$10.99/lb
Wood's Wild American White Shrimp, Shell-On, 21-25, 2 lb	\$27.99
DuckTrap Herring in Wine or Cream Sauce, 12 oz	\$6.59

DELI

SERVICE COUNTER OPEN 7AM-7PM DAILY

Chef Salad	\$4.99
Cabot Mild or Sharp Cheddar Cheese	\$6.99/lb
New England Traditions Virginia Baked Ham	\$4.49/lb
Asian Sesame Noodle Salad	\$4.99/lb
Chicken Caesar Wrap	\$5.99


THE WEEKLY RADISH



GROCERY

	Brianna's Dressing, 12 oz, Select Varieties	2/\$5
	Tazo Tea, 15-20 ct, Select Varieties	2/\$7
	Purely Elizabeth Granola, 8-12 oz, Select Varieties	\$4.99
	Gomacro Macrobars, 2-2.4 oz, Select Varieties	2/\$4
	Stash Tea, 20 ct, Select Varieties	\$2.99
	Kellogg Raisin Bran, 13.5-16.10 oz	\$3.49
	Prego Pasta Sauce, 23-24 oz	2/\$5
	Progresso Bread Crumbs, 15 oz	2/\$5
	Food Club Mayonnaise, 30 oz	\$3.69
	Stacy's Pita Chips, 7.33 oz	\$3.49
	Lay's Potato Chips, 7-8 oz	2/\$7
	Napa Valley Naturals Extra Virgin Olive Oil, 25.4 oz	\$15.99
	Almond Breeze Almond Milk, 32 oz	2/\$5
	Mike's Mighty Good Ramen Soup, 1.6-2.4 oz	4/\$7
	The Ginger People Ginger Chews, 3 oz	2/\$5
	C2O Coconut Water, 33.8 oz	2/\$7
	Seventh Generation Laundry Detergent, 90 oz	\$13.99
	Simply Done Aluminum Foil, 25 sf	\$2.29

WELLNESS

	Orgain Protein Drinks, 11 oz, Select Varieties	2/\$5
	Nordic Naturals Vitamin D3 Gummy, 120 ct	\$11.99
NEW!	The Seaweed Bath Co Shampoo & Conditioner, 12 oz, Select Varieties	2/\$12
	Ridge Hemp Wellness Products	\$2 OFF <small>WITH COUPON</small>

\$2 OFF

Ridge Hemp Wellness Products

With Coupon - Expires 1/31/2025




This coupon cannot be combined with other promotions. No cash value.





V8>DV2

REFRIGERATED

		Stonyfield Yogurt, 32 oz, Select Varieties	\$2.99
		Almond Breeze Almondmilk, 96 oz	\$3.99
		Cabot Cheese Bar & Shreds, 6-8 oz, Select Varieties	2/\$5
		Green Mountain Greek Yogurt, 32 oz	\$4.99
		The Greek Gods Greek Yogurt, 24 oz	\$3.79
		Organic Valley Block Cheese, 8 oz, Select Varieties	\$4.99
		Upton's Naturals Seitan, 5-8 oz, Select Varieties	\$4.49

FROZEN

	Dr. Praeger's Veggie Burgers, 10 oz, Select Varieties	2/\$7
	Wyman's Frozen Berries, 12-15 oz, Select Varieties	2/\$6
	Wyman's Frozen Strawberries & Mango Chunks, 15 oz	\$2.79
	Jaju Pierogi, 14 oz	\$8.99
	McCain Beer Onion Rings, 14 oz	\$3.49
	Deep Indian Kitchen Entrees & Samosas, 7.5-12 oz	2/\$10



This Week's Flyer:

- 10 Local Items
- 10 Organic Items
- 5 Cooperatively-Made Items
- 0 Fair Trade items

Sales & Discounts:

*Discounts apply to eligible items only, and standard restrictions apply. Have a question? Come see the friendly folks at our Service Desk for details.

Open Daily

7 AM to 8 PM
Deli & Meat: 7am-7pm

43 Bethlehem Rd.
Littleton, N.H.

(603) 444-2800
LittletonCoop.com

THE WEEKLY RADISH

Fri Jan 3 - Thu Jan 9, 2025

Event Calendar LittletonCoop.com/Events

Sun Jan 5: Senior Member Discount Day
Fri Jan 10 - Sun Jan 12: Annual Citrus Sale 🍊🍋
Sat Jan 11: Fire Cider Workshop w/ Heartsong Farm @1PM (RSVP Req)
Mon Jan 20: Martin Luther King Jr. Day
Mon Jan 20: Co-op Board Meeting @5PM (RSVP Req)
Sat Jan 25: Member Appreciation Day
Sat Jan 25: Open Mic in the Co-op Cafe
Sun Jan 26: Early closing at 6PM

To RSVP for an event, visit our website: littletoncoop.com/events, or email info@littletoncoop.org

Free Fire Cider Workshop



Saturday January 11 @1pm-2:30pm, Free, RSVP Required

We are so excited to host herbalist Gracie Phillips of Heartsong Farm for this special fire cider workshop. Learn about this storied beverage used for generations as a daily tonic, immunity kickstarter, or just a spicy treat. Participants will watch Gracie's demonstration and learn to make their own fire cider, explore the health properties of this remedy, and take home recipes to use in winters to come. Limited spots available, tickets required. Reserve your spot by scanning the QR code or visit: www.littletoncoop.com/events

Co-op Open Mic Returns



Saturday January 25 @2pm

Did Santa bring you a new instrument over the holidays? Or maybe you've been working on some poems that you're ready to share? Save the date to join us at another Co-op Open Mic! This is a great opportunity to share your talents with a supportive community in an inclusive space.

Annual Citrus Sale



It's the sweetest, zestiest, most sunshine-tasting weekend of the year! Our Annual Citrus Sale is perfectly timed for the peak of citrus season in warmer going regions. We bring in an abundance of fresh citrus fruit at excellent prices, and you save on your favorites!

Don't need a whole box for yourself? Lots of folks like to split a case with friends, family, or neighbors, or they make a big batch of marmalade or crafts to gift or trade later in the year. Our full list with pricing will be available next week so stay tuned.

Cold Temps & Hot Cocoa



Temperatures are set to plummet this weekend, and there's no better excuse for some great hot chocolate! Sure, we have your basic (yet still high quality) cocoa mixes. BUT, we also have fun edible cocoa stirrers, toppers, and other cocoa accessories. Our cheerful seasonal display by the Co-op Cafe also includes an assortment of peppermint, cocoa, and marshmallow flavored treats ❄️ To dip, or not to dip?

MORE FROM YOUR STORE

Art Refresh in The Cafe Gallery



Currently in the Co-op Cafe for January and February: Drawings and paintings by local artist and Co-op employee Thomas Daignault.

You may have already met Thomas behind the counter in the Deli, or seen his quirky drawings on our sandwich signs. We are so excited to show you his creative side! This young artist believes "variety is the spice of life" and thus dabbles in comics, animation, clay, and more. A selection of his paintings and small sketches will be on display for two months, so come check it out and support a North Country artist!

New NH-Made Chocolate



Loon Chocolate bars are made in Manchester NH, and are all about quality. Their beans are ethically sourced and then stone ground for over 72 hours. The ingredients may be simple, but the flavors are anything but. Start basic with the Ecuadorian milk chocolate, or jump right in with Ben's Sugar Shack Maple Crunch, Dried Cherry, Coffee, and more.

New Deli Menu Just Dropped



The Co-op Kitchen's January hot lunch sandwich menu is now live on our website. Hot lunch is served up starting at 11am; and, we also have a variety of cold, always ready pre-packaged cold sandwiches and salads for whatever time your meal break lands. Here's to a tasty new year!

www.littletoncoop.com/deli-menu



YOUR CO-OP COMMUNITY

Round Up for "The Rocks"



Our January Partner of the Month is The Forest Society North at The Rocks!

Since 1978, the Forest Society of NH has preserved the land in Bethlehem, NH known today as the Forest Society North at The Rocks. Formerly known as "The Rocks Estate," Forest Society North at The Rocks is the North Country headquarters for the Society for the Protection of New Hampshire Forests, a statewide land conservation and forestry organization.

The Rocks encompasses 1,400 acres and includes sustainably managed forestland, a Christmas tree farm, recreational trails, an outdoor amphitheater and the New Hampshire Maple Museum. They offer family-friendly educational programs, recreational trails for hiking, dog-walking and snowshoeing, and an interactive visitor center at their historic 1884 Carriage Barn program center -- now a net-zero facility. All donations at the register will go directly towards The Rocks' continued conservation efforts and community programming.

[Learn more at forestsociety.org/the-rocks](http://forestsociety.org/the-rocks)

Our 2025 Partners

- January – Forest Society North at The Rocks
- February – Mt. Eustis Ski Hill
- March – Theatre UP
- April – North Country Beekeepers Association
- May – Disabled American Veterans of the North Country
- June – Second Chance Animal Rescue
- July – Boys and Girls Club of the North Country
- August – Above the Notch Humane Society
- September – The Colonial Theatre
- October – Littleton Food Co-op Community Fund
- November – Local Food Pantries
- December – Adaptive Sports Partners

Feedback on Food Systems



The NH Food Alliance is working on a statewide Strategic Plan to bolster food and agriculture systems, and they want your input. If you are a NH resident and you have thoughts on Agritourism, Disaster Relief, Conservation, Food Hubs, Nutrition Access, new farms, and more, please weigh in! nhfoodalliance.org/brief-tracker