

Weekly Specials & Co-op News: Friday January 9 - Thursday January 15 2026



12-15 oz
Select Varieties

**Wyman's
Frozen
Berries**

\$3.49



16 oz
Select Varieties

**Teddie
Peanut
Butter**

\$2.99



16 oz
Strawberries

2/\$5

PRODUCE

| | |
|--|-----------|
| Strawberries, 16 oz | 2/\$5 |
| Clementines, 2 lb, Organic | \$4.99 |
| Red, Orange, Or Yellow Peppers | \$2.49/lb |
| Little Leaf Salads, 4 oz, Select Varieties | 2/\$5 |
| Summer or Zucchini Squash | \$1.29/lb |
| Blueberries, Pint | 2/\$6 |
| White Mushrooms, 8 oz | 2/\$4 |
| Red or Green Seedless Grapes | \$2.99/lb |

BAKERY

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|---|--------|
| English Toasting Bread | \$2.99 |
| Apple Cinnamon Walnut Boston Coffee Cake, 24 oz | \$7.49 |
| Sub Rolls, 4 pk | \$1.99 |

REFRIGERATED

| | |
|---|-------|
| Cabot Cheese Bars & Shreds, 6-8 oz, Select Varieties | 2/\$6 |
| Food Club Yogurt, 6 oz | 2/\$1 |
| Food Club Cream Cheese Bar, 8 oz | 3/\$5 |
| Food Club Whipped Cream, 6.5 oz | 2/\$5 |
| Siggi's Skyr Yogurt, 4.4-5.3 oz | 4/\$5 |
| Evolution Fresh Juices or Smoothies, 2/\$8 15.2 oz | |

BEER & WINE

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|--|---------|
| Best Day Brewing N/A Variety 12 pk | \$16.99 |
| Casalini Montepulciano D'Abruzzo or Pinot Grigio, 750 ml | \$7.99 |
| Smuttynose Brewing, 12 pack | \$17.99 |
| Bonterra Wines, 750 ml | \$14.99 |

MEAT

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|---------------------------------|------------|
| Sirloin Tip Roast | \$6.49/lb |
| Bone-In Center Cut Pork Chops | \$1.99/lb |
| Bone-In Rib Eye Steak | \$19.99/lb |
| Boneless Chicken Breast | 2.59/lb |
| North Country Sausage, 12-16 oz | \$7.59 |
| Applegate Turkey Burgers, 16 oz | \$9.99 |

SEAFOOD

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|-------------------------------------|------------|
| SERVICE COUNTER: 7AM-7PM DAILY | |
| Fresh Wild Skinless Haddock Fillets | \$13.99/lb |
| Johnny Cooked Salad Shrimp, 8 oz | \$4.99 |
| Orca Bay Cod Fillets, 10 oz | \$9.99 |

DELI

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|---|-----------|
| SERVICE COUNTER: FRI & SAT 7 AM - 7 PM; SUN-THU 7 AM - 6 PM | |
| Citrus Salad | \$4.99/lb |
| Boar's Head Deluxe Roast Beef | \$9.99/lb |
| Boar's Head Dill Havarti Cheese | \$6.99/lb |
| Roast Beef Sandwich | \$4.99 |



GROCERY

| | |
|--|---------|
| Teddie Peanut Butter, 16 oz, Select Varieties | \$2.99 |
| Starkist Solid White Albacore Tuna, 5 oz | 2/\$3 |
| Kellogg's Raisin Bran, 15.4 - 16.1 oz | \$2.99 |
| Annie's Fruit Snacks, 7 oz | \$2.99 |
| Poland Spring Sparkling Water, 33.8 oz | 99¢ |
| Dole Fruit Snack Packs, 4 ct | \$2.99 |
| Kraft Mac & Cheese Dinner, 7.25 oz | 4/\$5 |
| Barilla Pasta Gluten-Free & Protein+, 10-14.5 oz | 2/\$4 |
| Olive Garden Italian Dressing, 16 oz | \$3.99 |
| Filippo Berio Olive Oil, 25.3 oz | \$10.99 |
| Filippo Berio Extra Virgin Olive Oil, 25.3 oz | \$12.99 |
| Jet Puffed Mini Marshmallow, 10 oz | 2/\$3 |
| Crav'n Fudgy Cookies, 8.5-12.5 oz | 2/\$4 |
| Blue Diamond Almonds, 16 oz | \$7.99 |
| Tostitos Tortilla Chips, 11-13 oz | \$3.99 |
| Gimme Seaweed Snacks, .32-.35 oz | 2/\$4 |
| Equal Exchange Coffee, 10-12 oz | \$11.99 |
| Epic Meat Bars, 1.3-1.5 oz | 2/\$5 |
| Jovial Brown Rice Pasta, 10-12 oz | \$3.99 |
| Muir Glen Pasta Sauces, 23.5 oz | 2/\$7 |
| 7th Generation Bath Tissue, 4 ct | \$3.99 |
| 7th Generation Natural Towels, 1ct | \$2.79 |

BEAUTY & WELLNESS

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|--|---------|
| BOGO Preserve Toothbrush, Select Varieties | BOGO |
| Garden of Life Collagen Multi-Source, 9.5 oz, Unflavored | \$29.99 |
| Manitoba Harvest Hemp Heart Seeds, 8oz | BOGO |

**BUY ONE, GET ONE FREE
wellness deals
DEC. 31 - JAN. 20**



FROZEN

| | |
|--|--------|
| Wyman's Frozen Blueberries, Raspberries, & Mixed Berries, 12-15 oz | \$3.49 |
| Talenti Gelato & Sorbetto, 16 oz, Select Varieties | \$3.49 |
| Wyman's Frozen Strawberries & Mango Chunks, 15 oz | \$2.99 |
| Mrs. T Pierogis, 16 oz | 2/\$6 |
| Dr. Praeger's Veggie Burger, 10 oz | \$4.49 |
| Silver Hills Sprouted Bread, 15-22 oz | \$3.99 |
| Grain Trust Frozen Rice Sides, 20-30 oz | \$4.39 |

BULK FOODS

BRING YOUR OWN CONTAINER & REFILL!

| | | |
|--------------------|------------------------------------|-----------|
| USDA ORGANIC | Rolled Oats, Organic | \$1.99/lb |
| USDA ORGANIC | Medjool Dates, Organic | \$6.99/lb |
| USDA ORGANIC | Sunny Vitamin C Fruit Slices | \$8.99/lb |
| USDA ORGANIC | Lundberg Short Brown Rice, Organic | \$2.99/lb |
| YOGURT | Yogurt Covered Raisins | \$5.99/lb |
| CO-OP USDA ORGANIC | Grandy Organics Original Coconola | \$9.99/lb |

SPECIALTY FOODS & CHEESES

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|---|--------|
| BelGioioso Fresh Mozzarella Balls, 8 oz | \$2.99 |
| Natural Valley Goat Cheese, 8 oz | \$7.99 |
| Old Croc Extra Sharp Cheddar, 7 oz | \$5.99 |

CHEESE OF THE WEEK



While Supplies Last! Price tag reflects current discount.



Open Daily: 7 AM - 8 PM Deli: Fri & Sat 7 AM - 7 PM 43 Bethlehem Rd. (603) 444-2800
Meat Counter: 7 AM - 7 PM Sun-Thu 7 AM - 6 PM Littleton, N.H. LittletonCoop.com

Symbol Guide



Local Grower / Producer



Made by a Co-op



USDA Certified Organic



Inclusive Trade

Sales & Discounts:

*Discounts apply to eligible items only; standard restrictions apply. Prices may be subject to change. We are not responsible for typographic errors. Have a question? Come see the friendly folks at our Service Desk for details!

Event Calendar

Fri Jan 9 Closing Early: Open 7AM - 7PM

Fri Jan 9-
Sun Jan 11 Annual Citrus Sale!

Mon Jan 19 Martin Luther King Jr Day

Mon Jan 19 Co-op Board Meeting @5pm
(RSVP)

Sat Jan 24 Member Appreciation Day

Thu Feb 5 Senior Member Discount Day

To see our full list of events or to RSVP, visit our website: www.littletoncoop.com

New Year, Better Mornings



This January - and the whole year, really - we're here to support your morning wellness routine, however you choose to rise and shine. No pressure, no perfection required.

From organic produce and protein-powered solutions, to oral care, vitamins, and supplements, it's all available at the Co-op... whenever you're ready for it. Plus, now through January 20th, you'll find some of our favorite wellness products for a buy-one, get-one-free deal!

Wellness doesn't have to mean changing everything. Sometimes it's just drinking more water. Opening the blinds. Brushing your teeth. Practicing balance, whether it's morning yoga, or breakfast with a protein shake in one hand and a donut in the other.

So skip the pressure of "new year, new you," and try "same you, better mornings" right here at the Co-op.

Our First Artist for 2026!



Peggy Deyette's oil paintings include plein-air landscapes and lovely still-life studies, which will all be on display in the Co-op Cafe now through the end of February. These pieces really are best viewed in person with your own two eyes! Come in for a cup of coffee or tea and take a look at some local art. Better yet - buy and bring one home!

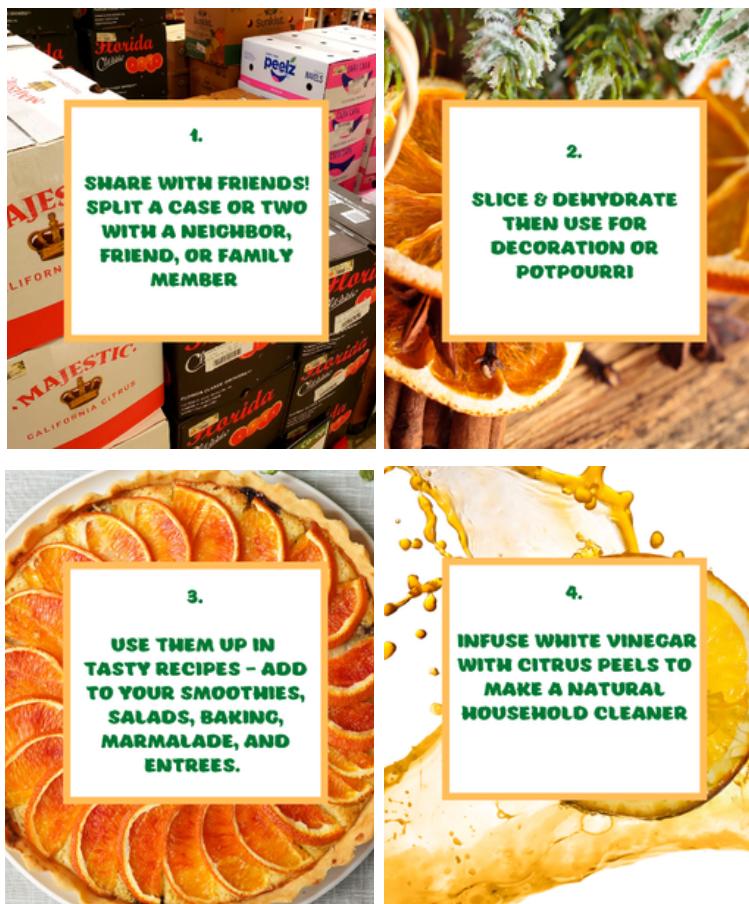
Not a Member Yet? Join Today!
Learn more, buy shares, start a new account:
www.littletoncoop.com/membership

CITRUS SALE! FRI JAN 9-SUN JAN 11

| | |
|---|-----------------------------|
| Grapefruit 40 Count Case | \$39.99 |
| Grapefruit 27 Count Case | \$49.99 |
| Navel Oranges 88 Count Case | \$39.99 |
| Blood Oranges 44 Count Case | \$29.99 |
| Cara Cara Oranges 44 Count Case | \$29.99 |
| Organic Grapefruit 36 Count Case | \$49.99 |
| Organic Navel Oranges 88 Count Case | \$64.99 |
| Organic Sunny Vitamin C Fruit Slices (Bulk Dept) | \$8.99 per pound |

*Sale prices valid 1/09/26-1/11/26 on in-stock items while supplies last. No special orders or rainchecks. Sale cannot be combined with other promos or offers. Standard restrictions apply; see service desk for details.

Citrus Solutions



FRESH, NEW, & FUN

New Year, New Career



We are looking for a thoughtful, people-positive, and professional Human Resources Manager to help support and grow our team of 100+ employees. If you're experienced in HR, passionate about equity and cooperation, and excited to work in a community-owned grocery store, we'd love to hear from you! Visit: littletoncoop.com/about/employment

New Supplements



There's a purple takeover in the Wellness Department! We've brought in Bluebonnet Nutrition, a line of Non-GMO Project verified, USDA Organic, kosher nutrition supplements. Offerings include immune support, stress management, sleep support, brain and memory, sports nutrition, probiotics, and more. Look for the purple labels!

Zero-Proof Spirits for Everyone



If you're wondering if the alcohol-free life is for you, check out Cut Above N/A spirits for "mindful drinkers, full time abstainers, curious imbibers, mixologists, conscious consumers, wellness seekers, and more." We carry Cut Above Zero Proof Gin, Agave Blanco tequila alternative, and Zero Proof Whiskey in the non-alcoholic beverage section (it's top shelf stuff!)

Bonilla Baking Break



High-Points-Bakery, the makers of your favorite Bonilla Bread, are taking their annual well-deserved baking break. Bonilla Bread deliveries will resume on Friday, January 16th. And believe us, there will be a great reward waiting for you for waiting so patiently for their return. More on that soon...

Dried Sweetened Blueberries



Why do cranberries get to have all the fun? We're sure that was the exact thought in the minds of the Bulk Department when they decided to add these to the shelf. These Made in the USA dried blueberries can be used just the same as cranberries: think oatmeal, baking, salads, etc. Find them in the Bulk Department dried fruit corner.

YOUR CO-OP COMMUNITY

Meet Our January Partner



Round up at the register in January to support North Country Healthcare!

NCH is a non-profit affiliation of four medical facilities serving Coös and Grafton Counties. Member organizations include Androscoggin Valley Hospital in Berlin, Upper Connecticut Valley Hospital in Colebrook, Weeks Medical Center in Lancaster, and North Country Home Health and Hospice Agency in Littleton. Through its member organizations, NCH ensures that local community members throughout the North Country have access to consistently excellent, integrated healthcare. Your round-up donations will directly improve care for patients and families in our area! More: northcountryhealth.org

Littleton Area Senior Center News

77 Riverglen Lane, PO Box 98
Littleton, NH 03561
Phone: (603) 444-6050 FAX: (603) 444-1612
<https://www.facebook.com/littletonseniorcentergcsc>



JANUARY 2026

Salads For Seniors

**Salad Bar @
The Littleton Area Senior Center**

Grand OPENING

Special Thanks to Little City Thrift Shop and Littleton Food Co-op!

A Special Presentation and Tasting by The Littleton Food Co-op @10:30

01.21.2026
Ribbon Cutting @ 11:30
Lunch Served at Noon

Call to Sign Up Today!
603-444-6050