



5.3 oz
Brown Cow Whole Milk Yogurt
5/\$5



13.5-16 oz
Post Great Grains Cereal
\$3.99



4 Lb
Peelz Navel Oranges
\$3.99

PRODUCE

Peelz Navel Oranges, 4 lb	\$3.99
Cantaloupe	2/\$5
Broccoli Crowns	\$1.49/lb
Peeled Baby Carrots, 1 lb	99¢
Yellow Onions, 2 lb	99¢
Red, Orange, or Yellow Peppers	\$2.99/lb
Raspberries, 6 oz	2/\$6
Russet Potatoes, 5 lb	2/\$4

MEAT

SERVICE COUNTER: 7AM-7PM DAILY

Top Round Oven Roast	\$6.59/lb
Chicken Thighs	\$1.29/lb
Top Round Steak	\$6.99/lb
Boneless Eye Round Roast	\$5.99/lb
Pork Tenderloin	2.99/lb
Niman Ranch Sausage, 12 oz	\$7.59
North Country Uncured Applewood Smoked Ham, 6 oz	\$6.59

BAKERY

Apple Turnovers, 4 pk	\$4.99
Nashoba Brook Rosemary Garlic Sliced Loaf, 20 oz	\$3.99
French Parisian Baguette, 18 oz	\$1.99

SEAFOOD

SERVICE COUNTER: 7AM-7PM DAILY

Fresh Steelhead Fillets	\$11.99/lb
PEI Mussels	\$3.69/lb
NEW Duck Trap Hot Honey Cold Smoked Salmon, 4 oz	\$6.99

REFRIGERATED

Brown Cow Whole Milk Yogurt, 5.3 oz	5/\$5
Blue Diamond Almond Breeze Almondmilk, 64 oz	2/\$6
Goodbelly Probiotic Drink, 32 oz	2/\$7
Sargento Shredded Cheese, 7-8 oz	2/\$6
Cabot Cheese Slices & Cuts, 7-8 oz	2/\$5
Chameleon Coffee Cold-Brew Concentrate, 32 oz	\$7.99
Treeline Dairy-free French-Style Cheese, 4-6 oz	\$5.99
Miyoko's Creamery Pourable Plant Milk Mozzarella, 16 oz	\$5.49

DELI

SERVICE COUNTER: FRI & SAT 7 AM - 7 PM; SUN-THU 7 AM - 6 PM

Boar's Head Everroast Chicken	\$7.99/lb
Quiche	\$10.99
Boar's Head Muenster Cheese	\$4.99/lb
Chicken & Veggie Samosa	\$3.99

BEER & WINE

Sober Carpenter 4 pk	\$9.99
Once Upon a Vine Wines, 750 ml	\$9.99
Mast Landing Brewing Windbreaker 12 pk	\$18.99
Bread & Butter Wines, 750 ml	\$16.99

OUR CO-OP IS GUIDED BY A SET OF COOPERATIVE PRINCIPLES, INCLUDING: 1. VOLUNTARY AND OPEN MEMBERSHIP; 2. DEMOCRATIC MEMBER CONTROL; 3. MEMBER ECONOMIC PARTICIPATION; 4. AUTONOMY AND INDEPENDENCE; 5. EDUCATION, TRAINING, AND INFORMATION; 6. COOPERATION AMONG COOPERATIVES; 7. CONCERN FOR COMMUNITY; 8. DIVERSITY, EQUITY, AND INCLUSION.

GROCERY

Post Great Grain Cereal, 13.5-16 oz	\$3.99
 Yogi Tea, 16 ct	\$3.99
Larabar Fruit & Nut Bars, 1.6-1.7 oz	4/\$5
Near East Rice Pilaf & Couscous, 5.25-6.75 oz	2/\$3
Swiss Miss Cocoa, 5.84-11.04 oz	2/\$5
General Mills Family Size Cheerios & Honey Nut Cheerios, 18 oz	\$4.99
Go Go Squeeze Applesauce, 12.8 oz	\$2.99
Duncan Hines Cake Mixes, 15.25 oz	2/\$4
Jello Gelatin & Pudding, .3-3.40 oz	4/\$5
Lay's Potato Chips, 7-8 oz	\$2.99
 Purely Elizabeth Granola, 8-12 oz	\$5.49
Pacific Foods Plant-Based Beverage, 32 oz	\$3.79
 Westbrae Beans, 15 oz	2/\$5
LaCroix Sparkling Water, 12 pk	\$5.99
 Garden of Eatin' Tortilla Chips, 14 oz	\$4.99
Vita Coco Coconut Water, 33.8 oz	\$4.49
Nature's Bakery Fig Bar, 6 pk	\$4.69
Seventh Generation Bath Tissue, 4 pk	\$3.99
Clorox Clean Up Spray, 32 oz	\$5.99
Clorox Disinfecting Wipes Fresh Scent, 75 ct	\$5.79

BEAUTY & WELLNESS

Acure Shampoo and Conditioner, 8 oz, Select Varieties	2/\$9
Nature's Way Vitamin C Gummy, 250mg, 120 ct	\$11.99
Orgain Ready-to-Drink Protein, 11 oz, Chocolate or Vanilla	2/\$4

SPECIALTY FOODS & CHEESES

 VT Farmstead Brie, 6.5 oz	\$6.99
BelGioioso Perlina or Ciliegine, 8 oz	\$3.99
Shelburne Farm 2 Year Cheddar, 8 oz	\$9.99

FROZEN

Eggo Homestyle Waffles, 12.3 oz	2/\$5
 Food for Life Bread, 24 oz	\$4.99
Birds Eye Steamfresh, 10 oz, Select Varieties	4/\$5
Stouffer's Lean Cuisine, 8-10 oz, Select Varieties	\$3.49
Alexia Sweet Potato Fries & Puffs, 20 oz	\$3.99
Wyman's Frozen Fruit Triple Berry, Wild Berry, & Mango Berry, 3 lb	\$11.79
Wild Mike's Pizza, 40.25-42.43 oz	\$7.99
New York Texas Garlic Toast, 11.25 oz	\$2.99
Breyer's Ice Cream, 48 oz	\$3.99

BULK FOODS

BRING YOUR OWN CONTAINER & REFILL!

Raw Almonds	\$5.99/lb
 Dried Apricots	\$5.99/lb
 Back Roads Dark Chocolate Pecan Granola	\$9.99/lb
 Tierra Farms Curry Cashews, 12 oz	\$12.99
 Flaxseed Meal	\$2.99/lb
 Keto Power Trail Mix	\$12.99/lb
New Trail Mix	\$6.99/lb

CHEESE OF THE WEEK



Montgomery Cheddar

Save \$2/lb Jan 16 - Jan 22
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

- Mon Jan 19 Martin Luther King Jr Day
Mon Jan 19 Co-op Board Meeting on Zoom @5pm (RSVP)
Sat Jan 24 Member Appreciation Day
Sat Jan 24 Mystery Sampling! 🍷🍷 @9-12
Sat Jan 31 Artist Reception - Peggy Deyette @1-3PM
Thu Feb 5 Senior Member Discount Day

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

Co-op Board Meeting



Monday January 19 @5pm on Zoom
The next Co-op Board meeting is coming up! Meetings are open to all Members who'd like to learn more about how their store is governed. Topics will include discussion of possible changes to Board elections and a report from the General Manager. The Board appreciates an [RSVP](#) if you'd like to attend so we can get you the zoom link.

Something Exciting is Rising!



If you've been keeping up with the Co-op on social media, you know that we've been teasing a fun announcement!

If you have no idea what the heck we're talking about, here's what you've missed so far: something new and exciting is coming soon. The heat is on and the secret is almost ready to bubble out of us - does that mean we have to add more water? Or is it more flour? Or let it rise??

The official announcement will be right here in next week's newsletter!

Artist Reception: Peggy Deyette



Saturday January 31 @1-3 PM
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!

MORE FROM YOUR STORE

Apres Ski Relief



It's going to be a busy one out there this weekend, folks! Avoid the crowds of visitors and stop by the Co-op for delicious apres ski delights, no skiing required!

Come grab ingredients for a warm hearty meal or elaborate charcuterie board, and get what you need for a DIY hot cocoa station or craft beer or wine flight. Or take the easy way out and keep it stress-free with a pre-made breakfast, lunch, or dinner from the Co-op Deli.

The Co-op is certainly going to be less crazy than trying to navigate Littleton Main Street on a Saturday evening or attempting to find a seat at a crowded restaurant. Minimal wait times here! We even have seating and free WIFI for your enjoyment.

Congratulations, Ed King!



After 16 years of steady leadership, purposeful community building, and dedicated cooperative spirit, we're saying thank you and congratulations to Ed King, our longtime General Manager, as he steps into a well-earned retirement.

Ed has been more than a leader for the Littleton Food Co-op. He's been a pioneer, a problem-solver, a mentor, and a constant presence through seasons of growth and challenge alike. His commitment to cooperative values, to our staff, to our member-owners, and to this community has shaped what the name "Littleton Co-op" means today in ways that will last far beyond his tenure.

Under Ed's guidance, the Littleton Co-op underwent a major expansion, grew to over 11,000 member-owners across the country, and became a recognizable name in the cooperative and grocery worlds.

Furthermore, the Littleton Co-op became known as a place rooted in inclusive values, integrity, and care for people and planet. He led with thoughtfulness and humility, always keeping the bigger picture—and the people behind it—at the center of every decision.

If you see Ed around the store or community, please consider thanking him and wishing him well!

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! Read more and apply online by January 16:

littletoncoop.com/about/employment

Adventure Fuel ❄️🏔️🧤🧢



If you are venturing out this weekend, stop by the co-op for snacks! We've got a HUGE selection of protein and energy bars, locally-made meat sticks, and meat and veggie dried jerkies. Plus, we have electrolyte beverages and powders, caffeinated cans, and pre-made smoothies to wash it all down.

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.

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

December Partner Total



This week we presented a check for \$6,297.79 to Adaptive Sports Partners, our December 2025 partners! In between a hike and a ski lesson, ASP Executive Director Kelly Starr stopped by to take a picture with the "big check" and thank Co-op shoppers for their small change donations, which will fund outdoor athletics for everyone all year round!

NOFA-VT Winter Conference

