



8 pk
**Spindrift
Sparkling
Water**
\$4⁹⁹



4 oz
**Vermont
Creamery
Chevre**
\$3⁹⁹



**Sumo
Mandarins**
\$2⁴⁹
Lb

PRODUCE

Sumo Mandarins	\$2.49/lb
Cotton Candy Grapes, 16 oz	\$4.99
Peelz Blood Oranges, 2 lb	2/\$6
Cortland or McIntosh Apples, 3 lb	2/\$5
Blueberries, 1 pint	2/\$6
Strawberries, 16 oz	2/\$6
Little Leaf Salad Kits with Dressing, Select Varieties	\$3.99

BAKERY

CO-OP BAKED Petit Pain Au Chocolat, 4 pk	\$3.99
Cracked Wheat Bread, 18.25 oz	\$2.99
CO-OP BAKED Buttermilk Biscuits, 6 pk	\$3.99

REFRIGERATED

Food Club Butter Quarters, 16 oz	\$2.99
ccop local Cabot Dips, 12 oz	\$1.99
Food Club Cheese Bars & Shreds, 8 oz	\$1.99
Noosa Yoghurt, 8 oz	2/\$4
Chobani Oatmilk, 52 oz	\$3.99
ccop local Cabot Premium Butter, 8 oz	\$2.79
USDA ORGANIC Healthade Kombucha, 16 oz	2/\$5
Silk Almondmilk, 64 oz, Select Varieties	\$3.99
Silk Plant-Based Creamer, 32 oz	\$4.49

MEAT

SERVICE COUNTER: 7AM-7PM DAILY

USDA Sirloin Tip Steaks	\$11.99/lb
Bone In Center Cut Pork Chops	\$1.99/lb
USDA Bilinski's Chicken Sausage, 12 oz	\$8.59
Boneless & Skinless Chicken Thighs	\$2.59/lb
local Misty Knoll Boneless Chicken Breast	\$11.99/lb

SEAFOOD

SERVICE COUNTER: 7AM-7PM DAILY

Fresh Wild Skate Fillets	\$8.99/lb
Sea Best Bay Scallops, Frozen, 1 lb	\$7.99
Schooner Breaded Haddock, 16 oz	\$6.99

DELI

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

CO-OP MADE! Boar's Head Pastrami Round	\$9.99/lb
CO-OP MADE! Grilled Chicken Breasts	\$4.99/lb
ccop Land O'Lakes Italian Blend Cheese	\$5.99/lb
CO-OP MADE! Tuna Salad	\$6.99/lb

BEER & WINE

Woodland Farms Brewery NA, 4 pk	\$9.99
Archetype or Acquisition Wines, 750 ml	\$7.99
local Zero Gravity Brewing, 12 pk	\$17.99
Montes Malbec, 750 ml	\$9.99



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

Spindrift Sparkling Water, 96 oz	\$4.99
Wide Awake Coffee K-Cups, 10 ct	\$4.79
Planters Peanuts, 16 oz	2/\$5
 PopZup Popcorn, 5 oz	\$3.99
Quaker Life Cereal, 13 oz	\$3.99
Quaker Oats, 18 oz	\$3.99
Betty Crocker Au Gratin & Scalloped Potatoes, 4 oz	2/\$4
Wishbone Dressing, 15 oz	2/\$5
Stacy's Pita Chips, 7.33 oz	\$2.99
Planters Mixed Nuts, 8-10.3 oz	\$5.99
Newman's Own Microwave Popcorn, 9.6 oz	2/\$5
 Rishi Tea, 15 ct	\$6.49
Celestial Seasonings Herbal Tea, 18-20 ct	2/\$8
 Imagine Broths, 32 oz, Select Varieties	2/\$7
Zevia Zero Sugar Soda, 6 pk	\$5.49
Kettle Brand Potato Chips, 4.25-5 oz	2/\$7
Ultima Replenisher Electrolyte Powder, 3.4-3.9 oz	\$15.99
Kashi Cereal, 12.3-18 oz, Select Varieties	\$6.49
 Napa Valley Naturals Extra Virgin Olive Oil, 25.4 oz	\$17.99
 Made Good Granola Bars, 4.25-5.3 oz	\$3.79
Biokleen Liquid Laundry Detergent, 64 oz	\$12.99



Look for the purple tag on the shelf for everyday low prices on many popular grocery and household items!

BULK FOODS



BRING YOUR OWN CONTAINER & REFILL!

 Dried Pineapple Rings	\$8.99/lb
Save the Forest Granola	\$4.99/lb
 Pistachios, Roasted Salted In-Shell	\$9.99/lb
 Grandy Organics Antioxidant Trail Mix	\$12.99/lb
Green Tea Vanilla Chai Almonds	\$9.99/lb
 Green Lentils	\$2.99/lb


FROZEN

Amy's Burritos, 6 oz, Select Varieties	\$2.79
Caulipower Frozen Pizza, 10.9-11.85 oz	\$6.99
Amy's Burritos Gluten Free, 5.5 oz	\$2.99
Pepperidge Farm Garlic Bread, 9.5 oz	\$3.49
Amy's Pizza, 12-14 oz	\$7.99
 Tillamook Ice Cream, 48 oz	\$5.49
Haagen Dazs Ice Cream, 14 oz	\$4.49
Klondike & Good Humor Novelties, 16-27 oz	\$3.99
Outshine Frozen Fruit Bars, 14.7-18 oz	\$3.99
 Woodstock Frozen Vegetables, 10 oz Select Varieties	\$2.69

BEAUTY & WELLNESS

Everyone Soap, 32 oz, Select Varieties	\$7.99
Solgar Vitamin C Gummy, 60 ct	\$11.99
  Organic India Triphala, 90 ct, Organic	\$9.99

SPECIALTY FOODS & CHEESES

 VT Creamery Chevre Logs, 4 oz	\$3.99
BelGioioso Parmesan, Fontina or American Grana, 8 oz	\$4.99
Boursin, 5.2 oz	\$5.99

CHEESE OF THE WEEK



Save \$2/lb Jan 23 - Jan 29

While Supplies Last! Price tag reflects current discount.







Open Daily: 7 AM - 8 PM
Meat Counter: 7 AM - 7 PM

Deli: Fri & Sat 7 AM - 7 PM
Sun-Thu 7 AM - 6 PM

43 Bethlehem Rd. (603) 444-2800
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

Sat Jan 24	Member Appreciation Day
Sat Jan 24	Bonilla Sourdough Sampling @9AM-12PM
Sun Jan 25	AFC Championship Game @3PM*
Sat Jan 31	Artist Reception - Peggy Deyette @1-3PM
Thu Feb 5	Senior Member Discount Day
Sun Feb 8	The BIG GAME @6:30PM*
Fri Feb 13	Free Beer Tasting! Athletic Brewing @4-6PM
Sat Feb 14	Valentine's Day

*it's not happening here, but we have lots of snacks and beer!

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

New! Sourdough by Bonilla Bread



Free Tasting! Saturday January 24 @9AM-12PM

We are so excited to announce that, for the first time ever, hyper-locally produced fresh sourdough bread from High Points Bakery, aka Bonilla Bread, will be available year-round -- ONLY at the Littleton Food Co-op!

The Bonilla family has been churning out delicious quick and sweet breads for us for years, but now they are going to be treating us to no-yeast sourdough bread every week! And this isn't just any 'ol loaf; we're talking white, everything bagel, rosemary lemon, jalapeno cheddar, chocolate chip, and more made with love right up the road in Bethlehem, NH.

Fresh-baked Bonilla Bread sourdough will be delivered every Saturday morning, and to kick things off, members of the family-business will be at the Co-op offering samples this Saturday. Whether you're one of their Littleton Farmers' Market fans who have been waiting for the day you could start getting your fix year round, or just a lover of fantastic bread, we hope you'll stop by and support!

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

A Retrospective With Ed King



As the new year begins, we are also welcoming new beginnings. This includes saying goodbye to our longtime General Manager, Ed King, who is retiring. After sixteen years of dedicated service to the Co-op, he certainly deserves this transition. But we couldn't let him leave without one last farewell on the pod!

On this episode, Ed sits down with host Anastasia for a co-op career retrospective covering highlights, regrets, and what comes next -- for the Littleton Co-op and one of the most prominent people behind it. This episode is a masterclass in how to lead others down the road least expected, gracefully pass on a legacy, and "smile because it happened."

Listen Online: www.littletoncoop.com/podcast

We Might Just Be The Best ;)

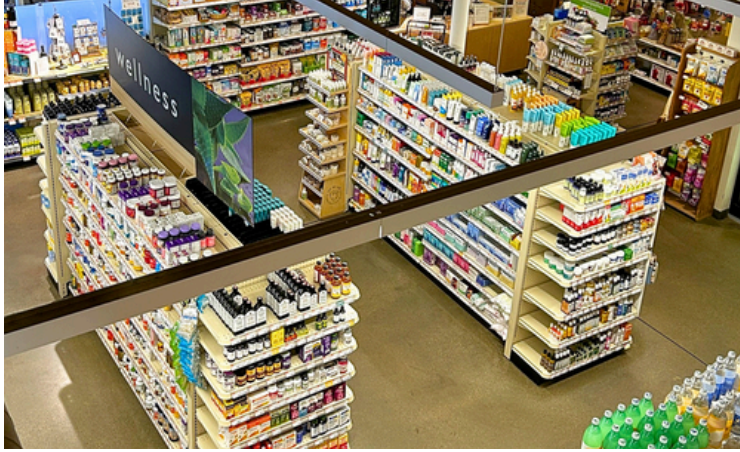


New Hampshire Magazine is looking for the best of the best and we'd love your vote!

VOTING ENDS MARCH 12

FRESH, NEW, & FUN

Wellness, All Year Long



Now that January is coming to a close, we can all just give up on those wellness goals we set on Dec. 31st, right??

NOPE. While the Co-op might not be singing "rise and shine" for the rest of the year, we still have plenty of wellness solutions to help you succeed -- whatever wellness means to you.

For example: every Wednesday, Littleton Co-op Members save 5-10% on all ingestible items in the Wellness Department. That's your vitamins, supplements, protein drinks powders, etc. That's on top of other eligible discounts, like our Weekly Specials!

You know what they say: a spoonful of savings helps the medicine go down.

Once Upon A Farm



New! Once Upon a Farm is led by real moms, registered dietitians, child development specialists, the former Annie's CEO, and actress Jennifer Garner (yep!); aka a group of people who know what developing humans need and want in a snack. We have no added sugar oat bars, cold-pressed oat milk smoothies, organic fruit and veggie purees, and more. Great for all ages!

Are Snails Seafood? Hmmm....



The Seafood Department is bringing European-inspired cuisine to the Co-op! Now in the Seafood freezer (aisle 1) you'll find escargot! White Toque offers this beautiful dozen of very large helix snails in-shell, with a decadent garlic and parsley butter. This is the same escargot you'd find at upscale bars and restaurants. Valentine's Day, anyone?

STAY IN TOUCH!



Get a handy dandy link to the latest ad & flyer in your email inbox every Thursday, along with all the new items, recipes, community updates, and events you know and love from the Co-op. Sign up online at littletoncoop.com and scroll down the page to sign up for our weekly e-newsletter!

PRINCIPLES IN ACTION

Principle 5: Education, Training, & Info Principle 7: Concern For Community



Becky, our Community Relations Manager, attended the grand opening of the Littleton Senior Center Salad Bar and gave a short presentation on healthy eating. Suffice to say, it was a big hit! We are proud to be working with the Senior Center to source fresh ingredients for their new salad bar.



Cooperative Principles in Action:

Our Co-op is more than just a grocery store - we follow a set of co-op principles along with our mission & vision. More: littletoncoop.com/about

YOUR CO-OP COMMUNITY

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