



6-8 oz
Select Varieties
**Cabot Cheese
Bars & Shreds**

2/\$5



3.5-10 oz
**Nabisco Triscuits
& Wheat Thins**

\$1.99



**Cara Cara
& Blood
Oranges**

69¢

PRODUCE

Cara Cara or Blood Oranges	69¢
Avocados	99¢
Broccoli Crowns	\$1.49/lb
Blackberries, 6 oz	2/\$3
Lemons	2/\$1
Zucchini or Summer Squash	\$1.49/lb
Red Onions	99¢/lb
Red or Green Seedless Grapes	\$2.99/lb

BAKERY

CO-OP BAKED Chabaso Ciabattas, 16 oz, Select Varieties	\$3.99
King's Hawaiian Sweet Rolls, 12 ct	\$2.99
Table Talk 8" Blueberry Pie, 24 oz	\$5.99

IN THE FRIDGE

CO-OP Cabot Cheese Bars & Shreds, 6-8 oz Select Varieties	2/\$5
local Cabot Butter Quarters, 16 oz	\$3.99
local Pillsbury Crescent & Cinnamon Rolls, 8-12.4 oz	2/\$6
Velveeta Loaf, 16 oz	\$4.99
Chobani Greek Yogurt, 5.3 oz	4/\$5
local Cabot Whipped Cream, 7 oz	2/\$5
Daisy Sour Cream Squeeze, 14 oz	2/\$5
Califia Farms Almondmilk, 48 oz, Select Varieties	\$4.49
Kite Hill Plant-Based Queso, 8 oz	\$3.79

BEER & WINE

Foodies Wines, 750 ml	\$6.99
local Moat Mountain Brewing 4 pk, Select Varieties	\$8.99
Bota Box Minis, 500 ml	\$4.99
local Switchback Brewing, 12 pk	\$17.99

MEAT

CO-OP Boneless Strip Steak	\$15.99/lb
Boneless Pork Butts	\$2.99/lb
Boneless Country Style Ribs	\$3.59/lb
Chicken Tenders	\$2.99/lb
Niman Ranch Pulled Pork, 14 oz	\$10.99
local North Country Polish Sausage, 16 oz	\$6.99
Applegate Chicken Nuggets & Tenders, 16 oz	\$10.99

SERVICE COUNTER: 7AM-7PM DAILY

SEAFOOD

Fresh Wild Grey Sole	\$12.99/lb
SeaBest 16-20 Cooked Tail On Shrimp	\$11.99/lb
Johnny Tempura Shrimp, 8 oz	\$7.59

SERVICE COUNTER: 7AM-7PM DAILY

DELI

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

Boar's Head Deluxe Ham	\$6.99/lb
CO-OP MADE! Pasta Salad	\$2.99/lb
CO-OP MADE! Curry Chutney Salad	\$6.99/lb
CO-OP Land O'Lakes Italian Blend American Cheese	\$5.49/lb

BULK FOODS

BRING YOUR OWN CONTAINER & REFILL!

local USDA ORGANIC Grandy Organics Peanut Butter Coconola	\$9.99/lb
After School Trail Mix	\$5.99/lb
USDA ORGANIC Thompson Raisins	\$3.99/lb
USDA ORGANIC Pearled Couscous	\$2.99/lb
USDA ORGANIC Cashew Pieces	\$7.99/lb
USDA ORGANIC Peanut Butter *Grind Your Own*	\$4.99/lb

OUR VISION: OUR CO-OP IS A CATALYST FOR CULTIVATING A VIBRANT COMMUNITY AND REGIONAL ECONOMY.

OUR MISSION: TO PROVIDE A COMMUNITY-OWNED MARKETPLACE THAT SUPPORTS LOCAL AND PROMOTES HEALTHY CHOICES FOR PEOPLE AND PLANET.



GROCERY

Nabisco Triscuit & Wheat Thins, 3.5-10 oz	\$1.99
Post Honey Bunches of Oats Cereal, 12 oz	\$1.99
Salada Green Tea, 40 ct	\$3.49
 Cabot Reserve Mac Cheese, 11 oz	\$3.49
El Paso Dinner Kits, 8-12.5 oz	\$3.99
Cholula Salsa, 12 oz	\$2.79
Cholula Hot Sauce, 5 oz	\$3.29
Cholula Taco Sauces, 12 oz	\$2.99
Rotel Tomatoes, 10 oz	2/\$3
Heinz Gravy, 12 oz	2/\$5
Newmans Dressing, 16 oz	\$3.99
Hellmans Mayonnaise, 15-30 oz	\$5.49
Heinz Easy Squeeze Ketchup, 20 oz	\$2.99
Lea & Perrins Worcestershire Sauce, 10 oz	\$4.49
Sweet Baby Rays BBQ Sauce, 18 oz, Select Varieties	2/\$4
Buffalo Wild Wings Parmesan Garlic Sauce, 12 oz	\$3.29
Heinz Chili & Cocktail Sauce, 12 oz	2/\$5
Seventh Generation Cleaning Wipes, 70 ct	\$6.99



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

FROZEN

Newman's Thin Crust Pizza, 15.10-17 oz	\$5.99
 Ben & Jerry's Ice Cream, 16 oz, Select Varieties	\$3.99
Nature's Path Waffles, 7.4 oz	BOGO
 Against the Grain Gluten & Grain Free Pizza, 22.4-24 oz	BOGO
Feel Good Foods Appetizers, 6-10 oz	\$6.99
Alexia Frozen Potatoes, 15-19 oz Select Varieties	\$4.99


Newman's Own Pasta Sauce, 24 oz	2/\$5
Newman's Own Salsa, 16 oz	2/\$5
Franks Hot Sauces, 12 oz, Select Varieties	\$3.49
Vlasic Pickles, 16-24 oz, Select Varieties	2/\$5
Betty Crocker Cookies Mix Pouches, 17.5 oz	2/\$5
Mi Nina Tortilla Chips, 12 oz	\$3.99
Chex Mix, Traditional, 8 oz	\$2.99
 Blue Diamond Nut Thins, 4.25 oz	2/\$6
 Blue Diamond Almonds, 6 oz	2/\$6
Lays Potato Chips, 7-8 oz	2/\$6
Tostitos & Doritos Tortilla Chips, 9-13 oz	2/\$6
Bobo's Oat Bars, 2.5-3 oz, Select Varieties	BOGO
Waterloo Sparkling Water, 12 pk	2/\$10
Tony's Chocolonely Chocolate Bar, 6.35 oz	\$5.49
Boulder Canyon Potato Chips, 5.25-6.5 oz, Select Varieties	2/\$6
 Annie's Mac & Cheese, 6 oz	2/\$6

BEAUTY & WELLNESS

Tom's of Maine Toothpaste, 4oz, Select Varieties	\$4.99
Jason Body Wash, 32oz, Select Varieties	\$8.99
Bach Rescue Remedy Pastilles, 50g, Select Varieties	\$5.99

SPECIALTY CHEESES

CHEESE OF THE WEEK - PAGE 3!

Sartori BellaVitano Cheese, 5.3 oz	\$4.99
 Maplebrook Fresh Plain or Smoked Mozzarella Balls, 8 oz	\$1 OFF
Kerrygold Cheddar, 7 oz	\$6.59







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 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
Sun Feb 15	Free Sampling! Colvard Sausage @4-6PM

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

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

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!

Senior Member Discount Day



Thursday February 5 - All Day
Grab your grocery lists, folks, because Senior Day is coming up quick! Members 65 & over save 10%* on eligible items all day long. It's a great time to stock up on pantry essentials, try something new, or just buy a whole lotta chips and dip for the big game, and/or chocolate for Valentine's Day. See you soon!

The Man, The Myth, The GM



New Podcast Episode!! With a new year comes new beginnings, including a big change for the Co-op's longtime General Manager, Ed King, as he steps into retirement. We couldn't let him go without one last goodbye 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.

Listen Online: www.LittletonCoop.com/Podcast

MORE FROM YOUR STORE

Outta This World Wings!

NEW! CO-OP MADE WING PLATTERS

FIVE FLAVORS BUFFALO, BBQ, DELI DRY RUB, MAPLE CHIPOTLE, TERIYAKI

TWO SIZES

- SMALL 20 CT \$39.99 + tax
- LARGE 40 CT \$59.99 + tax

WHILE SUPPLIES LAST!

CALL (603) 444-2800 TO ORDER FROM THE DELI BY FEB 5

New from the Co-op Kitchen: platters of pre-made chicken wings for the Big Game!

Have a stress-free game day by ordering a wing platter from the Co-op Deli - we have two platter sizes and a whole bunch of flavors, including buffalo, BBQ, Deli dry rub, maple chipotle, or teriyaki.

To order, call the Deli at (603) 444-2800 or stop by the counter. Pickup times are Sat, Feb. 7, or Sun Feb 8. We have a limited number of platters available, so don't wait!

Small Platter - 20 wings - \$39.99 + tax
Large Platter - 40 wings - \$59.99 + tax

Spread Some Love



Remember that horrific year that Valentine's Day was on the same day as the biggest football game of the year? If you don't, just ask your wife; she *definitely* remembers.

We could all use a little more love right now, so take this opportunity to treat your favorite people. If you need some V Day inspiration, make sure to check out both of our seasonal displays, in front of the Cafe and the Bulk Department. A token of affection can be as small as a bar of chocolate and a sentimental card, or a dinner prepared with only the best ingredients you found at the Co-op.

Keep an eye out for an influx of flower bouquets in the coming weeks! We also have assorted green plants in Produce if you want a longer-lasting gift.

FRESH, NEW, & FUN

Bee Mine



Our friends at White Mountain Apiary have come up with a new gift calendar, for Valentines Day! Their Christmas calendars sold out in just a few days, so we expect these to fly fast! Each gift set features a local honey or bee product. Because who wants a gift that only lasts for one day?! Find the gift boxes in the Seasonal display near the Cafe.

Salads Just Got More Interesting



Crisp, lightly coated root vegetables are no longer limited to winter casseroles! Fresh Gourmet has introduced a lighter version of the crispy onion we all know, along with a crispy garlic and crispy balsamic beet strings. Just as you would with regular garlic, put 'em on everything and measure with your heart! Find them in the Produce Department.

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!

Cheese of the Week



Save \$2/lb Jan 30 - Feb 5

While Supplies Last! Price tag reflects current discount.

YOUR CO-OP COMMUNITY

Meet Our February Partner



Round up at the register in February to support the Franconia Children's Backpack Program!

Most students from low-income families can count on regular meals via the school's free and reduced-price meals program. However, many of these kids go home on Friday afternoon and have very little to eat until Monday morning. Working with school counselors and nurses, the Backpack Program delivers breakfast, dinner and snack items to over sixty children in Lisbon, Bethlehem, Landaff, and Littleton.

Teachers say that weekend nourishment greatly improves school performance, and hunger doesn't take the weekend off. Round up for local kids the next time you shop!

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!

FOOD FOR THOUGHT

Reading Rec: Culture Magazine



If you're not a cheese nerd like us, you might be surprised to learn there is a whole entire magazine about cheese (!!). We're pretty sure their number one fan is our Specialty Cheese Manager, Catherine; she likes to stay in the know about global cheese drama, including the latest rollercoaster in imported cheese prices. We thought it'd be useful for our fellow cheese lovers to know, too! If you love cheese and want to learn more, check out this informative article in Culture:

<https://bit.ly/cheesetariff>