



Avocados

99¢



Weekly Specials: Fri Jan 31 - Thu Feb 6, 2025

WED FEB 5 IS SENIOR MEMBER DISCOUNT DAY!

5.6 oz

**The Good
Crisp
Potato
Chips**

**BUY ONE,
GET ONE
FREE!**



6-8 oz

Select Varieties

**Cabot Cheese
Bars & Shreds**

2/\$5

PRODUCE

CO-OP
MADE! BAKED
FAIR TRADE



Avocados	99¢
Peelz Clementines 3 lb	\$3.99
Peelz Minneola Tangelos	99¢
Florida Broccoli Crowns	\$1.79/lb
Yukon Gold Potatoes, 5 lb	\$4.99
Anjou Pears	79¢
Naturesweet Tomatoes 10 oz, Select Varieties	2/\$5
Sweet Potatoes	79¢/lb

BAKERY

Stonefire Mini Naan, 4 pk, Select Varieties	2/\$4
Steves Whoopie Pies, 6 oz, Select Varieties	\$1.99
Buttermilk Biscuits, 6 pk	\$2.99

BEER & WINE

Harpoon Brewery, 12 pk	\$14.99
Giesen or Ariel N/A Wines, 750 ml	\$9.99
local Moat Mountain Brewing Co., 4 pk	\$1 OFF
J. Lohr Wines, 750 ml	\$13.99

BULK FOODS

Cheddar Ale Snack Mix	\$4.99/lb
Old Mother Hubbard Dog Biscuits	\$2.99/lb
Milk Chocolate Rainbow Drops	\$8.99/lb
Equal Exchange Coffee Beans, Select Varieties FAIR TRADE	\$11.99/lb
Raw Walnuts	\$8.99/lb
Medjool Dates	\$7.99/lb

SPECIALTY CHEESE

local VT Farmstead Fat Tire, Voodoo Ranger or Cheddy Topper, 7oz	\$5.99
BelGioioso Italian-Style Grated Cheese, 5 oz	2/\$7
MT Vikos Feta, 6-7 oz	\$5.99

MEAT

SERVICE COUNTER OPEN 7AM-7PM DAILY

local Boneless Chuck Pot Roast	\$5.99/lb
Baby Back Ribs	\$2.99/lb
local Boneless Strip Steak	\$12.99/lb
Chicken Tenders	\$2.99/lb
local Robie Farm Sausage, 16 oz, Select Varieties	\$7.99
local Misty Knoll Ground Turkey	\$9.99/lb
Our Best Meatballs, 26 oz, Select Varieties	\$8.99

SEAFOOD

Wild Yellowfin Tuna, thawed or frozen	\$8.99/lb
SeaBest Raw EZ-Peel Shrimp, 1 lb	\$5.99
SeaBest Shrimp Ring, 10 oz	\$6.99
Handy Gluten-Free Crab Cakes, 6 oz	\$9.99

DELI

SERVICE COUNTER OPEN 7AM-7PM DAILY

Vegan Eggrolls or Chicken & Veggie Samosas, 2 pk	\$4.99
New England Traditions Chicken Breast	\$5.99/lb
local Land O'Lakes Italian Blend American Cheese	\$5.99/lb
Baked Potato Salad	\$3.99/lb

REFRIGERATED

local Cabot Cheese Bars & Shreds, 6-8 oz, Select Varieties	2/\$5
local Heluva Dip, 12 oz	\$1.69
local Cabot Cheese Curds, 5 oz	\$2.99
Velveeta, 16 oz	\$5.29
International Delight Cold Foam, 14 oz	\$4.49
Chobani Greek Yogurt, 5.3 oz, Select Varieties	5/\$5
Hood Half & Half, 32 oz	\$2.99
local Cabot Whipped Cream, 7 oz	\$2.49
local Cabot Butter, 16 oz	\$4.99
Bitchin' Sauce Almond Dips, 7-8 oz	BOGO
Oatly Oatmilk, 64 oz	\$4.49

We're your GAME DAY HQ! Stock up on wings, snacks, chips, dips, beer, & more... all at the Co-op



GROCERY

BO GO	The Good Crisp Potato Chips, 5.6 oz	BOGO
local	Port City Pretzels, 8 oz	\$2.99
co-op	Blue Diamond Nut Thins, 4.25 oz	2/\$5
	Chocolove Chocolate Bars, 2.9-3.2 oz, Select Varieties	2/\$5
USDA ORGANIC	Mi Nina Tortilla Chips, 12 oz	\$4.49
BO GO	The Good Crisp Cheese Balls, 2.75 oz	BOGO
	Heinz Chili & Cocktail Sauce	2/\$5
BO GO	Lay's Potato Chips, 7-8 oz	BOGO
	General Mills Chex Cereal, 12-14 oz	\$2.99
	Newmans Own Pasta Sauce, 24 oz	\$2.99
	Prince Pasta, 12-16 oz	4/\$5
	Knorr Pasta & Rice Sides, 4-5.7 oz	4/\$5
	Newmans Salsa, 16 oz	\$2.99
	Cholula Salsa, 12 oz	\$2.99
	Cholula Hot Sauce, 5 oz	\$2.99
	Rotel Tomatoes, 10 oz	4/\$5
	Hellmans Mayonnaise, 15-30 oz	\$5.49
	Heinz Easy Squeeze Ketchup, 20 oz	2/\$5
	Franks Hot Sauce, 12-13 oz	\$3.49
	Mezzetta Peppers, 16 oz, Select Varieties	2/\$5
	McCormick Grinder Seasoning, 1-2 oz	\$2.49
	Ghirardelli Brownie Mix, 18-20 oz	\$3.49
	Nabisco Crackers, 7-13 oz, Select Varieties	2/\$5
	Planters Peanuts, 16 oz, Select Varieties	2/\$5
	Planters Mix Nuts, 8-10.3 oz, Select Varieties	\$4.79
USDA ORGANIC	Muir Glen Tomatoes, 28 oz	2/\$6
	Koyo Ramen, 2-2.1 oz	5/\$5
	Celestial Seasonings Herbal Tea, 20 ct, Select Varieties	2/\$7
	Nixie Zero Sugar Soda, 12 oz	3/\$5
	Ecos Laundry Detergent, 100 oz	\$12.99
	Charmin Bath Tissue, 6ct	\$5.99

WELLNESS

Only What You Need Protein Drink, 12 oz, Chocolate	2/\$5
Smarty Pants Multivitamin Gummy, 120 ct	\$19.99
OM Relax Gummy, 56 ct	\$14.99

Look for the purple tag on the shelf! Co-op Basics offers everyday low prices on many popular grocery and household items. From milk to beef to cereal, you'll find value-priced brands and low prices on some old favorites.

FROZEN

Feel Good Foods Appetizers, 8-10 oz, Select Varieties GLUTEN FREE	\$4.99
Talenti Gelato or Sorbetto, 16 oz, Select Varieties	\$3.99
Ore-ide Frozen Potatoes, 26-32 oz, Select Varieties	\$4.99
USDA ORGANIC Amy's Pizza, 12-14 oz, Select Varieties	\$7.99
local Ben & Jerry Ice Cream Pints, 16 oz, Select Varieties	\$3.99
Beyond Meat Plant-Based Sausages, 14 oz	\$7.49

BO GO MIX & MATCH GAME DAY SNACKS!

The Good Crisp Potato Chips or Cheese Balls

2.75-5.6 oz



Assistant Produce Manager Wanted!



Apply Online: LittletonCoop.com/JOBS



This Week's Flyer:

- 10 Local Items
- 8 Organic Items
- 7 Cooperatively-Made Items
- 1 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

EVENT CALENDAR LittletonCoop.com/Events

Wed Feb 5: Senior Member Discount Day
 Sun Feb 9: The Big Game™
 Thu Feb 13: The World of Shrubs @5PM (RSVP)
 Fri Feb 14: Valentine's Day
 Mon Feb 17: Presidents' Day (open regular hours)
 Sat Feb 22: Open Mic at the Co-op @2PM (RSVP)

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

Senior Member Discount Day



Wednesday February 5

Grab your grocery lists! This Saturday, Co-op Members 65 & over save 10%* on eligible items all day long. Stock up your pantry, pick out a treat, or get ready with snacks & apps for the big game coming up. Everyone is welcome to shop at the Co-op, but only Members get these deals on discount days!

The World of Shrubs



Thursday February 13 @5pm (RSVP Required)

No, we're not talking about garden design or Monty Python jokes! Shrubs, also known as sipping vinegar, are a long revered drink style that's a little sweet, a little tart, sometimes fruity, sometimes herbal, and very tasty. You can drink them straight, or mix them into cocktails and home remedies. Join us for a demo with Barbara Buckley, and learn how to make, use, infuse, and mix up some shrubs. This event is FREE, but RSVP is required and seats are limited.

Register online: Littletoncoop.com/events

Caledonia Co-op Chili Cookoff

Saturday February 1 @1-4 PM

Our pals at Caledonia are hosting a chili fundraiser this Saturday at 502 Railroad Street in St Johnsbury. Exercise your tastebuds and help support this awesome Co-op!



MEMBER UPDATES

Board Candidates Wanted!



If you love good food and building community, and you'd like to help our Cooperative thrive and grow, then consider running for a seat on our Board of Directors!

Serving on the Board can be rewarding and fun, but it's also important. Littleton Food Co-op's Board plays a critical role in representing the Co-op's Members, by developing and maintaining the vision and long-term viability of the Cooperative.

The Co-op Board consists of nine Members elected by our voting Members. Each term is three years, and every year we elect (or re-elect) three Board Directors. Responsibilities and expectations for those serving on the Littleton Food Co-op Board of Directors are outlined on our website if you'd like to learn more.

The Board Election itself happens each year in late April and early May, and applications to become a candidate are due by March 10.

Learn More & Apply Online: littletoncoop.com/join-board

Update Your Info (please)



Members: Please take a moment to confirm with us that your contact information is up to date! We're not going to spam you, but we do need an accurate mailing address, phone number, and email to ensure you are receiving important membership communications. Check with your cashier, or email: info@littletoncoop.org

MORE FROM YOUR STORE

What's Cookin'? You Tell Us!



Our crew of Deli chefs are planning a series of fun and educational cooking demos this Spring and we can't wait! The chefs want to know: what would you like to see them demonstrate in the Co-op Cafe? Fancy recipes? Weeknight meals? Basic kitchen skills? Bananas flambe??! Send us an email to info@littletoncoop.org, and we'll pass it along to the team. Many thanks from the Deli crew!

Bites for the Big Game



The days when you could only get soft, chewy pretzel bites are over! We now carry King's Hawaiian Pretzel Hamburger Buns and Pretzel Bites, just in time for the big game next weekend. The pretzel buns are a great simple way to elevate an entree, and those bites are just begging to be dipped in melty fondue cheese. Find them in the Bakery Department.

Bear Maple Beverages



Bear Maple Farms' beverages are innovative, naturally crafted functional beverages made with maple and ginseng. Each can has zero caffeine, one gram of sugar -- sweetened with maple water-- under ten calories, and plenty of refreshing bubbles. Try the zingy Ginger Citrus, nuanced Yuzu Citrus, or layered Lemongrass Mint.

High Protein Waffles



Looking to up your protein intake, or avoid gluten & dairy? Birch Benders has introduced a Paleo Grain-Free waffle and a Protein waffle to the frozen aisle. The goal of Birch Benders is to create food that tastes better than you could find at a restaurant, but is easier than scratch-made. These definitely are a great way to start your day!

YOUR CO-OP COMMUNITY

Round Up for Mt Eustis



Our February Partner of the Month is Mt Eustis!

Mt. Eustis Ski Hill is managed by dedicated volunteers and offers low-cost skiing and riding to local families. Besides skiing on the hill, they also organize an affordable equipment loaner program for children in the community. Funds donated through the Co-op Partner of the Month program will be used to upgrade infrastructure like fencing and signage, pay for insurance, and expand the ski and snowboard equipment loaner program.

[Learn more at mteustis.org](https://mteustis.org)

We <3 Local Music



We regularly look for local artists for musical performances at Co-op and Co-op-sponsored events. Our shoppers always enjoy a surprise musical accompaniment to their grocery shopping, or a melodic background to their event experience. If you're a local musician and interested in performing, send us an email: info@littletoncoop.org

Help Us Be the BEST



The Littleton Co-op has been nominated for New Hampshire Magazine's Best of NH Awards! We are under the "Food Stores & Specialty Dining" category - if you have a moment please take some time to vote for us, and give your support to all the other great places in the running, too!

[Vote online: bit.ly/votecoop](https://bit.ly/votecoop)

Podcast: VT Climate



On the latest episode of That's Rad, we talk to VT Climatologist Dr. Lesley-Ann Dupigny-Giroux, and spend some time discussing the heavy summer rains of the past few years, flooding in local farmlands, and whether this is the "new normal". An informative listen if you have climate concerns!

[Listen: littletoncoop.com/podcast](https://littletoncoop.com/podcast)