

**FROZEN**



40-42 oz  
**Wild Mike's Pizza**  
**\$6<sup>99</sup>**



5.5-8 oz  
Select Varieties  
**Tate's Bake Shop Cookies**  
**\$2<sup>99</sup>**



16 oz  
**Strawberries**  
**2/\$7**

**PRODUCE**

Strawberries, 16 oz	2/\$7
Yukon Gold Potatoes, 5 lb	2/\$4
Mini Seedless Cucumbers, 12 oz	2/\$5
Brussels Sprouts, Organic	\$2.99/lb
Asparagus, Organic	\$4.99/lb
Peelz Lemons, 2 lb	2/\$6
Butternut Squash	99¢/lb
Red or Green Seedless Grapes	\$2.99/lb

**BAKERY**

Cracked Wheat Bread, 18.25 oz	\$2.99
Apple Turnovers, 4 pk	\$4.99
Muffin Town Cornbread Snack Loaves, 4 pk	\$2.59

**IN THE FRIDGE**

Food Club Cheese Bars & Shreds, 8 oz	3/\$5
Stonyfield Yokids Pouches, 3.5 oz, Select Varieties	2/\$3
Lifeway Lowfat Kefir, 32 oz, Select Varieties	\$3.49
Planet Oat Oatmilk & Creamer, 32-52 oz	\$2.79
Food Club Butter Quarters, 16 oz	\$2.99
Ripple Plant-based Milk, 48 oz	\$4.79
GT's Kombucha or Alive Elixirs, 16 oz	2/\$6

**MEAT**

*SERVICE COUNTER: 7AM-7PM DAILY*

Boneless Beef Shoulder Roast	\$6.59/lb
Whole Boneless Pork Loins	\$2.29/lb
Boneless Pork Chops	\$2.99/lb
Boneless & Skinless Chicken Thighs	\$2.99/lb
Misty Knoll Boneless Breast	\$11.99/lb
Bubba Turkey Burgers, 32oz	\$11.99
Chomps Meat Sticks, 1.15 oz	\$1.99

**SEAFOOD**

*SERVICE COUNTER: 7AM-7PM DAILY*

Faroe Island Salmon	\$14.99/lb
Sea Best Shrimp, Cooked & Tail-On, 16-20 ct / 16 oz	\$10.79
Seaweed Salad	\$11.79/lb
Handy Shrimp Rolls, 8 oz	\$9.99/lb

**DELI**

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

Classic Chicken Salad	\$6.99/lb
New England Traditions Roasted Turkey	\$4.99/lb
Boar's Head Mozzarella Cheese	\$4.99/lb
Herb Roasted Potatoes	\$4.99/lb

**BEER & WINE**

Burlington Beer Co., 12 pk	\$17.99
Casalini Pinot Grigio or Montepulciano, 750 ml	\$9.99
Mast Landing, 12 pk	\$21.99
Dragonfly Farm Wines, 750 ml	\$19.99

## GROCERY

Tate's Bake Shop Cookies, 5.5-8 oz, Select Varieties	\$2.99
 Solely Fruit Jerky, .8 oz	10/\$10
Kashi Cereal, 12.3-18 oz, Select Varieties	2/\$7
Green Mountain Gringo Tortilla Strips, 8 oz, Select Varieties	\$2.99
Heinz Easy Squeeze Ketchup, 20 oz	\$2.99
Krusteaz Belgian Waffle Mix, 28 oz	\$2.49
Wide Awake Coffee K-Cups, 10 ct	\$4.79
Barilla Pasta, Protein+ & Gluten Free, 10-14.5 oz	2/\$4
Green Mountain Gringo Salsa, 16 oz	\$4.49
King Oscar Sardines in Oil, 3.75 oz	\$3.49
Duncan Hines Cake Mixes & Frosting, 14-16 oz, Select Varieties	2/\$4
Planters Peanuts, 16 oz, Select Varieties	2/\$5
Planters Mixed Nuts, 8-10.3 oz, Select Varieties	\$5.49
Lay's Potato Chips, 7-8 oz	\$2.99
Stacy's Pita Chips, 6.75-7.33 oz	2/\$7
Amy's Soup, 13.65-14.7 oz	\$3.99
Rao's Pasta Sauce, 24 oz	\$6.49
 Montebello Pasta, 16 oz	2/\$7
 Equal Exchange Coffee, 10-12 oz, Select Varieties <small>FAIR TRADE</small>	\$10.49
 Clif & Luna Nutrition Bars, 1.69 oz	2/\$3
Food Should Taste Good Tortilla Chips, 5.5 oz	2/\$7
Arm & Hammer Super Scoop Cat Litter, 14 lb	\$7.99

## BULK FOODS

BRING YOUR OWN CONTAINER & REFILL!

  Grandy Organics Classic Granola	\$5.99/lb
 Sunny Fruit Slices w/ Vitamin C	\$7.99/lb
 Grandy Organics Antioxidant Trail Mix	\$12.99/lb
 Almond Butter, Organic	\$11.99/lb
Thompson Raisins	\$2.99/lb
Milk Chocolate Pretzels	\$8.99/lb

## FROZEN

Wild Mike's Pizza, 40-42 oz	\$6.99
Amy's Frozen Entrees, 8.5-9.5 oz, Select Varieties	\$4.99
Mama Rosie Frozen Pasta, 19-25 oz	\$5.99
Pepperidge Farm Frozen Cake Layers, 19.6 oz	\$5.49
Pepperidge Farm Turnover, 12.5 oz	\$3.99
Kemps Frozen Yogurt, 48 oz	2/\$7
Wyman's Wild Blueberries, 3 lbs	\$11.99
 Ben & Jerry's Ice Cream or Non-Dairy Dessert, 16 oz	\$5.99
 Cascadian Farm Frozen Vegetables, 10 oz, Select Varieties	2/\$6

## BEAUTY & WELLNESS

Dr Bronner's Liquid Castile Soap, 32 oz, Select Varieties	\$8.99
Garden of Life Oil of Oregano Drops, 1 oz	\$9.99
Hyland's Calm, 50 ct	\$6.99

## SPECIALTY FOODS & CHEESES

 VT Creamery Chevré Logs, 4 oz	\$4.99
 VT Farmstead Cheddy Topper, Fat Tire, Voodoo Ranger or Sip of Sunshine, 7 oz	\$7.49
BelGioioso Perlini or Ciliegine, 8 oz	\$3.99
Maine Crisp Buckwheat Crackers, 4 oz	\$5.99
 Blake Hill Preserves, 10.8 oz	\$7.59
Fallot Mustard, 7.4 oz	\$5.49

## Cheese of the Week:



# Gruyère

Save \$2/lb  
Feb 20 - Feb 26

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 Feb 21 Member Appreciation Day
- Sat Feb 21 Sprouting Chefs Jr Cooking Class @ 11:30-12:30 (RSVP Req)
- Mon Feb 23 Co-op Board Meeting @5PM (RSVP)
- Thu Mar 5 Senior Member Discount Day

To see our full list of events or to RSVP, visit our website: [www.littletoncoop.com](http://www.littletoncoop.com)

## Kids' Cooking Class



**Saturday, February 21 @ 11:30AM**  
In this first installment of Sprouting Chefs, Co-op Head Chef and Deli Manager Allison will show junior chefs ages 10+ how to make chocolate chip cookies. Participants will also learn about food and kitchen safety, teamwork in the kitchen, and food presentation. It's the perfect vacation kick-off event: Space is limited, RSVP required.

## Member Appreciation Day



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**Not a Member Yet? Join Today!**  
Learn more, buy shares, start a new account:  
[www.littletoncoop.com/membership](http://www.littletoncoop.com/membership)

## Board Meeting



Members Welcome!

**Monday, February 23 @ 5PM**  
The Co-op's Board of Directors meets each month on zoom to get updates on how the co-op is doing, hear reports from project committees, and go over the "Big Picture" plans that steer your cooperative. Members are welcome to join, observe, and listen in on the latest. Please email [board@littletoncoop.org](mailto:board@littletoncoop.org) to RSVP.

## COME & COOPERATE!



Calling all butchers, meat cutters, and meat technicians looking for a new opportunity: the Littleton Food Co-op is now hiring a full time Meat Cutter!

If you consider "quality" to be your middle name, enjoy learning new skills, and educating the public, this could be the opportunity for you! A Meat Cutter at the Littleton Co-op will work alongside a supportive team to engage with the Co-op community and prepare all seafood and meats, ensuring we continue to provide the best quality and service.

If you're looking to join a workplace that offers competitive benefits, professional development, and a great team, learn more and apply today:

[www.littletoncoop.com/jobs](http://www.littletoncoop.com/jobs)

## FROM THE CO-OP BOARD



**Dear Members of the Littleton Food Co-op,**

As board president, I am sharing a new directive for our Annual Board Elections. After careful deliberation and a unanimous vote, the Board of Directors made the decision to move our elections from May to October, which is National Co-op Month.

This move allows the current board extra time to recruit qualified, skilled candidates to serve on the board. We are still formulating all the details, and we will keep you posted in the upcoming months.

Our Annual Member Meeting, hosted by the board, will continue to be held in May.

If you have any questions, please feel free to reach out to the Board at this email address: [board@littletoncoop.org](mailto:board@littletoncoop.org). Thank you.

**In Cooperation,**  
**Deb Rossetti Sullivan**  
President of the LFC Board of Directors

# FRESH, NEW, & FUN

## Support Black-Owned Business



Since 1976, February has been celebrated as Black History Month. At the Co-op, we mark this important time by sharing and honoring the contributions of the Black community to our food systems and beyond. Throughout the month, we'll be highlighting some of the Black entrepreneurs and businesses you can find at the Co-op.

Global Village Foods is a story of two cultures blending through people who express love through food. One half of the team, Damaris, hails from Kenya, where "farm fresh food was a way of life." Her other half is Mel, who was born and raised in Memphis, TN, in a culture filled with bold, soulful Southern fare. Together, their journey brought them to Vermont – a breeding ground for the "slow food movement." Together, they have created allergy friendly, vegan recipes that celebrate authentic African cuisine. Read more:

[littletoncoop.com/producer-spotlight-strafford-organic-creamery](http://littletoncoop.com/producer-spotlight-strafford-organic-creamery)

## A Worldwide Wine Adventure



We have some new and interesting bottles arriving in the wine aisle, so if you're looking for something unusual or different, be sure to swing by and check out this vino:

- Bilo Idro Plavac from Croatia (Dry red wine from Plavac Mali grapes)
- Sanctum Leptir from Slovenia (Dry skin contact white wine from Chardonnay and Pinot Blanc grapes)
- Pillitteri Cabernet Franc from Canada (Red wine from Cabernet Franc grapes)
- Chaucer's Honey Mead from California
- Rodica Refosk Col Fondo from Slovenia (Sparkling red with sediment from Refosk grapes)
- Achaia Cellars Agiorgitiko from Greece (full bodied red from Agiorgitiko grapes)
- Valckenberg N/A Riesling from Germany
- Rodica Malvasia from Slovenia (Dry white wine from Malvazija Istriana grapes)

# YOUR CO-OP COMMUNITY

## We Appreciate Your Support!



We are incredibly grateful for the outpouring of support for our new initiative, the Co-op Food Fund.



**DONATE!**

CFF is a new initiative that will support and expand our food assistance programs, including Healthy Food Access, emergency response programs, and needs-based initiatives for Littleton Co-op shoppers.

Your donation to the Fund will immediately help sustain Market Match at our Co-op while we work on long-term funding strategies. At this time, there is an immediate need to raise \$18,000 to support Market Match until our next allotment in May 2026.

We've witnessed your generosity time and time again throughout the past sixteen years, which is why we know we can count on you to help us chart a new path to food security for the North Country.

**Learn more & make a donation:**  
[www.littletoncoop.com/foodfund](http://www.littletoncoop.com/foodfund)

## Round Up to Feed Local Kids!



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!