



Green Cabbage
49¢
Lb



Point Cut Corned Beef Brisket
\$3.99
Lb



BAKERY
16 oz
Dimitria Delights Irish Soda Bread
\$3.99

PRODUCE

Green Cabbage	49¢/lb
Green Beans, 12 oz	2/\$4
Broccoli Crowns	\$1.99/lb
Strawberries, 16 oz, or Blueberries, 1 Pint	2/\$5
White Potatoes, 5 lb	2/\$4
Cosmic Crisp Apples	99¢
Mandarins, 2 lb	\$3.99

BAKERY

Dimitria Delights Irish Soda Bread, 16 oz	\$3.99
Buttermilk Biscuits, 6 pk	\$3.59
Bisou Sweet Ginger Molasses Cookies, 6 pk	\$4.59

BEER & WINE

Zero Gravity Brewery, 12 pk	\$14.99
Bonterra Wines, 750 ml	\$9.99
Rek-Lis Brewing Company, 4 pk	\$2 OFF
90+ Wines, 750 ml	\$11.99
Guinness, 8pk	\$13.99
Guinness 0, 8pk	\$13.99
Smithwick's Ale, 8pk	\$13.99
Harp Lager, 8pk	\$13.99

BULK FOODS

Grind Your Own Peanut Butter	\$3.99/lb
Gummy Zoo Animals	\$5.99/lb
Dark Chocolate Ginger	\$11.99/lb
Energy Power Trail Mix	\$8.99/lb
Black Beans	\$2.99/lb
Equal Exchange French Roast Whole Bean Coffee FAIR TRADE	\$12.99/lb

WELLNESS

Nature's Way Vitamin C Gummies, 120 ct	\$12.99
Aura Cacia Aroma Mists, 4 oz, Select Varieties	\$3.99

NEW Deli Service Counter Hours
Sun-Thu: 7am-6pm | Fri & Sat: 7am-7pm

MEAT

SERVICE COUNTER: 7AM-7PM DAILY

Point Cut Corned Beef Brisket	\$3.99/lb
Sirloin Steak	\$6.99/lb
Round Rump Roast	\$5.59/lb
Pork Tenderloins	\$2.99/lb
Boneless Skinless Chicken Breasts	\$2.99/lb
North Country Smoked Sausage, 12-16 oz	\$6.49
Flat Cut Corned Beef Brisket	\$5.49/lb
Boar's Head Extra Thick Bacon, Stack Pack, 20 oz	\$7.99

SEAFOOD

COMING SOON: FISH FRIDAYS! MARCH 7 - APRIL 11

Wild Ahi Yellowfin Tuna, previously frozen	\$8.99/lb
Grindstone of Maine Smoked Shrimp, 6 oz	\$9.99
Seaweed Salad	\$8.99/lb

DELI

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

Potato & Egg Salad	\$4.99/lb
Mckenzie Turkey Breast	\$5.99/lb
Cabot Pepper Jack Cheese	\$5.99/lb
Asian Noodle Salad	\$4.99/lb

SPECIALTY CHEESES

CHEESE OF THE WEEK: PAGE 4


Maplebrook Farm Feta, 8 oz	\$4.99
Sartori BellaVitano Cheese, 5.3 oz	\$1 off
Shelburne Farm 2 Year Cheddar, 8 oz	\$9.99
Eiffel Tower Brie, 7oz	\$3.99



GROCERY

Wide Awake Coffee K-Cups, 10 ct	\$3.99
Zevia Zero Sugar Soda, 6 pk	2/\$8
Terra Vegetable Chips, 5 oz	2/\$5
Nature's Bakery Fig Bar, 6pk	2/\$6
Boves Pasta Sauce, 24 oz	\$3.99
Dole Diced Fruits, 4pks Select Varieties	\$2.99
Food Club Beans, 15.5 oz	\$0.89
Vlasic Pickles, 16-24 oz Select Varieties	2/\$5
 Zack's Mighty Tortilla Chips, 9 oz	2/\$8
Larabar Fruit & Nut Bar, 1.06-1.7 oz	4/\$5
Tazo Tea, 15-20 ct Select Varieties	\$4.39
 Nature's Path Cereal, 9.5-14 oz	\$3.79
 Bob's Red Mill Organic Oats, 28-32 oz	\$7.69
Epic Bars, 1.3 oz	2/\$4
Garden of Eatin' Tortilla Chips, 5.5 oz	2/\$5
 Annie's Fruit Snacks, 7 oz	\$4.99
Soley Fruit Jerky, .8 oz	4/\$5
Bonne Maman Chocolate Peanut Spread, 12.3 oz	\$4.99
Good Time Earth Coffee & Tea, .6-2.4 oz	20% OFF
Simply Done Bath Tissue, 12 ct	\$9.99
Fresh Step Scoop Kitty Litter, 14 lb	\$10.49

FROZEN

 Woodstock Frozen Fruit, 8-10 oz Select Varieties	2/\$7
Caulipower Cauliflower Pizza, 10.9-11.85 oz	2/\$10
Wyman's Frozen Mixed Berries, 3 lb	\$10.99
Amy's Burritos, 5.5-6 oz Select Varieties	3/\$10
Siete Grain-Free Tortillas, 7 oz Select Varieties	\$7.99

REFRIGERATED

  Stonyfield Yogurt, 32 oz	2/\$7
 Rebbl Beverages, 12 oz Select Varieties	2/\$7
Sargento Shredded Cheese, 5-8 oz	\$2.99
Chobani Greek Yogurts, 5.3 oz Select Varieties	4/\$5
Buitoni Filled Tortellini, 9 oz	\$3.99
 Blue Diamond Almondmilk, 64 oz	2/\$7



Fish Friday



Wild Alaskan Cod Fillets

(Previously Frozen)

\$8.99
lb

Friday 3/7/25

Sale is valid 3/7/25 only. Includes in-stock items, while supplies last. No rainchecks or special orders. Standard restrictions apply; this promotion cannot be combined with other sales, coupons, discounts, or offers. For questions please ask at the Service Desk.

THE CHEESE OF THE WEEK!

GREAT CHEESE
GREAT PRICE

Presented By



Ashbrook

ASHBROOK, a raw, Jersey cow milk cheese from Spring Brook Farm in Reading, VT, pays homage to the classic French Morbier. Made in traditional copper vats and aged for at least 3 months, the wheel has a center line of vegetable ash running through it in true Morbier fashion. ASHBROOK has a smooth, fudgy, creamy paste and delivers a

slightly fruity flavor with nutty, mustardy notes. ASHBROOK pairs well with Riesling, Cotes du Rhone, Pinot Noir and dry ciders, is perfect for the cheese board and is an excellent melter.

SAVE \$3/LB FROM MARCH 7-13

Help Us Be the BEST!



We're thrilled to have been nominated for Best Specialty Food Store in NH, but we need your vote to win! Check out the link below to cast your vote. You must vote in 10 other categories to make your vote count, but you'll see many of our suppliers and friends to vote for, too! Vote online today:
<https://bit.ly/3CwpPUC>



This Week's Flyer:

- 8 Local Items
- 14 Organic Items
- 4 Cooperatively-Made Items
- 1 Fair Trade items

Sales & Discounts:

*Discounts apply to eligible items only, and 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.

Open Daily
7 AM to 8 PM

43 Bethlehem Rd.
Littleton, N.H.

(603) 444-2800
LittletonCoop.com



EVENT CALENDAR

Fri Mar 7: Fish Friday - Alaskan Cod Fillets \$8.99/lb!
 Sat Mar 8: CSA Fair in the Cafe @1-3pm
 Mon Mar 10: Board Candidate Application Deadline
 Fri Mar 14: Fish Friday
 Mon Mar 17: St. Patrick's Day
 Mon Mar 17: Board Meeting @5pm on Zoom (RSVP)
 Fri Mar 21: Fish Friday
 Sat Mar 22: Member Appreciation Day
 Sat Mar 22: Samples: Bear Maple Beverages @12-3pm
 Sat Mar 22: Co-op Open Mic @2-4pm
 Fri Mar 28: Fish Friday
 Sun Mar 30: Book Release Celebration w/ Carlene Gadapee @1-3PM

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

Local CSA Fair



Saturday March 8 @1-3pm

Come by the Co-op Cafe on Saturday to meet farmers from across the North Country and Northeast Kingdom, and learn about their CSA programs. Community Supported Agriculture is a popular model for families and individuals to secure season's best pricing on local farm fresh produce and more, while also supporting local farmers who rely on the early financial support.

This is a great opportunity to learn about different CSA offerings and find out which one is right for you. Featured attendees include Meadowstone Farm, Joe's Brook Farm, Rocky Branch Farm, Slopeside Farm, Roots Too Farm, and Pantry Posies.

(Did you know you may qualify for a reduced-cost CSA share at select NH farms? More info about a great NOFA-NH program in this flyer, under the community updates!)


Littletoncoop.com/Events
More info & online RSVP

MORE FROM YOUR STORE

New: Fiber Art by Brenna Nicely



Come by the Co-op Cafe and check out the newest display, featuring fiber art by Brenna Nicely! You may recognize Brenna as the Executive Director of the Colonial Theatre -- just up the road from the Co-op in Bethlehem! Now, she is sharing another facet of her artistic side for all of us to enjoy in the cafe.

Brenna is a fiber artist inspired by natural environments and textures in New England. Working with tapestry and circular weaving techniques with natural fibers, fleece, and yarn, Brenna's work invites the viewer to look, touch, and experience closely, with a distinct hand and careful selection of materials. Her work will be on display through April, and is also available for purchase directly through the Co-op.

New & On Sale: Good Time Earth



Good Time Health Coffees and Tea are on sale to introduce you to the world of functional mushrooms. Each beverage contains both your beloved organic coffee or tea AND medicinal mushrooms like Lions Mane and Reishi. They're a great way to dip your toes in the world of coffee and tea alternatives without sacrificing the flavors you crave.

Plants? In MY Pasta??



Fresh from Peterborough, NH, Shire's plant-based frozen pastas came from a desire for dairy-free pastas made with whole foods and no inflammatory ingredients. Using only the best cashews, they use the same fermentation process traditional cheesemakers use before filling the tender ravioli. Find them in the frozen aisle!

MEMBER UPDATES

Board Candidates Wanted

If you're looking for an opportunity to do good work in your community, you love local food, and you're ready to be a cool cooperator, then apply to be a candidate in our upcoming Board Election! Don't wait - the deadline to apply is March 10.

More info here: LittletonCoop.com/Board

We've spent the past month listing all the reasons why serving on our Board of Directors is so rewarding, but if you really want to know what it's like, then you should hear it from our Board Directors themselves. Here's what some of our Directors say about being part of the Co-op Board:



"Serving as a Board Director has been a very rewarding experience. It has given me the opportunity to work alongside passionate individuals who are dedicated to strengthening our local food system and supporting our community. Being part of an organization that prioritizes sustainability, local farmers, and accessible, quality food has been incredibly inspiring. This role has deepened my appreciation for the impact of community and the importance of supporting local businesses."

-Mitra Karimian, Board Director



"Serving on the board has been an incredibly rewarding experience. It has been inspiring to see how our collective choices can make a real difference in our very own community. By aligning our dollars with our values—supporting local farmers, prioritizing sustainability, and fostering an inclusive marketplace—we're creating positive change, one purchase at a time."

-Vanessa Robbins, Board Secretary



"I was excited to run as a candidate last year and even more excited to have been elected. The work we do as a board has made me keenly aware as to how important the Co-op is to the community and I am inspired anytime someone comes up to me and offers ideas, suggestions and comments.... It's been an exciting

first year so far and I look forward to our new board members coming onboard to continue our mission."

-Robert Goss, Board Director & Co-op Employee

Important Member Dates

Mar 10: Board Candidate Applications Due

Mar 17: Co-op Board Meeting @5PM on Zoom

(Board Votes to Approve Slate of Candidates)

April 26: Meet the Candidates Event @1PM

April 26: Board Election Begins - Voting Open

May 1: Co-op Annual Meeting at The Rocks

May 10: Board Election Ends - Voting Closes

May 10: Anniversary Celebration & Member Day

More: LittletonCoop.com/Board

YOUR CO-OP COMMUNITY

Round UP for Local Theatre



Round up in March to support Theatre UP! The mission of Theatre UP is to create exceptional theatre experiences to enrich the community. They have been active in the Littleton area since 1979, providing not only excellent performances, but also a huge range of theatre-education opportunities backstage. The benefits gained from theatrical involvement and training not only help strengthen performance and production skills, but help promote social-emotional development as well as bolster soft skills such as self-confidence, teamwork, communication, and initiative. They'll also be helping us bag up groceries at the registers throughout the month, so be sure to say hello!

Learn more at theatreupnh.org

Affordable Farm Shares

Applications for NOFA-NH's 2025 Farm Share Program are now open! This program provides funds and support for community members in New Hampshire with limited incomes to purchase certified organic and sustainably grown CSA shares at discounted prices. NOFA-NH is partnering with the 25 farms across 10 NH counties in 2025 to offer nutritious farm shares for community members in need. Eligible NH community members are invited to apply for the program by Wednesday, March 12, 2025. Learn more & apply:

nofanh.org/farm-share-program

Market Match is Uncapped



We recently received news that the New Hampshire Nutrition Incentive Network, the organization behind Granite State Market Match, received a \$75,000 donation from New Hampshire Charitable Foundation. Hooray!

All eligible fruits, vegetables, and other qualifying products will go back to a \$1-to-\$1 match at the

All eligible fruits, vegetables, and other qualifying products will go back to a \$1-to-\$1 match at the Co-op on 3/1/25. This funding will help sustain the program for the time being until more funding becomes available for New Hampshire Nutrition Incentive Network. Shop away!



Not a Member Yet? Join Today!

Learn more, buy shares, start a new account:
www.littletoncoop.com/membership