

**SPECIALTY CHEESE**



7 oz  
**Kerrygold Irish Cheddar**  
**\$4<sup>99</sup>**



8 pack  
**Guinness**  
**\$13<sup>99</sup>**



Organic  
**Asparagus**  
**\$2<sup>99</sup>** Lb



**PRODUCE**

Asparagus, Organic	\$2.99/lb
Green Cabbage	69¢/lb
Lemons, Organic	2/\$1
<b>Ataulfo Honey Mangoes</b>	<b>99¢</b>
Gold Potatoes, 5 lb	2/\$6
Cluster Tomatoes	\$1.49/lb
Broccoli Crowns	\$1.99/lb
Navel Oranges, 4 lb	\$4.99

**BAKERY**

Dimitria Delights Irish Soda Bread, 16 oz	\$4.99
Nashoba Brook Rosemary Garlic Loaf, 20 oz	\$3.99
Stonefire Naan Bread, 2 pk, Select Varieties	2/\$5

**IN THE FRIDGE**

Food Club Yogurt, 6 oz	2/\$1
Ithaca Hummus, 10 oz	2/\$6
Laughing Cow Wedges & Babybel Mini Cheese, 42-5.4 oz	\$2.99
Califia Almondmilk Creamer, 25.4 oz	\$4.79
Califia Milk Alternatives, 48 oz Select Varieties	\$5.99
Cabot Butter Quarters, 16 oz	\$3.99
Chameleon Coffee Cold-brew Concentrate, 32 oz	\$8.49

**MEAT**

SERVICE COUNTER: 7AM-7PM DAILY

Top Round Roast	\$6.59/lb
Pork Cutlets	\$2.99/lb
Top Round Steak	\$6.99/lb
Boneless Pork Sirloin Roast	\$2.59/lb
Boneless Chicken Thighs	\$2.99/lb
Boneless Ribeye Steak	\$16.99/lb
North Country Sausages	\$7.59

**PICK OUT A POINT-CUT CORNED BEEF FOR YOUR TRADITIONAL IRISH DINNER!**

**SEAFOOD**

SERVICE COUNTER: 7AM-7PM DAILY

Swordfish	\$11.99/lb
Moji Sushi Rolls, 6 oz	\$5.99/lb

**DELI**

Waldorf Salad	\$4.99/lb
Boar's Head Corned Beef	\$10.99/lb
Boar's Head Imported Swiss Cheese	\$7.99/lb
Irish Pub Salad	\$5.99

**BEER & WINE**

Guinness, 8 pack	\$13.99
Pessimist Red Blend, 750 ml	\$14.99
Smithwick's Irish Red Ale & Harp Lager, 8 pack	\$13.99
Natural Origins Organic Box Wines, 3 ltr	\$21.99

**WE'RE HIRING!** Deli, Meat, & Seafood team members wanted!  
Apply Online: [www.littletoncoop.com/jobs](http://www.littletoncoop.com/jobs)



## GROCERY

 Cabot Mac & Cheese, 6.25 oz	2/\$4
 Mary's Gone Crackers, 4 oz Select Varieties	2/\$5
 Lesser Evil Popcorn, 4.6-6.4 oz	\$2.99
Kashi Cereal, 12.3-18 oz Select Varieties	\$3.99
Classico Pasta Sauce, 15-24 oz	2/\$5
Barilla Pasta, 12-16 oz Select Varieties	3/\$4
Near East Rice Pilaf or Couscous, 5.6-10 oz	2/\$3
ChiChi's Tortillas, 16 oz	2/\$5
Ortega Taco Sauce, 8 oz	\$2.29
Food Club Apple Jelly, 18 oz	2/\$3
 Blue Diamond Almonds, 16 oz	\$7.99
Tostitos Tortilla Chips, 10-13 oz	\$3.99
 Nixie Sparkling Water, 8 pk	\$4.49
 Yogi Tea Herbal Tea Blends, 16 ct	\$3.99
 Muir Glen Tomatoes, 14.5-15 oz	2/\$4
 Muir Glen Pasta Sauces, 23.5 oz	2/\$7
 Napa Valley Naturals Extra Virgin Olive Oil, 25.4 oz	\$17.99
C2O Coconut Water, 33.8 oz	\$3.99
 Taza Chocolate Bars, 2.5-2.7 oz Select Varieties	\$4.99
 Ecos Dish Soap, 25 oz	\$3.99

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.

## BULK FOODS

BRING YOUR OWN CONTAINER & REFILL!

Cheddar Ale Snack Mix	\$4.99/lb
Milk Chocolate Rainbow Drops	\$9.99/lb
 Tri Color Quinoa	\$2.99/lb
 Banana Chips	\$4.99/lb
Roasted Cashews	\$9.99/lb
 Split Green Peas	\$1.99/lb



## FROZEN

Birds Eye Frozen Steamfresh Veggies, 4/10 oz Select Varieties	4/\$5
Outshine Frozen Fruit Bars, 14.7-16.5 oz Select Varieties	\$3.99
 Pepperidge Farm Garlic Bread, 11.75 oz	\$3.49
Talenti Gelato & Sorbetto, 16 oz Select Varieties	\$3.79
Lactaid Ice Cream, 32 oz	\$3.99
 Woodstock Frozen Pasta, 20 oz	\$7.99
Amy's Burritos, 15.22 oz Select Varieties	3/\$10

## BEAUTY & WELLNESS

Quantum Health TheraZinc Elderberry Lozenges, 14 ct	2/\$4
Nature's Way Vitamin C Gummy, 250 mg, 120 ct	\$12.99
Four Sigmatic Mushroom Coffee, .2 oz, Select Varieties	99¢

## SPECIALTY CHEESE

  Kerrygold Irish Cheddar, 7 oz	\$4.99
Mt Vikos Feta, 6-7 oz	\$1 off
Castello Danablu Cheese, 4 oz	\$4.99

## Cheese of the Week:



# Cashel Blue

Save \$2/lb  
Mar 6  
thru  
Mar 12

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

Fri Mar 13	Tasting w/ Perlage Winery @4-6PM (FREE)
Sat Mar 14	Be Well! w/ WM Apiary 1-3pm (RSVP)
Sat Mar 14	Pi Day!
Mon Mar 16	Co-op Board Meeting @5pm on Zoom (RSVP)
Tue Mar 17	St Patrick's Day
Wed Mar 18	How to Parent Houseplants w/ Littleton Garden Club @5pm (RSVP)
Fri Mar 20	First Day of Spring
Sat Mar 21	<b>Member Appreciation Day</b>
Sat Mar 21	Tasting w/ Yeoman Brewing @1-3PM (FREE)

**MARCH is New Hampshire Maple Month AND Women's History Month!**

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

## Bee Well!



**Saturday March 14 1-3pm FREE**  
Janice Mercieri, co-owner of White Mountain Apiary & Bee Farm, and Reyah Carlson, Practitioner of Apitherapy, will lead a conversation in the Co-op Cafe about the benefits of bee-produced by-products, including potential health benefits and a live demonstration of bee venom therapy. RSVP is requested.

## How to Parent Houseplants



**Wednesday March 18 @5PM FREE**  
The Co-op is excited to present a plant-tastic series of workshops with the Littleton Garden Club! Up first: indoor plants. How do I keep my houseplants alive? What species are safe for my pets? Where can I purchase a new plant? Learn and mingle with other plant-enthusiasts at this workshop



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

## Member Appreciation Day: 3/21



**Saturday March 21 - ALL DAY**  
Members save 10% on eligible items all day! We've also got a few fun samplings and tastings lined up since it's also NH Maple Weekend, including some local sugar houses and free tastings with Yeoman Brewing. Come to the Co-op, save on your groceries, and say hello!

# MORE FROM YOUR STORE

## Happy St Patrick's Day!



Whether you are of true Irish descent or just someone who likes to rock the color green sometimes, it's your lucky week: St. Patrick's Day essentials are all here at the Co-op!

All the classics, like corned beef (point and flat cut), hearty potatoes, carrots, and cabbage, Irish soda bread, and Guinness are awaiting you at the Co-op! We also have plenty of alternative Irish and UK beer options (including Guinness N/A and other N/As) and some green treats for the kiddos.

No luck, no membership, and no green outfits are required to shop and save at the Co-op - these deals are for everyone!

## March is Women's History Month



Each week in March we'll present a Producer Spotlight of a woman-owned business. This week, we're highlighting White Mountain Apiary & Bee Farm!

"To bee or not to bee?" That was (sort of) the question lamenting Janice Mercieri and her husband Joe for years before they officially opened White Mountain Apiary & Bee Farm in 2011 in Whitefield, NH. The duo quickly got to work and immersed themselves in bees and education; Janice even received a Master Beekeeping Certificate from Cornell University. Fast forward to today, and Janice is perhaps the North Country of NH's most called-upon apiary expert. Janice and White Mountain Apiary wholesale bee products (find them here at the Co-op!), retail bee equipment, grow queens and colonies for other NH and VT beekeepers, and offer classes and lectures on beekeeping, bee preservation, and more across the region. She was even awarded New Hampshire Beekeeper of the Year in 2021!

Read more about Janice and her bees here:  
[littletoncoop.com/producer-spotlight-white-mountain-apiary](http://littletoncoop.com/producer-spotlight-white-mountain-apiary)

**Don't Miss: Bee Well! w/ Janice Mercieri on Saturday March 14**

# BIG SPRING PLANS

## Green Team Coupon Alert!



As part of our ongoing partnership with the Bethlehem Sustainability Working Group, the Co-op's Green Team has a fresh coupon for one of our favorite "sustainable swaps."

Bee's Wrap is a woman-owned local business from Middlebury, VT focused on reducing plastic and storing food sustainably. We carry a collection of their beeswax-infused organic cotton reusable wraps, in a variety of sizes and beautiful prints. All of the wraps are washable, and can be used to cover containers, wrap up snacks, or seal up sandwiches for lunch. No more plastic wrap, baggies, or chintzy plastic containers!

And now, the Green Team and BSWG are offering a coupon for 25% off all Bee's Wrap products through the end of March! Check out all the Bee's Wrap products and grab the required coupon right on the shelf in Aisle 5 🐝



### GREEN TEAM TIP!

Did you know? You can bring your own clean jar or container to the Bulk Department to fill (and refill!) with whatever you like! Not only does it save money, it also keeps packaging out of the landfill.

## Spring Candy in Bulk



New! Colorful sweets perfect for an Easter basket... or a random Tuesday afternoon. Bright and chewy jelly beans compliment caramel Robin's eggs. And the talk of the town has been the Easter candy corn. Yep, you read that correctly. Easter candy corn tastes just like its Halloween counterpart, but is dressed in pretty spring pastel blue, pink, and yellow.

## Seeds in Stock



Getting a jump on your spring gardening? Swing by our display of High Mowing and Earthbeat seeds to pickout your favorite flowers, herbs, and veggies. Gardening protip: you'll want to wait until the soil warms up to direct-sow in the ground, but now is a good time to start seeds indoors, especially those that take a longer time to grow.

# YOUR CO-OP COMMUNITY

## Round Up for Root to Rise



Root to Rise envisions an inclusive, resilient, and thriving food system that supports farmers and agriculture in New Hampshire's North Country.

Their mission is to promote, support, and empower farmers and agricultural enterprises in creating viable markets and sustainable practices in the North Country that can be accessed by all. Through educational avenues and partner collaborations, Root to Rise supports existing and new programs to inspire future and continuing farmers of all ages.

The organization is now focused on facilitating direct school and local agriculture connection by funding field trips, in-classroom farmer presentations, student internships, professional development for farmers, and more.

All donations at the Co-op registers during March will go directly to R2R and support their mission 🌱

## Help the Community Food Fund



CFF is a new initiative that supports the Co-op's 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 are incredibly grateful for your support so far! Please keep those donations coming!



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

## 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](http://littletoncoop.com) and scroll down the page to sign up for our weekly e-newsletter!