



6 pk
Select Varieties
Original Bagels

2/\$6



Boneless Pork Butts

\$2.59
Lb



16 oz
Cotton Candy Grapes

2/\$5

PRODUCE BAKERY

Cotton Candy Grapes, 16 oz	2/\$5
Raspberries or Blackberries, 6 oz	2/\$5
Cantaloupe	2/\$5
Cloud 9 Grape Tomatoes	2/\$5
Grapefruit	99¢
Minneola Tangelos	99¢
Mini Seedless Cucumbers, 12 oz	2/\$4
Yellow Onions, 2 lb Bag	99¢

BAKERY

Original Bagels, 6 pk, Select Varieties	2/\$6
St. Pierre Brioche Loaf, 17.6 oz	\$6.49
Fathers Table Cheesecake Sampler, 16 oz	\$5.99

IN THE FRIDGE

 Cabot Cheese Bars & Shreds, 8 oz	2/\$6
Chobani Greek Yogurt, 5.3 oz, Select Varieties	4/\$5
 Green Mountain Creamery Greek Yogurt, 32 oz	\$4.99
 Stonyfield Kids Yogurt Tubes, 8 pk	\$4.49
Bubbies Pickles or Pickle Chips, 33 oz, Select Varieties	\$7.99

STAY IN TOUCH!



Get a handy dandy link to the latest ad & flyer in your email inbox every Thursday! Sign up online at littletoncoop.com and scroll down the page to sign up for our weekly e-newsletter!

MEAT & SEAFOOD

SERVICE COUNTER: 7AM-7PM DAILY

Boneless Pork Butts	\$2.59/lb
 Beef Shoulder Pot Roast	\$6.49/lb
Boneless Beef Shoulder Steak	\$6.99/lb
Boneless Pork Country Style Ribs	\$2.99/lb
Boneless Chicken Breast	\$2.99/lb
Bilinski's Chicken Sausage, 12 oz	\$8.59
Mrs Paul's Haddock Fillets or Fish Sticks	\$4.99

DELI

 Curry Chicken Wrap	\$4.99
 Cabot Sharp & Mild Cheddar Cheese	\$6.99/lb
Boar's Head Sweet B's BBQ Chicken	\$7.99/lb
 Chicken Caesar Salad	\$4.99

BEER & WINE

 Peak Brewing, 12 pk	\$17.99
Menage a Trois Wines, 750 ml	\$8.99
Carlson Orchards Hard Cider, 4pk	\$12.99
Block Wines, 3 ltr	\$11.99

20% OFF

SELECT LOCAL MAPLE PRODUCTS

*Excludes apply sale items for sale








FRI MARCH 20TH - SUN MARCH 22ND



WE'RE HIRING! Deli, Meat, & Seafood team members wanted!
Apply Online: www.littletoncoop.com/jobs



GROCERY

Teddie's Peanut Butter, 16 oz	\$2.99
Late July Tortilla Chips, 7.4-10 oz, Select Varieties	\$2.99
Bonne Maman Fruit Curd or Preserves, 12.7-13 oz	\$4.99
Annie's Mac & Cheese, 5.25-6 oz, Select Varieties	2/\$3
Poland Spring Sparkling Water, 33.8 oz	99¢
Post Great Grain Cereal, 14-16 oz	\$4.79
Quaker Oats, 18 oz	\$3.99
 King Arthur Pancake Mix Gluten Free, 15 oz	\$3.99
Barilla Pasta Protein S & Gluten Free, 12-14.5 oz	2/\$4
Zatarains Rice Mixes, 7-8 oz	\$2.29
 King Arthur Gluten Free Mixes, 16-22 oz, Select Varieties	\$4.79
Food Club Sugar, 2 lb	2/\$5
 Diamond Chopped Walnuts & Sliced Almonds, 6-8 oz	\$4.99
MiNina Tortilla Chips, 12 oz	\$3.99
Planters Peanuts, 16 oz, Select Varieties	2/\$5
Doritos Tortilla Chips, 9.25 oz	\$3.99
 GoMacro Bars, 2-2.4 oz	\$2.29
Odyssey Sparkling Elixirs, 12 oz	2/\$5
Bragg Apple Cider Vinegar, 32 oz	\$5.99
Pacific Foods Soup, 16.1-16.5 oz	\$3.99
Simply Done Paper Towels, 6 ct	\$5.99

BULK FOODS

BRING YOUR OWN CONTAINER & REFILL!

 Maple Roasted Cashews	\$11.99/lb
 Grind-Your-Own Peanut Butter	\$4.99/lb
 Jumbo Stemless Figs	\$9.99/lb
 Lundberg White Jasmine Rice	\$3.99/lb
Dark Chocolate Almonds	\$12.99/lb
 Roasted Pistachios	\$9.99/lb



FROZEN

 Ben & Jerry's Ice Cream, 16 oz, Select Varieties	\$3.99
 Cascadian Farm Frozen Vegetables, 10 oz, Select Varieties	2/\$5
Jaju Pierogis, 14 oz	\$7.99
Wild Mike's Frozen Pizza, 40-42.43 oz	\$7.99
Breyer Ice Cream, 48 oz, Select Varieties	\$4.99
Klondike Ice Creams, 24-27 oz	\$3.99
Nature's Path Waffles, 7.4 oz	2/\$6

BEAUTY & WELLNESS

Quantum Health TheraZinc Elderberry Lozenges, 14 ct	2/\$4
Kirk's Bar Soap, 4 oz, Select Varieties	2/\$3
Dauids Toothpaste, 5.25 oz, Select Varieties	\$4.99

SPECIALTY CHEESE

 Grafton Village Cheddar, 8 oz	\$5.99
Old Croc Extra-Sharp Cheddar, 7 oz	\$5.99
Boursin, 5.2 oz	\$6.49
BelGioioso Fresh Mozzarella, 8 oz	\$4.99

Cheese of the Week:

Fromager d'Affinois

Save \$2/lb
Mar 20
through
Mar 26

While Supplies Last! Price tag reflects current discount.



Open Daily: 7 AM - 8 PM **Deli: Fri & Sat 7 AM - 7 PM** **43 Bethlehem Rd.** **(603) 444-2800**
Meat Counter: 7 AM - 7 PM **Sun-Thu 7 AM - 6 PM** **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 20	First Day of Spring
Mar 20-22	NH Maple Weekend & Maple Sale
Sat Mar 21	Member Appreciation Day
Sat Mar 21	Tasting w/ Yeoman Brewing @1-3PM (FREE)
Thu Mar 26	Talk Cheesy to Me: So Much Dutch! (RSVP)
Sun Apr 5	Easter - Co-op Closed
Mon Apr 6	Senior Member Discount Day

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

NH Maple Weekend Sale



Friday March 20 - Sunday March 22
We're celebrating NH Maple Weekend with the maple-iest of sales! Select products from Polly's Pancake Parlor, Ben's Sugar Shack, Tucker Mountain Maple, Fuller's Sugar House, and NH Maple are 20% off for everyone! That's FIVE local producers to help you sweeten your weekend with a little local liquid gold.

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!



Not a Member Yet? Join Today!
Learn more, buy shares, start a new account:
www.littletoncoop.com/membership

Nothing to Wine About

SIX & SAVE
Purchase 6 or more bottles of wine and **SAVE 10%**
Mix & Match!
Includes domestic wine and wine-based food items

New from the Co-op Wine Department! Buy any six or more bottles (yes, you can mix & match across styles, labels, etc) and save 10% on each bottle. Grab some for hostess gifts, for entertaining, or to round out your wine collection.

This includes non-alcoholic wine, too! We now have handy 6 bottle wine carrier bags for sale to assist with your purchase, too :)

MORE FROM YOUR STORE

Coming Soon: New Perks for Members



Coming Soon! We've been cooking up some fresh ways to help our member-owners stay in the loop and make the most of our sales and deals.

How, you might ask? First, we have some nifty new software that lets us issue store coupons and custom flyers, right to your email. We're also working on a brand-new wholesale order program, in case you needed an entire case of your favorite item. We are also gearing up to launch a big shopper survey this spring to collect your thoughts and feedback.

That's all we're allowed to say for now, but you should definitely keep an eye on your email this April so you don't miss out. We're excited to try these new programs along with you! As always, we will never spam you or sell your information; if you don't want to get extra emails from us about sales and promotions, please let us know, and we can opt you out.

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 Slopeside Farm in Lancaster NH!

Sue Green's love of the NH landscape has blossomed into a farm career, with a focus on cultivating healthy soil and growing organic vegetables, herbs, and flowers. Slopeside Farm cares for each part of the growth lifecycle, from using compost and cover crops to add life to soil, to hosting honey bees and native pollinators in their biodiverse ecosystem, all the way through partnering with the North Country Gleaners to distribute unsold perishable goods.

Sue and the Slopeside Farm team brighten our lives every week with deliveries of freshly-cut tulips during the winter and spring. She grows tulips in a number of colors and combinations you may have previously thought possible in your candy-colored dreams. Everyone deserves flowers; come grab some for yourself at the Co-op today!

FRESH, NEW, & FUN

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.

Price Drop: Burlap & Barrel Spices



Burlap & Barrel is a single origin spice company that works directly with farmers across the world to source unique high-quality spices. Our selection has expanded to include: Limestone Rosemary, Smoked Pimenton Paprika, Silk Chili, Black Lime, and Wild Mountain Cumin. They're also now \$3-\$4 less expensive thanks to a new supplier!

Bhoomi Devi Seeds Are Here!



Bhoomi Devi organic seeds from Lincolnville, ME have arrived! These seeds come from a certified organic, no-till seed farm that specializes in resilient cultivars adapted specifically for the short New England growing season. Check out their unique seeds, including Ice Cream Melon, Black Opal Cherry Tomato, and Candystick Delicata.

YOUR CO-OP COMMUNITY

Donate to the Co-op Food Fund



Hello Fellow Cooperators,

Thank you for your generous donations for our Co-op Food Fund in January and February! Because of YOU, we were able to offer Market Match both months. We distributed our \$8,299.20 Market Match funds to our SNAP/EBT friends and neighbors.

This increased access to fruits and vegetables is important for the health and vitality of our community!

Now for the update. After covering Market Match in January and February, we went into March with \$1,043.79 in the Co-op Food Fund. As you can see, more help is needed. We are anticipating needing approximately \$9,000 to cover this healthy eating incentive until our allotment replenishes in May. If you are able to donate, please visit our secure online donation portal. This help is highly valued in our community at this time. As a cooperative, we know that it takes all of us to care for our community during difficult times and every bit helps!



In Cooperation,

Becky Colpitts

LFC Community Relations Manager



Learn more & make a donation:
www.littletoncoop.com/foodfund

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 🌱