



4 oz Select Varieties
Little Leaf Salads
2/\$4



Bone-In
Porterhouse Steak
\$12⁹⁹



9.8-12.1 oz Select Varieties
Quaker Instant Oatmeal
3/\$7



Red, Orange, or Yellow Peppers
\$1⁹⁹
Lb



Cantaloupe
2/\$4



32 oz Organic Pacific Foods Soups
2/\$6



10 oz Birds Eye Steamfresh Frozen Veggies
5/\$5



1 pint Grape Tomatoes
2/\$3



4 oz VT Creamery Chevre Logs
\$4⁴⁹
local



6 oz Organic Valley Shredded Cheese
2/\$7



8 oz Cabot Cream Cheese
2/\$3
local



DELI
Homemade Lasagna
\$9⁹⁹
Lb
CO-OP MADE!



Boneless Beef Shoulder Roast
\$5⁵⁹
Lb
CERTIFIED ANGUS BEEF



15.4-16.1 oz Kellogg's Raisin Bran
\$2⁹⁹



2.8-3.5 oz Fair Trade Equal Exchange Chocolate Bars
2/\$7
USDA ORGANIC



DELI
North Country Black Forest Ham
\$8⁹⁹
Lb
local



BAKERY
24 oz Jessica's Sourdough Bread
\$2⁹⁹



FROZEN
8.25-10.3 oz Amy's Frozen Meals
\$4⁹⁹



14 ct Therazinc Elderberry & Zinc Lozenges
2/\$4



BULK
Peanut M&M's
\$5⁹⁹
Lb



BULK
Pour Your Own! Northwood Apiaries Honey
\$4⁹⁹
Lb
local



750 ml Fetzer Cabernet or Chardonnay
\$5⁹⁹



12 pk Sea Dog Brewing Co.
\$14⁹⁹



Round Up at the Register in March to Support Theatre UP!

43 Bethlehem Rd. Littleton, N.H. Open Daily 7 AM - 8 PM Deli & Meat: See Website (603) 444-2800 LittletonCoop.com



- Weekly Sales Flyer
- Event Calendar
- Member Updates
- New Products
- Cooperative Highlights



MEMBER APPRECIATION DAY IS SAT MAR 22!

4 oz
Select Varieties
Little Leaf Salads
2/\$4



Bone-In
Porterhouse Steak
\$12⁹⁹



9.8-12.1 oz
Select Varieties
Quaker Instant Oatmeal
3/\$7

PRODUCE

Little Leaf Salads, 4 oz, Select Varieties	2/\$4
Red, Yellow, or Orange Peppers	\$1.99/lb
Grape Tomatoes, 1 pint	2/\$3
Cantaloupe	2/\$4
Honeydew Melon	2/\$6
Florida Green Beans	\$1.29/lb
Large Navel or Cara Cara Oranges	99¢
Peelz Lemons	2/\$1

BAKERY

NEW Jessica's Sourdough Bread, 24 oz	\$2.99
Stonefire 8.5" Pizza Crust, 4 pk	\$2.99
CO-OP BAKED Hermit Cookies, 2 pk	2/\$3

BEER & WINE

Sea Dog Brewing Company, 12 pk	\$14.99
Fetzer Cabernet or Chardonnay, 750 ml	\$5.99
local 603 Hard Seltzer, 9 pk	\$16.99
Whitehaven Sauvignon Blanc, 750 ml	\$15.99

BULK FOODS

local Northwood Apiaries Honey, Pour-Your-Own	\$4.99/lb
Peanut M&M's	\$5.99/lb
Pearled Couscous	\$2.99/lb
USDA ORGANIC Raw Cashews	\$8.99/lb
USDA ORGANIC Chia Seeds	\$3.99/lb
USDA ORGANIC Raw Cane Sugar	\$1.99/lb

MEAT

SERVICE COUNTER: 7AM-7PM DAILY

USDA ORGANIC Bone in Porterhouse Steak	\$12.99/lb
USDA ORGANIC Boneless Beef Shoulder Roast	\$5.59/lb
Boneless Pork Shoulder	\$2.59/lb
Boneless Chicken Thighs	\$2.59/lb
Boneless Southern Style Pork Ribs	\$2.99/lb
USDA ORGANIC T-Bone Steak	\$12.59/lb
local VT Salumi Pork Sausage, 14 oz	\$6.99
USDA ORGANIC local North Country Bacon, 8 oz	\$6.99

SEAFOOD

FISH FRIDAYS! MARCH 7 - APRIL 11

Wild Swordfish, previously frozen	\$12.99/lb
Yankee Trader Lobster or Crab Rangoons, 11 oz	\$5.49
G&D Wild Coho Smoked Salmon, 4 oz	\$8.99

DELI

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

CO-OP MADE! Homemade Lasagna	9.99/lb
local North Country Black Forest Ham	\$8.99/lb
CO-OP Land O'Lakes American White or Yellow Cheese	\$4.99/lb
Red Bliss Potato Salad	\$4.99/lb

SPECIALTY FOODS & CHEESES

local VT Creamery Chevre Logs, 4 oz	\$4.49
Belgioioso Perlini or Ciliegine	\$4.49
Boursin, 5.2 oz	\$5.99
Mr. Bing Chili Crisp, 7 oz	\$1 OFF
The Fine Cheese Co. Crackers 4.4 oz	\$6.99
local Blake Hill Preserves, 10 oz	\$1 OFF
Sartori MontAmore, Smoked or Old World Cheddar, 5-7 oz	\$1 OFF
local VT Farmstead Fat Tire, Voodoo Ranger or Cheddy Topper, 7 oz	\$1 OFF
Rustic Bakery Sourdough Flatbread, 4-6 oz	\$1 OFF
Burlap and Barrel Single Origin Spices, 1.5-2.8 oz	\$1 OFF




GROCERY

Quaker Instant Oatmeal, 9.8-12.10 oz, Select Varieties	3/\$7
 Pacific Foods Soups, 32 oz	2/\$6
Kellogg's Raisin Bran, 15.4-16.10 oz	\$2.99
 Equal Exchange Chocolate Bars, 2.8-3.5 oz Fair Trade!	2/\$7
 Classico Pasta Sauce, 15-24 oz	2/\$5
Barilla Pasta Gluten Free & Protein Plus, 12-14.5 oz	2/\$4
Kraft Mac & Cheese Dinner, 7.25 oz	4/\$5
Briannas Marinades, 12 oz, Select Varieties	\$2.99
Gold Medal Flour, 5 lb	\$4.99
Loacker Wafers, 8.82 oz	\$3.49
Lay's Potato Chips, 7-8 oz	2/\$7
 Yogi Tea, 16 ct	2/\$8
 LesserEvil Popcorn, 3-6.4 oz	2/\$6
C2O Coconut Water, 33.8 oz	\$3.69
Aleia's Bread Crumbs, 12-13 oz	\$4.99
Milton's Baked Crackers, 6 oz	\$2.99
Desert Pepper Salsa, 16 oz	\$3.99
 Annie's Homegrown Cheddar Cheese Puffs, 4 oz	2/\$7
 Annie's Homegrown Snack Mix Original & Cheddar, 9 oz	2/\$9

FROZEN








Birds Eye Steamfresh Frozen Veggies, 10 oz	5/\$5
Amy's Frozen Meals, 8.25-10.3 oz	\$4.99
Marie Callender's Pot Pies, 15 oz	\$3.49
 Ben & Jerry Ice Cream, 16 oz, Select Varieties	\$3.99
Red's Burritos, 4.5-5 oz, Select Varieties	\$2.19

WELLNESS

Quantum Health Therazinc Elderberry+Zinc Lozenges, 14 ct	2/\$4
Grandpa Soap Co Pine Tar Shampoo/Conditioner, 8 oz	2/\$10
 Garden of Life Turmeric Gummy, 120ct	\$19.99



REFRIGERATED

  Organic Valley Shredded Cheese, 6 oz	2/\$7
  Cabot Cream Cheese, 8 oz	2/\$3
 Green Mt Creamery Greek Yogurt, 32 oz	\$4.99
  Cabot Whipped Cream, 14 oz	\$4.49
Kozy Shack Rice & Tapioca Pudding, 22 oz	\$2.99
Chameleon Cold Brew Coffee Concentrate, 32 oz	\$6.99

Fish Friday



Fresh Faroe Island Salmon

\$16.99 lb

Friday 3/21/25

 **Friday 3/21/25**

Sale is valid 3/21/25 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
Shavi, Catherine, Meg

WAIT... WHERE'S THE CHEESE??

Cheese of the Week is on vacation, because we are preparing for something special next week! It's a secret, so stay tuned for updates via email and social media ;)

Don't worry though, Cheese of the Week will return in next week's Radish newsletter on 3/27.

New Career Opportunity!



We have a brand new position opening up: Perishable Grocery Department Buyer! This position covers the Frozen, Dairy, and Refrigerated Grocery departments, so a fan of working in cooler temps (and/or a willingness to layer up!) is a must. Come join a great team with this exciting new opportunity! Apply online:

LittletonCoop.com/Jobs



This Week's Flyer:

- 12 Local Items
- 12 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
Deli & Meat Service Hours:
See Section in Flyer

43 Bethlehem Rd.
Littleton, N.H.

(603) 444-2800
LittletonCoop.com

EVENT CALENDAR

- Fri Mar 21: Fish Friday
- Sat Mar 22: Member Appreciation Day
- Sat Mar 22: Free Samples: Bear Maple Bevs. @12-3pm
- Sat Mar 22: Free Samples: Rhythm Cider @1-3pm (21+)
- Sat Mar 22: Co-op Open Mic @2-4pm
- Wed Mar 26: Special Sale - to be announced! 🍌
- Fri Mar 28: Fish Friday
- Sun Mar 30: Book Release w/Carlene Gadapee @1-3PM

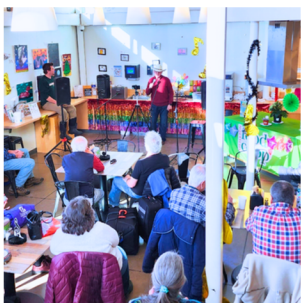
To RSVP for an event: visit littletoncoop.com/events, or email info@littletoncoop.org

Member Appreciation Day!



Saturday March 22
We love our Members! On Saturday all members save 10% on eligible items, all day long. Not a member yet? It's a great time to join, and it's easy too. \$100 gets you a full lifetime membership with the rights to vote in our elections, discounts on special orders, and of course deals on Member days.

One More Open Mic



Saturday March 22 2-4PM
We've seen some great performances at our 2025 Co-op Open Mic series, but something's been missing... YOU! come support new talent in the North Country. We've been seeing some familiar faces returning month to month and you could be here, too! Audience members also welcome :)



littletoncoop.com/Events
More info & online RSVP

Meet Bear Maple Farms Beverages



Saturday March 22 @12-3PM
The folks at Bear Maple were kind enough to drop off some cans for our employees awhile back, and we have not stopped talking about them since! Now you can try these tasty sparkling maple & ginseng tonics for yourself, and learn more about these eco-friendly, delicious, and lo-calorie drinks!

MORE FROM YOUR STORE

A Senatorial Visit



On Wednesday, the Co-op hosted NH Senator Jeanne Shaheen for a roundtable discussion with local farmers and food access partners, to discuss current trends in the North Country food system, and how changes in federal funding could impact local organizations. It was a productive meeting - local leaders were able to share their experiences and concerns to open ears from their representative team. The Co-op was honored to host such an important meeting!

A Conversation With Emshika



On the latest episode of That's Rad, our very own foodie podcast, Anastasia sits down for an interview with local chef and Co-op Member Emshika Alberini for a conversation on food, life, and what it looks like to show authenticity in both.

Most who know Emshika know her through her accomplishments, such as her restaurant Chang Thai, or her numerous articles, awards, and accolades. Despite her always sunny demeanor, one wouldn't guess the story of strife and loss she's persevered through to get to this point. The duo cover everything from working with family, to her appearance on Food Network's "Chopped," to finding inner happiness when the world looks... well, sorta like it does now. This episode is a hit of sunshine and positivity everyone can benefit from.

Listen Online: littletoncoop.com/podcast

FRESH, NEW, & FUN

Sure Signs of Spring



Gardeners rejoice! Not only do we have seeds in store from High Mowing (VT) and Earthbeat Seeds, the Seed Library has also returned. Located in the exit vestibule, this little library is a locally-organized effort to share seeds and help each other get growing! It's still a little early to plant outside, but there's no harm in getting ready for spring!

Pop... But Do It Well



Your reaction to another "better-for-you soda" is either: "Really, another one?" or "Really, another one!" Popwell sets itself apart from the rest through its cold crafted process that results in crisp, bright flavors that hold true to their original goodness for longer. They offer three caffeine-free flavors and three lightly caffeinated flavors to get you through the day.

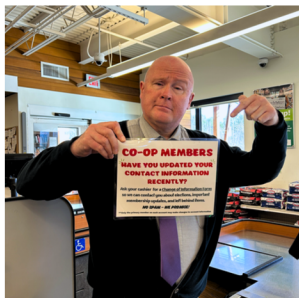
Plant-Powered Brownies



No, not *that* kind of plant brownie. ;) These Plant Power brownies are developed with pea protein and probiotics for a vegan sweet snack. We carry two flavors: Mighty Walnut and Epic Goji Berry. They have been approved by our in-house vegan taste tester AND the non-vegans alike. Find them on a special display across from aisle 6.

MEMBER UPDATES

FOMOOCME



That's the Fear Of Missing Out On Co-op Member Events, which is what will happen to YOU if you haven't updated your email and mailing address! If you want to vote in the Spring Board Election, get invited to the Annual Meeting, or receive updates on patronage, please make sure we can reach you! Email us your info: info@littletoncoop.org. Thanks!

Important Member Dates

- 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

Art In the Cafe: Brenna Nicely



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. Her work is here for viewing through April, and is also available for purchase.

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

Organic Gardening Workshops



Looking to start your own home garden or expand your small-scale operation? NOFA-NH's online Organic Gardening workshops are designed for home gardeners who want to develop practical skills in growing food and managing livestock. Sign up for one class, or save when you register for the series: nofanh.org/gardeningseries