



MEMBER APPRECIATION DAYS: SAT MAR 23 & SUN MAR 24!

Weekly Specials

Fri Mar 22 - Sat Mar 30, 2024



Pineapple

2/\$4



**Sugardale
Ham
Shank**

\$1¹⁹/_{Lb}



**5 lb
Select Varieties
King Arthur
Flour**

\$3⁹⁹

PRODUCE

Pineapple	2/\$4
Asparagus	\$1.99/lb
Celery	2/\$4
Broccoli Crowns	\$1.99/lb
Russet Potatoes, 5 lb	\$1.99
Sweet Potatoes	79¢/lb
Mcintosh Apples, 3 lb	\$1.99
Cauliflower	\$2.99
Zucchini or Summer Squash	\$1.49/lb

BEER & WINE

Downeast Cider House, 9 pk	\$17.99
Sea Dog Brewing Company, 12 pk	\$17.99
Mark West Pinot Noir, 750 ml	\$7.99
Seaglass Wines, 750 ml	\$12.99

BAKERY

Dimitria Delights Hot Cross Buns, 12 oz	\$4.49
Sunflower Seed Cracked Wheat Bread, 18.5 oz	\$1.99
Sweet Yeast Rolls, 8 Pk	\$2.59

BULK FOODS

Almond Butter	\$9.99/lb
Roasted and Salted In-Shell Pistachios	\$8.99/lb
Milk Chocolate Peanut Butter Malt Balls	\$11.99/lb
Brown Flax Seeds	\$2.99/lb
Shredded Coconut	\$3.99/lb
Pearled Farro	\$2.99/lb
Yogurt Covered Almonds	\$8.99/lb

WELLNESS

Andalou CannaCell Body Lotion, 8 oz, Select Varieties	2/\$10
Tom's of Maine Anti-Plaque Flat Dental Floss, 32 yds	2/\$6
Only What You Need Protein Drink Elite Chocolate, 12 oz	2/\$5

MEAT

Sugardale Shank Portion Ham	\$1.19/lb
Sugardale Butt Portion Ham	\$1.29/lb
Bone-In Center Cut Pork Chops	\$1.99/lb
Beef Shoulder Pot Roast	\$4.49/lb
Chicken Tenders	\$2.59/lb
North Country Kielbasa, 16 oz	\$6.99
Leg of Lamb, Bone-In	\$8.99/lb
Lamb Loin Chops	\$11.99

SEAFOOD

Fresh Wild Skinless Cod Fillets	\$15.99/lb
Naked 26-30 Cooked Shrimp, 1 lb	\$12.99

DELI

Farmers & Cooks Uncured Ham	\$9.99/lb
Finlandia Imported Swiss Cheese	\$5.99/lb
Boar's Head Classic Chicken Breast	\$8.99/lb
Boar's Head Mild Provolone Cheese	\$5.99/lb
Coleslaw	\$1.99/lb

SPECIALTY CHEESE

Vermont Farmstead Cheeses, 7 oz, Select Varieties	\$6.59
Boursin, 5.2 oz	\$5.59
Natural Valley Goat Cheese, 8 oz	\$7.59
Eiffel Tower Brie, 7 oz	\$4.59
Sartori MontAmore or Old World Cheddar, 7 oz	\$5.59



THE WEEKLY

RADISH →

INSIDE: Extended Member Appreciation Days, 10k Member Milestone, Congrats to Caledonia Co-op, Easter gift ideas, & more...

We're Closed on Easter Sunday!



GROCERY

R.W Garcia Corn Chip, 7-8 oz	2/\$6
R.W Garcia Crackers, 5.5 oz	\$3.99
Ocean Spray Juice Cocktail, 64 oz Select Varieties	\$2.99
Martinelli's Sparkling Cider, 25.4 oz	\$3.99
Classico Pasta Sauce, 24 oz	2/\$5
Rao's Pasta Sauce, 24 oz Select Varieties	\$5.99
Stove Top Stuffing, 6 oz	2/\$4
Knorr Rice or Pasta Sides, 4-6 oz	4/\$5
Del Monte Vegetables, 13-15 oz	4/\$5
Dole Pineapple, 20 oz	\$1.79
Heinz Homestyle Gravy, 12 oz	2/\$4
Hellman's Mayonnaise, 20-30 oz, Select Varieties	\$5.49
Pillsbury Cranberry or Pumpkin Bread Mix, 14-16 oz	\$2.79
King Arthur Flour, 5 lb, Select Varieties	\$3.99
Domino Sugar, 4 lb	\$3.49
Jell-O Brand Pudding or Gelatin, 0.3-4 oz	4/\$5
Diamond Shelled Walnuts, 16 oz	\$5.99
Nabisco Family Size Crackers, 12-13 oz	2/\$7
Tostitos Tortilla Chips, 10-13 oz, Select Varieties	2/\$8
Tostitos Salsa & Dips, 15 oz	2/\$8
Sahale Snacks, 1.5 oz	2/\$3
NEW BLDG 5 Lemonade, 16.9 oz	2/\$4
NEW Jenji Pure Boba Tea, 10.8 oz	\$1.99

REFRIGERATED

Cabot Cheese Bars, 6-8 oz, Select Varieties	2/\$5
Cabot Cracker Cut or Shredded Cheese, 7-8 oz	\$2.99
Hood Half & Half Creamer, 32 oz	\$2.99
Land O'Lakes Butter, 16 oz	\$3.49
Daisy Sour Cream, 16 oz	2/\$5
Philadelphia Cream Cheese Bar, 8 oz	\$3.99
Heluva Good Dip, 12 oz	2/\$4
Galbani Whole Milk Ricotta Cheese, 15 oz	\$3.99
Earth Balance Butter, 13-16 oz	2/\$4

FROZEN

Quorn Foods Meatless Meats, 10.6-12 oz	2/\$7
Rhodes Bake-N-Serv White Dinner Rolls, 48 oz	\$4.79
Pepperidge Farm Layer Cake, 19.6 oz	\$3.99
Pepperidge Farm Fruit Turnover, 12.5 oz	\$3.99
Pepperidge Farm Pastry Sheets, 17.25 oz	\$5.49
Pepperidge Farm Pastry Shells, 6 ct	\$4.49
Cool Whip Frozen Topping, 8 oz	\$1.79
Ben & Jerry's Ice Cream, 16 oz, Select Varieties	\$3.99
Breyer's Ice Cream, 48 oz	\$3.99
Klondike Bars, 6ct	\$4.49
Good Humor Ice Cream Novelties, 4-6 ct	\$4.49
Woodstock Vegetables, 10 oz, Select Varieties	20% OFF
Red's Burrito, 4-5 oz	2/\$4

Fish Friday

Wild Alaskan Sockeye Salmon Fillets

(Previously Frozen)

\$13⁹⁹ lb

Friday 3/22/24

Sale is valid 3/22/24 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.

save over \$80

Spring into great savings!

Look for over 65 coupons throughout the store.

Check out the online preview on our specials page: littletoncoop.com

This Week's Flyer:

- 6 Local Items
- 0 Fair Trade Item
- 7 Organic Items
- 5 Cooperatively-Made Items

Sales & Discounts:

Discounts apply to eligible items only, and standard restrictions apply. Have a question? Come see the friendly folks at our Service Desk for details.

43 Bethlehem Rd.
Littleton, N.H.

Open Daily
7 AM to 8 PM

(603) 444-2800
 LittletonCoop.com

THE WEEKLY RADISH

Fri Mar 22 - Sat Mar 30, 2024

Event Calendar

LittletonCoop.com/Events

Fri Mar 22: Fish Friday

Fri Mar 22: Free Beer Tasting! Zero Gravity @3pm (21+)

Sat Mar 23 & Sun Mar 24: Member Appreciation Days!

Tue Mar 26: Live Cooking Demo in the Cafe @1-1:45pm

Wed Mar 27: Darkness To Daytime w/ Doug Arion @6-7pm

Sat Mar 30: Free Wine Tasting! Rossi Wines @11:30am-1:30pm (21+)

Sat Mar 30: Gardening in a Changing Climate @2-3pm (RSVP)

Sun Mar 31: Easter Sunday - Closed

Check out our full event page online! To RSVP for an event, visit our website at www.littletoncoop.com/events. Questions? Send us an email: info@littletoncoop.org



Free Beer Tasting: Zero Gravity



Friday, March 22 @3-5pm- free.

Time to try some new beers! Our friends from Zero Gravity will be visiting from Burlington VT to sample some of their best brews. Come on by and have a taste, and maybe bring home something new and different! Beer tastings are totally free, but you have to be 21+ with an ID to partake.

Darkness in Daytime with Douglas Arion, PHD



Wednesday March 27 @6-7pm - Free.

For the second time in seventy years, the Moon will cover the Sun and create a Total Solar Eclipse, and parts of our area will be within the full totality. Learn more about the sun, our solar system, and this rare phenomenon from an astronomy expert. RSVP on our event page!

Gardening in a Changing Climate with UNH Master Gardeners



Saturday, March 30 @2pm- free.

Gardeners are often the first to witness changes in the climate, like later frosts and long droughts. This presentation provides a brief look at the impact on our daily lives, while also offering ideas for adapting our growing strategies. Grow the plants you love, while learning new ways to garden sustainably! RSVP online, please.

Important Member Dates! April 27-May 10: 2024 Board Election // May 2: Annual Meeting @ The Rocks, Bethlehem // May 10-12: 15th Anniversary Celebration

MEMBER UPDATES

10,000 Member Milestone



It's official: the Littleton Food Co-op is owned by 10,000 community Members!

When our first Board President called a meeting back in 2006 to see what people thought about this idea called a "Co-op," we never realized how far it would take us.

And now here we are, fifteen years and ten thousand members strong! None of this would be possible without the support and participation of our Members, customers, staff, and community. YOU are the Co-op Difference!

Not a Member Yet? Join Today!

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



Meet the Candidates

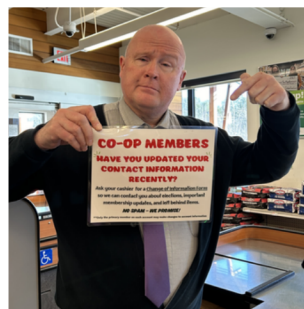
Our annual Board Election is coming up at the end of April, and we have an official list of candidates!

This year we have seven incredible candidates running for three available seats: Derek Maillet-Rust, Robert Henry Goss, Deborah Rossetti Sullivan (incumbent), Brandon F. Millett, Kimberly Warren Cenkl, Dan Crosby, and Molly S. O'Brien.

Keep an eye out over the next few weeks for more info and updates about each candidate, and get ready to vote!

Candidate Night: Thursday April 18 @5-7pm
2024 Board Election - Voting Open: April 27 - May 10
More Info: www.littletoncoop.com/board_election

Hi! Update Your Member Info, Please!



Have you moved? Changed your phone number? Ditched that embarrassing old email address? Please let us know! We won't spam you but we do need to contact you about important Member elections, & patronage rebates. Need to make a change or update? Email us at info@littletoncoop.org or stop by the Service Desk the next time you're here.

FRESH, NEW & FUN

Easter Blooms for Every Basket



Just in: potted blooms for Easter giving or your springtime table!

Bigger, Better NA Selection



The Co-op is officially the place to go if you want a beverage with all of the flavor and none of the hangover. We have N/A beer, wine, canned cocktails, spirits, ciders, and more. This isn't your father's Near-Beer! Don't know where to start? Chat with our Beer Master Kevin for some great recommendations 😎

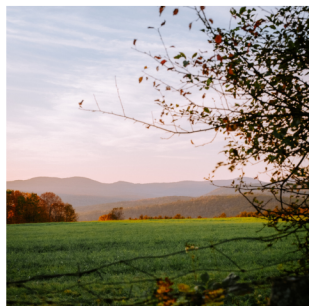
A Fresh Look For Local Mead



Our friends at Sap House Meadery in Ossipee NH updated their look, so we gave them a new spot on the shelf. For those who don't know, mead is to honey what beer is to barley, and wine is to grapes. Sap House is just south of the White Mountains and has enough varieties for everyone to find one they love. Find them in the local wine section!

MORE FROM YOUR STORE

In the Co-op Cafe: Joshua Dorsett



Now through the end of April, we're featuring gorgeous landscapes by local photographer (and Co-op Employee!) Joshua Dorsett. His subjects are the pristine landscapes of the North Country, and he finds inspiration and motivation through a deep sense of balance, symmetry, and spirituality. Check out his photos and support local art!

Free Movie Tickets!



Are you a co-op geek? Then you'll love this: Works For All is a short documentary highlighting diverse worker-owner cooperatives in Cincinnati, many led by people traditionally marginalized in the U.S. economy. We're helping to sponsor a free, virtual screening from March 29th-31st. Get your free tickets:

www.worksforall.eventive.org

YOUR CO-OP COMMUNITY

Congrats to Caledonia Co-op!



Congratulations to our friends at the Caledonia Food Co-op in St. Johnsbury for surpassing their latest fundraising goal! They are well on their way to opening a brand new store in downtown St J and we are so excited.

One of the founding ideas of our Co-op is Principle #6, aka Cooperation Among Cooperatives. Instead of being competitive, we believe that opening more co-ops in our area means extra support to local farmers, better access to healthier food choices, and money well-spent in the local economy.

Learn more: www.caledoniafood.coop

Round Up for Local Trails



Round Up this March to support PRKR MTN Trails & Franconia Area NE Mountain Bike Association!

The funds will be split between the two groups: half will be used to maintain PRKR's trail network, and the other half will fund FA NEMBA's new beginner and adaptive-friendly trail, which will be accessible to the whole community.

Learn More: www.prkrmtn.org, and www.facebook.com/FranconiaAreaNEMBA

More Community Events:



Saturday, March 16
Sat, March 23 & Sun, March 24
Sat, March 30 & Sun, March 31
Saturday, April 4

113 Glessner Road
Bethlehem, NH
(603) 444-6228
Reservations:
forestociety.org/

www.forestsociety.org/the-rocks

www.homesahead.org