



7-8 oz
**Cabot Cheese
Slices & Cuts**

2/\$5



12 pk
**LaCroix
Sparkling
Water**

\$4⁹⁹



Pineapple

2/\$5

PRODUCE

Pineapple	2/\$5
Asparagus	\$1.99/lb
Brussels Sprouts	\$1.49/lb
Sweet Potatoes	79¢/lb
Clementines, 3 lb Bag	\$4.99
Little Potato Company, 3 lb, Select Varieties	\$5.99
Pero Green Beans, 12 oz	2/\$4
Red Onions	79¢/lb

IN THE FRIDGE

Cabot Cheese Cuts & Slices, 7-8 oz	2/\$5
Pillsbury Ready Pie Crust, 14.10 oz	\$2.99
Sargento Cheese Shredded, 8 oz	\$3.49
Tropicana Orange Juice, 46 oz	\$3.99
Pillsbury Rolls & Cinnamon Rolls, 12.4-16.3 oz	\$2.99
Coffee Mate Creamers, 32 oz, Select Varieties	\$3.99
Hood Half & Half Creamer, 32 oz	\$2.79
Cabot Whipped Cream, 14 oz	\$1.49
Planet Oat Creamers, 32 oz	\$2.79
Land O' Lakes Butter, 16 oz	\$2.99
Heluva Dip, 12 oz	\$1.79
Philadelphia Cream Cheese Bar, 8 oz	2/\$5
Daisy Sour Cream, 16 oz	\$2.29
Oatly Oatmilk, 64 oz	\$4.49
Evolution Fresh Juices or Smoothies, 2/\$8 15.2 oz	
Upton's Naturals Seitan, 8 oz	\$4.49

MEAT & SEAFOOD

SERVICE COUNTER: 7AM-7PM DAILY

Lamb Loin Chops	\$9.99/lb
Boneless Sirloin Tip Steaks	\$15.99/lb
Bone in Lamb Leg	\$9.99/lb
Eye Round Roast	\$6.99/lb
Chicken Thighs	\$1.29/lb
Pork Tenderloins	\$2.99/lb
Boar's Head Sweet Sliced Ham	\$7.99/lb
Faroe Island Salmon	\$15.99/lb
Yankee Traders Crab Cakes, 6 oz	\$2.99

DELI

Chicken Tortellini Salad	\$6.99/lb
New England Traditions Rare Roast Beef	\$9.99/lb
Boar's Head Pepperjack Cheese	\$8.99/lb
Depalo Pepperoni & Philly Cheesesteak Calzones	\$3.99
Stuffed Grape Leaves	\$4.99/lb

BEER & WINE

Harpoon Brewery, 12 pk	\$16.99
Casalini Wines, 750 ml	\$8.99
Woodstock Inn Brewery, 12 pk	\$17.99
Montes Malbec, 750 ml	\$9.99

BAKERY

Dimitria Delights Hot Cross Buns, 12 oz	\$4.99
St. Pierre Brioche Hamburger Buns, 4 pk	\$3.99
M&M Cookies, 12 pk	\$3.99

GROCERY

LaCroix Sparkling Water, 12 pk	\$4.99
 Ocean Spray Cranberry Juice, 64 oz	2/\$6
Dole Canned Pineapple, 20 oz	2/\$4
Nabisco Crackers, 3.5-13.7 oz	2/\$5
Barilla Jumbo Shells & Lasagna Noodles, 9-16 oz	2/\$4
Hellmans Mayonnaise, 30 oz	\$5.49
Heinz White Vinegar, 16 oz	\$1.19
Jiffy Peanut Butter Creamy, 28 oz	\$3.99
Betty Crocker Cookie Mix Pouch, 17.5 oz	2/\$5
 King Arthur Flour, Unbleached & Self Rising, 5 lb	\$3.99
Domino Sugar, 4 lb	\$2.99
Keebler Pie Crusts, 6 oz	2/\$5
Bakers Baking Chocolate, 4 oz	\$3.99
Bakers Coconut Angel Flakes, 7 oz	\$1.99
Carnation Evaporated Milk, 12 oz	2/\$4
Jet Puffed Mini Marshmallows, 10 oz	2/\$3
 Diamond Shelled Walnuts, 16 oz	\$7.99
Stacy's Pita Chips, 7.33 oz	\$2.99
 Blue Diamond Almonds, 6 oz	\$3.99
Lay's Potato Chips, 7-8 oz	2/\$6
 Pacific Foods Broths, 32 oz	2/\$7
 Annie's Mac & Cheese, 6 oz, Select Varieties	2/\$6
 Muir Glen Tomatoes, 28 oz	2/\$6
Tate's Bake Shop Cookies, 5.5-8 oz, Select Varieties	2/\$10
Stonewall Kitchen Jam or Jelly, 12.25-13 oz, Select Varieties	\$5.99
 Westbrae Beans, 15 oz	\$2.69
KOYO Ramen Soup Packs & Cups, 2-2.1 oz, Select Varieties	\$1.39
 Field Day Bread Crumbs, 8-15 oz	2/\$7
Ecos Liquid Laundry Detergent, 100 oz	\$13.99

This issue of The Radish is dedicated to our friend Marc, who recently passed on to the great cooperative in the sky. Marc was an avid Radish reader and made sure to get his freshly-printed copy every Thursday. He will be missed, and our hearts go out to his wife, Ro.

FROZEN

Birds Eye Frozen Vegetables, 10.8-14.4 oz, Select Varieties	2/\$4
Mama Rosie Ravioli, 20-25 oz	\$5.99
Pepperidge Farm Frozen Layer Cakes, 19.6 oz	\$4.99
Delizza Mini Eclairs, 30 ct	\$6.99
Hood Ice Cream, 48 oz Select Varieties	\$3.49
 Alden's Ice Cream, 48 oz	\$9.49
Wyman's Frozen Blueberries, 48 oz	\$11.99

BULK FOODS

BRING YOUR OWN CONTAINER & REFILL!

  Grandy Organics Everything Cashews	\$9.99/lb
 Dates Rolled in Coconut	\$4.99/lb
 Wild Rice Blend	\$6.99/lb
 Chia Seeds	\$3.99/lb
All Natural Zoo Animals	\$6.99/lb
 Dark Chocolate Raisins	\$9.99/lb

BEAUTY & WELLNESS

Sappo Hill Bar Soap, 3.5 oz, Select Varieties	2/\$3
Natural Factors Whole Earth & Sea Multivitamin, Men or Women, 60 ct	\$19.99
Ancient Nutrition Whey Protein Powder, 20-23 oz, Chocolate or Vanilla	\$29.99

SPECIALTY FOODS & CHEESES

 Maplebrook Farm Plain or Smoked Feta, 8 oz	\$4.99
Sartori BellaVitano Cheese, 5.3 oz	\$5.99
 Shelburne Farm 2 Year Cheddar, 8 oz	\$9.99
Castello Danablu Cheese, 4 oz	\$4.49
 VT Farmstead Cheeses, 7-8 oz, Select Varieties	\$7.99
 Blake Hill Preserves, 10.8 oz	\$7.99
Effie's Homemade Biscuits, 7.2 oz	\$6.49
Maine Crisp Buckwheat Crackers, 4 oz	\$6.49

DOUBLE CHEESE OF THE WEEK - SEE INSIDE!



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

CLOSED ON
EASTER SUNDAY

- Sat Apr 4 Meet the Artist: Gaby Appleby
- Sun Apr 5 **Easter Sunday - Co-op Closed**
- Mon Apr 6 Senior Member Discount Day
- Sat Apr 11 Member Appreciation Day
- Sat Apr 11 Planning Your Backyard Garden @1:30-3pm (RSVP)
- Wed Apr 15 Food As Medicine w/ ACHS @5-6pm (RSVP)

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

Meet the Artist: Gaby Appleby



Saturday April 4 @1-3PM; Drop In
Meet our vibrant March / April featured artist in the Co-op Cafe and enjoy some light refreshments! Gaby's colorful collages are currently on display, so now's your chance to talk to the artist herself, ask questions, or purchase a piece of art to bring home with you. No reservations needed, just come by!

Senior Discount Day is on the 6th



Monday April 6 - ALL DAY
You know how we're always saying Senior Day is on the 5th? Well, not this April, because that's the same day as Easter, and we'll be closed! Please join us for Senior Member Discount Day on Monday April 6th. Members 65 and over get 10% off eligible items, all day.



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 clearance wines and wine-based mixed drinks.

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

Something for Everybunny



If the Easter Bunny had money, he'd probably be a co-op member. Take a cue from our favorite imaginary rabbit and hop in to check out our spring selection of pastel treats, cute gifts, and bunny-basket stuffers galore. Planning a Sunday gathering? We have all the fixings for brunch, and/or your Easter table too - ham, lamb, asparagus, and more!

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.

Update Your Info (please)

Members: Please take a moment to confirm with us that your contact information is up to date! We're not going to spam you, but we do need an accurate mailing address, phone number, and email to ensure you are receiving important membership communications. Check with your cashier, or email: info@littletoncoop.org

FRESH, NEW, & FUN

Passover Begins April 1



The Co-op is well-stocked on Kosher for Passover products including a variety of matzah options, chicken broth, and everyone's favorite grape juice. In addition to this endcap across from checkout, you'll find some great seder options throughout the store!

New Local Coffee



New! Out of Bounds Coffee Roasters is from Lancaster NH, and all of their blends, including Backcountry, Mountaineer, and Seven Below, are certified organic and Fair Trade. The husband and wife duo named their coffee company to reflect their passion for the outdoors, hence Out of Bounds -- referring to the terrain outside of a ski area's boundary line.

Locally-Made Dish Soap



Ashes-to-Beauty's new dish soap is called the "Citrus Breakthrough Bar," and comes in a set, complete with soap bar, ramekin holder, and compostable jute scrubber. Add a bright scent and powerful natural ingredients to your least-favorite cleaning chore. Available in vegetarian and tallow (homestyle) formulas, this product promises not to leave a "stink at the sink."

Cheeses of the Week: Double Dutch!

Two Sisters Isabella & Honey Bee Goat Cheese Save \$2/lb Mar 27-Apr 2



While Supplies Last! Price tag reflects current discount.

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 and scroll down the page to sign up for our weekly e-newsletter!

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 \$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