

**local LOCAL HIGHLIGHTS
THIS WEEK:**

SPECIALTY CHEESE



LOCAL
Vermont Creamery Chevre
4 OZ

\$3.99



LOCAL
PopZup Popcorn
12 OZ

\$4.49



PRODUCE
LOCAL - VEGAN
Real Green Dressing
8.5 OZ, SELECT VARIETIES

\$5.99

PRODUCE

Ojai Pixie Tangerines, 2 lb Bag	\$4.99
local Real Green Dressings, 8.5 oz, Select Varieties	\$5.99
Cara Cara or Blood Oranges	99¢
Zucchini or Summer Squash	\$1.29/lb
Cloud 9 Grape Tomatoes, 1 Pint	2/\$6
Butternut Squash	99¢/lb
Blackberries, 6 oz	2/\$5
Pink Lady or Fuji Apples	79¢

BAKERY

Specialty Bakery French Twirls, 4 pk	\$3.49
CO-OP BAKED Ecce Panis Euro Baguette, 18 oz	\$2.99
Pretzel Buns, 4 pk	\$4.49

IN THE FRIDGE

Food Club Cheese Bars & Shreds, 8 oz	2/\$4
USDA ORGANIC Stonyfield Yogurt, 32 oz, Select Varieties	\$4.79
USDA ORGANIC Stonyfield Yogurt Pouches, 3.5 oz, Select Varieties	\$1.79
USDA ORGANIC Stonyfield Milk, 64 oz	\$4.49
USDA ORGANIC Health-Ade Kombucha, Select Varieties, 16 oz	2/\$6
CO-OP Organic Valley Cream Cheese, 8 oz	\$3.99

MEAT & SEAFOOD

SERVICE COUNTER: 7AM-7PM DAILY

USDA ORGANIC Bottom Round Rump Roast	\$6.99/lb
USDA ORGANIC Boneless New York Sirloin Steak	\$9.99/lb
local Misty Knoll Ground Turkey	\$10.49/lb
Niman Ranch Breakfast Sausage, 8 oz	\$4.99
Fresh Pork Tenderloins	\$2.99
Boneless Chicken Breast	\$2.99/lb
Carando Italian Meats	\$3.49/lb
Market Cod Fillets	\$12.99/lb
Sea Best Coconut Shrimp, 9 oz	\$4.99
Seafood Salad	\$8.99/lb

DELI

CO-OP MADE! Ambrosia Salad	\$5.99/lb
CO-OP MADE! Quinoa Salad	\$5.99/lb
Boar's Head Smokemaster Ham	\$6.99/lb
Boar's Head American Cheese	\$4.49/lb

BEER & WINE



local Zero Gravity Brewing N/A 6pack	\$10.99
local Iron Furnance Brewing 4 packs	10% off
Carnivor Cabernet Sauvignon, 750 ml	\$11.99
Bully Hill Wines, 750 ml	\$11.99


SIX & SAVE

Purchase 6 or more bottles of wine and **SAVE 10%**

Mix & Match!

GROCERY




 PopZup Popcorn, 12 oz	\$4.49
Wide Awake K-Cups, 10 ct	\$4.79
Kraft Mac & Cheese Dinners, 7.25 oz	4/\$5
ChiChi's Salsa, 16 oz	\$2.29
Bumble Bee Tuna Solid White, 4 pk	\$7.99
Heinz Ketchup Squeeze, 38 oz	\$5.99
Skippy Peanut Butter, 15-16.3 oz	2/\$5
Betty Crocker Cake Mixes & Frosting, 12-13.25 oz	2/\$3
Betty Crocker Brownie Mix, 16.3 oz	2/\$4
Bear Naked Granola, 12 oz	\$3.99
Tostitos Tortilla Chips, 12-13 oz	\$3.99
Noka Smoothie & Pure Pouches, 4.22 oz	\$1.79
Solely Fruit Jerky, .8 oz	4/\$5
Bonne Maman Fruit Spreads, 12.7-13 oz	\$5.99
 Annies Fruit Snacks, 7 oz	\$5.49
C2O Coconut Water, 17.5 oz	2/\$5
Probar Meal Bars, 3 oz	2/\$5
 Traditional Medicinals Herbal Tea, 16 ct, Select Varieties	\$5.49
Mom's Best Cereal, 17.5-24 oz	2/\$9
Simple Mills Baking Mixes, 9-12.9 oz	\$6.99
 Endangered Species Chocolate Bar, 3 oz	\$3.99
Pepperidge Farm Goldfish, 6.6 oz	2/\$6
Who Gives A Crap Toilet Paper, 4 pk	2/\$9

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

BEAUTY & WELLNESS

Sappo Hill Bar Soap, 3.5 oz, Select Varieties	\$2.19
Natural Factors Whole Earth & Sea Multivitamin, Men or Women, 60 ct	\$24.99
Ancient Nutrition Whey Protein Powder, 20-23 oz, Chocolate or Vanilla	\$36.99

FROZEN




 Cascadian Farms Frozen Vegetables, 10 oz	\$3.49
 Cascadian Farms Frozen Fruit, 8-10 oz	\$4.49
McCain's Onion Rings, 14 oz	\$2.99
Brigham's Ice Cream, 32 oz	\$2.99
 Tillamook Ice Cream, 48 oz	\$5.49
Beyond Plant-Based Sausage, 14 oz	\$7.99
Rao's Pizza, 18.3-21.6 oz	\$8.99

BULK FOODS

BRING YOUR OWN CONTAINER & REFILL!

Save the Forest Granola	\$4.99/lb
 Equal Exchange Mind Body & Soul Coffee	\$9.99/lb
 Grandy Organics Cashews, Select Varieties	\$16.99/lb
 Almond Butter, Organic	\$12.99/lb
 Banana Chips, Organic	\$4.99/lb
Yogurt-Covered Almonds	\$8.99/lb

SPECIALTY CHEESE

 VT Creamery Chevré Logs, 4 oz	\$3.99
 Vt Farmstead Brie, 6.5 oz	\$9.99
 VT Creamery Creme Fraiche or Mascarpone, 8 oz	\$5.49

Cheese of the Week:







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

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 Garden @1:30-3pm (RSVP)
- Wed Apr 15 Food As Medicine w/ ACHS @5-6pm (RSVP)
- Wed Apr 22 Earth Day at the Co-op @11-2 pm

To see our full list of events or to RSVP:
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.

Plan Your Garden



Saturday April 11 @1:30PM, RSVP Req
The Littleton Garden Club will be here to help you plan your garden! This workshop will cover home garden design, including what to plant, where to plant it, and what your new plants will need to grow and thrive. This class is free, but we ask participants to RSVP in advance so instructors can plan.

Healthy Cooking Demo



Wednesday April 15 @5PM, RSVP Req
The Ammonoosuc Community Health Services "Food as Medicine" program brings live cooking demos, budget-friendly recipes, and easy-to-digest tips to help everyone make healthier choices at home. Participants will leave with hands-on cooking experiences, practical nutrition know-how, & simple recipes

Sign Up for Class! LittletonCoop.com/Events

MORE FROM YOUR STORE

Everything for Easter



Whether you're looking for goodies for your basket, baked treats for brunch, blooms for your table, or a beautiful ham to serve to your holiday guests, the Co-op's got you covered this Easter. Don't forget the jellybeans and a bottle of white wine!

Get to Know Our CEO, Learner!



On the latest episode of That's Rad, a podcast presented by the Littleton Food Co-op, Anastasia welcomes our new Cooperative Executive Officer, Learner Limbach, to the store and the podcast. Or is it the podcast and the store? The pair sit down to discuss Learner's generations-deep connections to cooperatives and how that legacy (and maybe a little bit of destiny) ultimately led him to Littleton, NH from an island off of Washington state.

They also share a first look at new innovations happening at the Co-op, including an explanation of Provisions Wholesale Co-op program, a new membership benefit. And yes, they will tell you where the name "Learner" comes from.

This episode is a great "crash course" for Littleton Co-op members to find out more about their store's newest leader, and recommended for anyone interested in one man's perfect taco recipe. Listen online:

WWW.LITTLETONCOOP.COM/PODCAST

FRESH, NEW, & FUN

Free Little Seed Library



The North Country Seed Library is back for the season at the Co-op! This community-created and volunteer-sustained initiative offers a way to redistribute seeds among gardeners and plant lovers alike. They've set up their beautiful new seed station right in our exit area, so check it out.

It's a lot like the Little Free Book Library - take what you need, and share any extra you have, whether it's extra seeds from a leftover seed purchase or saved from last year's harvest. Package and label your extras and leave them at the seed station, and the North Country Seed Library folks will organize them in the library. Happy growing!

Swedish Candy is Here!



Check out this trending treat: Swedish Gummies are here in our Bulk Department! Variety packs include a mix of sweet & sour fruit flavors, and pillowy soft and gooey chewy textures. These gummies are also popular because they have "cleaner" ingredients; they are vegan, and free of palm oil, high-fructose corn syrup, trans fats, and Red 40.

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."

YOUR CO-OP COMMUNITY

Meet Our April Partner!



Round up at the register in April to help Franconia Children's Center! FCC is a non-profit childcare center that has been around since 1978. It is committed to providing social, emotional, and intellectual guidance and support to children 6-weeks to 6-years of age. FCC is the largest licensed daycare/preschool center in northern Grafton County and is one of four centers in our area that accepts infants and children under the age of three. FCC is also one of the few local daycares open earlier and later to accommodate working hours. They currently have 42 families and 46 children who depend on the center for care.

FCC hopes to use the funds raised during April to purchase the current building that they lease, make critical infrastructure updates, and expand the number of childcare slots. Your donation is important, and will help Please FCC keep their doors open during the ongoing national childcare crisis!

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