



Featured Specials: Fri Apr 10 – Thu Apr 16, 2026

# MEMBER APPRECIATION DAY IS SAT APR 11!

**LOCAL - COOPERATIVE**  
**Cabot Cheese Bars & Shreds**  
 7-8 OZ, SELECT VARIETIES

**2/\$6**

coop local

**LOCAL**  
**Bove's Pasta Sauce**  
 24 OZ

**\$2.99**

local

**Whole Pork Loin**

**\$2.49** /lb

**Navel Oranges**  
 4 LB

**\$3.99**

**Giovanni Shampoo or Conditioner**  
 8.5 OZ, SELECT VARIETIES

**BUY ONE, GET ONE FREE!**

BO GO

**Barilla Pasta**  
 12-16 OZ, SELECT VARIETIES

**3/\$4**

**Gifford's Ice Cream**  
 32 OZ

**\$3.99**

**ORGANIC Avocados**

**99¢**

USDA ORGANIC

**SIX & SAVE**

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

Mix & Match!

Excludes clearance wines and wine-based mixed drinks.

**\$5 OFF** klean kanteen

SALE ENDS APRIL 30

SELECT VARIETY

foocoop

## THE WEEKLY RADISH

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

READ MORE!



**WAYS TO SAVE! →**

These deals are for **EVERYONE**



### Co-op deals

Looking to save money on your favorite food and wellness products? We partner with national Co-op Grocers to bring you great deals on hundreds of organic, natural, and conventional products throughout the year. These deals change every 2-3 weeks.



### Co-op basics

Need to stretch your grocery budget? So are we! That's why we love our Co-op Basics program. Co-op Basics offers everyday low prices on many popular grocery and household items. From milk to beef to cereal, you'll find value-priced brands and low prices on some old favorites.

Round Up in April to Support Franconia Children's Center!

More Deals in Our Weekly Flyer: [www.littletoncoop.com/sale](http://www.littletoncoop.com/sale)  
 Open Daily 7am-8pm - 603-444-2800 - 43 Bethlehem Rd, Littleton, NH 03561





LOCAL - COOPERATIVE

**Cabot  
Cheese Bars  
& Shreds**

7-8 OZ, SELECT VARIETIES

**2/\$6**



LOCAL

**Bove's Pasta  
Sauce**

24 OZ

**\$2.99**



**Barilla Pasta**

12-16 OZ, SELECT VARIETIES

**3/\$4**

**PRODUCE**

Avocados	99¢
Navel Oranges, 4 lb	\$3.99
Peelz Lemons or Blood Oranges, 2 lb	2/\$6
Asparagus	\$2.99/lb
Broccoli Crowns	\$1.99/lb
Snapdragon or Sweetango Apples, 2 lb	2/\$6
Ataulfo "Champagne" Mangoes	4/\$5
Red or Green Seedless Grapes	\$2.99/lb

**BAKERY**

Bisou Sweet Biscotti, 14 oz, Select Varieties	\$4.99
Butter Croissants, 3 pk	\$3.49
Steve's Whoopie Pies, 6 oz, Select Varieties	2/\$5

**IN THE FRIDGE**

Cabot Cheese Bars & Shreds, 7-8 oz, Select Varieties	2/\$6
Olipop Prebiotic Sodas, 12 oz	3/\$6
Bay's English Muffins, 12 oz	\$3.29
Noosa Yoghurt, 8 oz	2/\$4
Buitoni Pasta, 9 oz	2/\$4
Chobani Oatmilk, 52 oz	\$4.49
Rebl Functional Beverages, 12 oz	\$3.99
Violife Cream Cheese, 7.05 oz	<b>BOGO</b>
Immaculate Baking Cinnamon Rolls, 17.5 oz	\$6.99

**MEAT & SEAFOOD**

SERVICE COUNTER: 7AM-7PM DAILY

Whole Pork Loin	\$2.49/lb
Strip Steak	\$17.99/lb
Top Round Roast	\$6.99/lb
Cube Steak	\$7.99/lb
Boneless Pork Chops	\$2.99/lb
Chicken Thighs, Boneless & Skinless	\$2.99/lb
Tuna, Previously Frozen	\$13.99/lb
Yankee Trader Crab Rangoons, 11 oz	\$5.99

**DELI**

Boar's Head Dill Havarti Cheese	\$6.99/lb
New England Traditions Cracked Pepper Turkey	\$5.99/lb

**BEER & WINE**

Hobbs Brewing Happy Camper, 12 pk	\$15.99
Great North Brewing, 12 pk	\$17.99
Archetype Sauvignon Blanc or Pinot Noir, 750 ml	\$6.99
Earthgrown Chardonnay, 750 ml	\$8.99

**\$5 OFF** **klean kanteen**  
SELECT VARIETIES

SALE ENDS **APRIL 30TH**


## GROCERY

 Bove's Pasta Sauce, 24 oz	\$2.99
Barilla Pasta, 12-16 oz, Select Varieties	3/\$4
 Cascadian Farm Cereal, Granola, or Granola Bars, 7.4-14.6 oz	2/\$8
Spindrift Sparkling Water, 8 pk	\$4.99
Arizona Iced Tea, 128 oz	2/\$7
General Mills Cheerios, 8.90 oz	\$2.99
 Bove's Pizza Sauce, 16 oz	\$2.99
Classico Pasta Sauce, 24 oz	2/\$5
Near East Rice Pilaf or Couscous, 5.25-6.75 oz	2/\$3
Dole Diced Fruit, 4 pk	\$3.29
General Mills Chex Mix, 8 oz	\$2.99
Nabisco Family Size Triscuits & Wheat Thins, 12.5-14 oz	\$4.79
Lay's Potato Chips, 7-8 oz	\$2.99
Epic Meat Bars, 1.3-1.5 oz	2/\$5
 Blue Diamond Nut Thins, 4.25 oz	\$3.99
 Equal Exchange Coffee, 10-12 oz, Select Varieties <b>FAIR TRADE</b>	\$10.99
 Woodstock Olives, 8.4-8.5 oz	\$3.99
 Jovial Brown Rice Pasta, 12 oz, Select Varieties	\$3.99
Annie's Homegrown Macaroni & Cheese, 5.5-6 oz, Select Varieties	2/\$4
Nora Seaweed Snacks, 1-1.41 oz	\$2.99
Cholula Hot Sauce, 5 oz	\$3.49
  Equal Exchange Teas, 20 ct	2/\$8
Seventh Generation Liquid Laundry Detergent, 23.1-90 oz	\$13.99
Charmin Toilet Paper, 6 ct	\$5.49

## BEAUTY & WELLNESS

Giovanni Shampoo or Conditioner, 8.5 oz, Select Varieties	<b>BOGO</b>
Smarty Pants Multivitamins, 120 ct, Men or Women	\$25.99
Bach Rescue Pastilles, 50g, Select Varieties	\$7.99

## FROZEN



Gifford's Ice Cream, 32 oz	\$3.99
Woodstock Frozen Vegetables, 10 oz, Select Varieties	2/\$6
Green Giant Frozen Vegetables Steamers, 10 oz	\$1.99
Wyman's Frozen Blueberries, Raspberries, & Mixed Berries, 12-15 oz	\$3.79
Wyman's Frozen Mango Chunks & Strawberries, 15 oz	\$2.99
Outshine Frozen Fruit Bars, 14.7-16.5 oz	\$4.99
 Against the Grain Gluten & Grain-free Pizza, 22.4-24 oz	\$10.99

## BULK FOODS

BRING YOUR OWN CONTAINER & REFILL!

 Rolled Oats	\$1.99/lb
 Sunny Vitamin C Fruit Slices	\$9.99/lb
 Dark Chocolate Sea Salt Granola	\$8.99/lb
 Dried Cranberries, Sugar Sweetened	\$7.99/lb
Milk Chocolate Pretzels	\$9.99/lb
Yogurt Covered Raisins	\$5.99/lb

## SPECIALTY CHEESE

 Jasper Hill Harbison, 5 oz	\$8.99
 Maplebrook Mozzarella, Plain or Smoked, 8 oz	<b>\$1 OFF</b>
Sartori Cheddar, MontAmore, Smoked or Old World, 5-7 oz	<b>\$1 OFF</b>

## Cheese of the Week:



# Délice de Bourgogne

Save \$2/lb  
Apr 10 - Apr 16

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

- 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
- Mon Apr 27 Board of Directors Meeting @5pm

To see our full list of events or to RSVP:  
[www.littletoncoop.com/events](http://www.littletoncoop.com/events)



## Member Day is the 11th!



### Saturday April 11 - ALL DAY

Attn: all Members! As a token of our appreciation, we're offering a 10% discount on eligible items, all day long. Not a Member yet? It's a great day to sign up! Full Membership is a single payment of \$100, good for a lifetime, and comes with a bunch of savings and perks. Find out more at the service desk, or visit our website.

## 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 Ammonosuc Community Health Services "Food as Medicine" program brings live cooking demos, budget-friendly recipes, and easy-to-digest tips to help everyone made 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](http://LittletonCoop.com/Events)

**SIX & SAVE**

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

Mix & Match!



# MORE FROM YOUR STORE

## Coming Soon - Provisions Wholesale



Provisions is launching soon! Skip the hassle of filling out forms in the store or calling the store, thanks to our new partnership with Provisions Co-op Wholesale.

You'll be able to peruse our supplier catalog directly to choose your items - including things we don't currently carry! - pay online, receive discounts, skip the checkout line, and pick your order up here at the Co-op when it's ready.

Basically, this will put more power in your hands to stock up on the products that your family loves most. No more waiting for case lot sales or case price inquiries. Nice!

Want to try it out? Members will receive an email later this week with instructions to create an online account and how to start ordering.

## Now Hiring!



If you're remarkable with a recipe, savvy with a skillet, and knowledgeable with knifework, the Littleton Food Co-op wants to join our talented team!

Our Prepared Foods team is looking for a chef who will assist in whipping up creative and nutritious meals for our community. In addition to your practical cooking skills, we'd also like you to be organized, responsible, and friendly to all coworkers and customers alike.

We take pride in the good food we put out and the comprehensive benefits we offer the employees who make it all happen, including competitive wages, health insurance, paid time off, wellness benefits, a store employee discount, and more. Let's find out if we go together like PB & J - apply today!

[WWW.LITTLETONCOOP.COM/JOBS](http://WWW.LITTLETONCOOP.COM/JOBS)

# FRESH, NEW, & FUN

## Bonte Bakery GF Pizza Crust



New to the frozen aisle: gluten-free sourdough pizza crust from Bonte Bakery in Montpelier, VT. This woman-owned business makes their gluten-free crust from their own GF sourdough culture. Each pack of two 10-inch crusts has no gums or preservatives. They're a great base for the toppings of your choice (like the inspo we provided to the left).

## New Local Brews



Last doesn't mean worst, especially at Last Chair Brewery from Plymouth, NH. "Last chair" refers to staying outside and "closing the place down" mindset to savor every moment. Now at the Co-op you can pick up a 4-pack of: Powder Bear Hazy IPA, Sunnyside Juicy IPA, Brookside Lager, and Banshee Brown Ale.

## Signs of Spring



The first of the herb plant starters have arrived in the Produce Department! The current selection includes basil, mint, thyme, Italian parsley, and rosemary. These 4-inch starters can be nurtured until ready to transplant into your outdoor garden, or kept as-is on the kitchen windowsill for easy access during spring and summer dinner prep.

## 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!

# 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!

## 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. Listen online:

[WWW.LITTLETONCOOP.COM/PODCAST](http://WWW.LITTLETONCOOP.COM/PODCAST)