



**Just Ice Tea**  
16 OZ  
**2/\$3**




**Red, Yellow, or Orange Peppers**  
**\$2.49** /lb




**ORGANIC Broccoli Crowns**  
**\$1.99** /lb


## PRODUCE

 Broccoli Crowns, Organic	\$1.99/lb
Red, Yellow, or Orange Peppers	\$2.49/lb
Naturesweet Tomatoes, 10 oz, Select Varieties	2/\$5
Clementines, 3 lb Bag	\$3.99
Peelz Minneola or Navel Oranges	99¢
Russet Potatoes, 5 lb Bag	2/\$5
Zucchini or Summer Squash	\$1.29/lb
Avocados	4/\$5

## BAKERY






 Ciabatta Rolls, 4 pk	\$3.49
Jessica's Sourdough Pullman Loaf, 24 oz	\$3.49
Dutch Maid 4" Cakes, 12-14oz	\$6.99

## IN THE FRIDGE

 Just Ice Tea, 16 oz	2/\$3
Califia Almond Milk Creamer, 25.4 oz	\$4.99
Califia Milk Alternatives, 48 oz	\$5.99


## BULK FOODS

BRING YOUR OWN CONTAINER & REFILL!



 Equal Exchange BioRevolution	\$9.99/lb
 Coffee <b>FAIR TRADE</b>	\$9.99/lb
 Raw Cashew Pieces	\$6.99/lb
 Yellow Popcorn	\$1.99/lb
 Raw Almonds	\$9.99/lb
Basmati Rice	\$1.99/lb
Thompson Raisins	\$2.99/lb

## MEAT & SEAFOOD




SERVICE COUNTER: 7AM-7PM DAILY

 Beef Shoulder Pot Roast	\$6.59/lb
 McKenzie Natural Casing Franks, 12 OZ	\$6.59
 Shoulder Steak for London Broil	\$6.99/lb
Boneless Pork Butts	\$2.59/lb
Fresh Chicken Tenders	\$2.99/lb
 North Country Smokehouse Sugar Free Bacon, 12 oz	\$6.99
Swordfish, Previously Frozen	\$10.99/lb
Handy Sweet Thai Chili Shrimp Rolls, 8 oz	\$9.99
Sea Best Cooked Shrimp, 51-60 ct, 16 OZ	\$8.99

## DELI

 Shaved Brussels Sprout Salad	\$4.99/lb
 Spicy Szechuan Noodles	\$3.99/lb
Boar's Head Deluxe Ham	\$6.99/lb
Cooper American Cheese, Regular or Black Pepper	\$4.99/lb

## BEER & WINE

 Rioja Wines, 750 ml	\$11.99
Gnarly Head Wines, 750 ml	\$13.99
 Fiddlehead Brewing 12 pk	\$17.99
 Woodchuck Cider 12 pack	\$17.99



## GROCERY

Post Honey Bunches of Oats Cereal, 11-12 oz 2/\$5

Liquid I.V Hydration Multiplier Drink Mix, 4.58-5.65 oz **BOGO**

Newman's Pasta Sauce, 24 oz 2/\$6

Knorr Sides Noodles or Rice, 4-5.7 oz 4/\$5

Annie's Mac & Cheese, 6 oz \$1.79

Newman's Own Dressing, 12-16 oz \$3.99

A-1 Steak Sauce, 10 oz \$4.79

Duncan Hines Cake Mix & Frosting, 14-16 oz 2/\$4

Duncan Hines Brownie Mix, 18-18.3 oz 2/\$3

Kellogg's Town House or Club Crackers, 13.7-13.8 \$3.49


Planters Peanuts, 16 oz Select Varieties 2/\$5

Planters Mixed Nuts, 8-10.3 oz \$5.99

Lay's Potato Chips, 7-8 oz \$2.99


 Nature's Path Toaster Pastry, 6 pk \$3.79

Clif Nutrition Bars, 2.4 oz 2/\$3

 Nixie Zero Sugar Soda, 12 oz 2/\$4

Waterloo Sparkling Water, 12 pk 2/\$10

Woodstock Cane Sugar and Powdered Sugar, 16-24 oz \$3.99

 Woodstock Brown Sugar, 16 oz 2/\$7

Seventh Generation Recycled Bath Tissue, 12 ct \$9.99

Seventh Generation Dish Soaps, 19 oz \$3.79

## EXCLUSIVE Co-op Coffee



You'll only find this one in food co-ops - we've partnered with Equal Exchange to feature their organic BioRevolution coffee! What's so special about it? 1) Its beautiful cooperative supply chain; 2) That extra impact oomph, since 50 cents for every pound sold funds innovative environmental resilience projects; 3) It's organically grown, fairly traded, and produced by cooperatives.

Equal Exchange BioRevolution Coffee

**\$9.99** /lb **IN BULK!** April 17-Apr 23


## FROZEN

Wyman's Triple Berry, Wild Blueberries, or Mango Berry, 3 lb \$11.79

Amy's Pizza, 12-14 oz \$7.99

Morning Star Meat Alternatives, 8-12 oz \$3.99

Eggo Waffles, 12.3 oz, Select Varieties 2/\$5

 Ben & Jerry's Ice Cream, 16 oz, Select Varieties \$4.49

Jolly Llama Cone Desserts, 3 or 4 ct 2/\$9

## BEAUTY & WELLNESS

Dr Bronner Toothpaste, 5 oz, Select Varieties \$5.39

Orgain Ready-to-Drink Protein, 14 oz, Chocolate **BOGO**

Giovanni Shampoo or Conditioner, 8.5 oz, Select Varieties **BOGO**

## SPECIALTY CHEESE

Ski Queen, 8.8 oz \$8.99

Old Croc Extra Sharp Cheddar, 7 oz \$5.99

BelGioioso Parmesan, Fontina or American Grana, 8 oz \$4.99

## Cheese of the Week:



**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

- Wed Apr 22 Earth Day at the Co-op @11-2 pm
- Mon Apr 27 Board of Directors Meeting on Zoom @5pm
- Sun May 2 Painting NH Native Flowers @1:30pm RSVP
- Tue May 5 Senior Member Discount Day
- Sat May 9 Our 17<sup>th</sup> Anniversary Celebration!

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



## Celebrate Earth Day



**Wednesday April 22 - 11am-3pm**  
Join the Co-op for fun, free, & eco-friendly activities on Earth Day! From 11am-2pm we will be giving away free native plant seedlings- while supplies last! From 1-3pm we will have upcycled crafts for kids (and cool adults) in the cafe. Plus we'll have a great display of our Green Team's favorite earth-friendly items!

## Board Meeting on Monday



**Monday April 27 @5pm on zoom**  
Our Board of directors will be hosting their monthly meeting, and Members are welcome to attend and observe. The Board typically goes over the "big picture" projects they are working on, along with a report from our CEO and an educational presentation. If you'd like to listen in, RSVP: [info@littletoncoop.org](mailto:info@littletoncoop.org)

## Painting , Gardening, & Cooperation



**Saturday May 2 @1:30-3 pm RSVP**  
Lynn Bart - local author, artist, and Littleton Garden Club member - will lead this live watercolor painting workshop. Participants will decorate a bookmark with a selection of native NH blooms. No experience with flowers or painting required! This class is FREE but space is limited, so RSVP is required.



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

## Attn Foodies: Work With Us!



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. Apply online:

[www.littletoncoop.com/jobs](http://www.littletoncoop.com/jobs)

# MORE FROM YOUR STORE

## Green Team Picks on Display



Looking for some easy eco-friendly swaps for Earth Day? Our Green Team put together a collection of their favorite products and brands for the latest display by the cafe, including snacks, body care, paper goods, and more.

## Members, Meet Provisions:



Hey Co-op Members! We have some great news: Provisions Co-op Wholesale is here, and it's a brand new perk just for you.

Provisions is our new and improved way to order the items you love... wholesale! You can check out a huge online catalog with over 20,000 natural and organic products from our main supplier, UNFI. More suppliers will be added soon, too!

You also get to stock up on the things your family loves most, when you need them most. No more waiting for special case sales, filling out little paper forms, calling the store, or lugging big, heavy boxes through the registers.

(And hey, if you actually like doing things the old way, that's totally fine, too. We will still happily take special orders right here at the store.)

Provisions pricing has two components: a Base Price and Volume Discounts. The Base Price is 10-15% off the retail price. The more you buy, the more you save!

- Here are the extra discounts you can earn:
- Save 5% on orders over \$150 (total 15-20%)
- Save 10% on orders over \$450 (total 20-25%)
- Save 15% on orders over \$750 (total 25-30%)

Ready to try Provisions? Check your email for a special Members-only invitation from [provisions@littletoncoop.org](mailto:provisions@littletoncoop.org). That email will include all the steps you need to set up your account and place your first order. Can't find the invite email? Members can sign up on the Provisions website:

[www.littleton.provisions.coop](http://www.littleton.provisions.coop)

# FRESH, NEW, & FUN

## Local Bok Choy



It's only a matter of time before the local produce in store transitions from dense squash and potatoes into beautiful leafy greens and juicy indulgences like strawberries and tomatoes. Meadowstone Farm dropped off their bok choy this week and it's flying off the shelves! Bok choy is actually a type of cabbage, and it's similarly good for stir fries, salads, or a sautéed mix.

## Momos For Me & You



Meet Deep Indian Kitchen's latest innovation: frozen momo dumplings! Momos are found across the Himalayas, but differ from potstickers and soup dumplings. Flavors include: chicken tikka masala, butter chicken, chicken curry, and veggie masala. Each package is one serving size, comes with its own chutney sauce, and can be steamed or microwaved. F

## New (To Us) Local Beer



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. Find them in the "New Hampshire" section of the beer cooler.

## 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)