



ORGANIC - LOCAL
Stonyfield
Yogurt
32 OZ, SELECT VARIETIES
\$3.99



CO-OP BAKED
Parisian French
Baguette
18 OZ
\$1.99



Blueberries
1 PINT
2/\$5

PRODUCE

Blueberries, 1 Pint	2/\$5
Strawberries, 16 oz	2/\$5
RubyRed Kiwi, 16 oz	\$5.99
Cluster Tomatoes	\$1.49/lb
Red, Yellow, or Orange Peppers	\$2.99/lb
Real Green Dressing, 8.5 oz, Select Varieties	\$5.99
Vidalia Onions, Organic	\$1.29/lb

BAKERY

Parisian French Baguette, 18 oz	\$1.99
Dere Street Scones, 3 pk, Select Varieties	\$4.99
Table Talk 8" Strawberry Rhubarb Pie, 24 oz	\$5.99

IN THE FRIDGE

Stonyfield Yogurt, 32 oz, Select Varieties	\$3.99
Sargento Cheese Shreds, 8 oz	\$2.99
Chobani Greek Yogurt, 5.3 oz, Select Varieties	4/\$5
Chobani Flips, 4.5 oz	2/\$3
Stonyfield YoKids Pouches, 3.5 oz	\$1.79
Hood Half & Half Creamer, 16 oz	\$1.79
Land O' Lakes Spreadable Butter, 7-8 oz	\$2.49
Philadelphia Cream Cheese Bar, 8 oz	2/\$5
Kozy Shack Pudding, 22 oz	\$3.99
Bizzy Cold Brew Coffee, 48 oz	\$5.99
Planet Oat Oatmilk, 52 oz	\$3.49
Silk Plant-Based Creamer, 32 oz	\$4.49

MEAT

SERVICE COUNTER: 7AM-7PM DAILY

New York Sirloin, Boneless	\$10.99/lb
Sirloin Tip Roast, Boneless	\$7.99/lb
Pork Tenderloin	\$2.99/lb
Boneless Chicken Breast	\$2.99/lb
Chicken Thighs	\$1.79/lb
Applegate Turkey Burgers, 16 oz	\$10.99
Applegate Uncured Beef Hot Dogs, 10 oz	\$7.99

SEAFOOD

SERVICE COUNTER: 7AM-7PM DAILY

Wild Skinless Cod Fillets, Previously Frozen	\$11.99/lb
Johnny Salad Shrimp, 8 oz	\$4.99
Johnny Tempura or Popcorn Shrimp, 8 oz	\$6.49
Norm's Naked Scottish Smoked Salmon, 4 oz	\$5.99

DELI

New England Traditions Oven Roasted Turkey	\$5.49/lb
Boar's Head Pepperjack Cheese	\$4.99/lb

BEER & WINE

Apothic Wines, 750 ml	\$9.99
Carnivor Wines, 750 ml	\$9.99
Founders Brewing, 15 pack	\$17.99
603 Seltzer, 9 pack	\$18.99



GROCERY


Chocolove Chocolate Bars, 2.9-3.2 oz, Select Varieties	2/\$5
 Mary's Gone Crackers, 4 oz, Select Varieties	2/\$5
Post Shredded Wheat & Grape Nuts, 18-20.5 oz	\$2.99
V8 Juice & V-Fusions, 46 oz	\$3.99
Barilla Pasta Sauce, 24 oz	\$2.79
Cholula Salsa, 12 oz	\$2.79
Cholula Hot Sauce, 5 oz	\$3.29
Krusteaz Muffin Mixes, 15.4-17.10 oz	\$2.99
Hershey's & Reese's Baking Chips, 10-11.5 oz	\$3.49
Bear Naked Granola, 12 oz	\$3.99
Tostitos Tortilla Chips, 11-13 oz	\$2.99
Tostitos Salsa, 15.5 oz	\$2.99
C2O Coconut Water, 33.8 oz	\$3.99
Kashi Cereals, 12.7-18 oz, Select Varieties	\$6.49
 Grandy Organics Grain-Free Coconola, 9 oz	\$6.49
 Lotus Foods Rice Ramen, 2.8 oz	\$1.79
Kind Grain Clusters or Granola, 11 oz	\$4.99
Woodstock Lump Hardwood Charcoal, 8.8 lbs	\$11.99
Dawn Powerwash Spray, 16 oz	\$4.99
Bounty Paper Towels, 6ct	\$11.99

BULK FOODS


Save the Forest Granola	\$4.99/lb
 Roasted Cashews, No Salt, Organic	\$9.99/lb
 Pitted Prunes, Organic	\$6.99/lb
Pearled Couscous	\$2.99/lb
Smokehouse Almonds	\$9.99/lb
Zoo Animal Fruit Snacks	\$7.99/lb





FROZEN

 Alden's Frozen Novelties, 9-14 oz	\$4.99
Delizza Mini Eclairs, 30 ct	\$6.99
Kemps Frozen Yogurt, 48 oz	2/\$7
Amy's Burritos, 5.5-6 oz, Select Varieties	3/\$10
Cosmic Bliss Ice Cream, 14 oz	\$5.99
Canyon Bakehouse GF Breads or Bagels, 14-18 oz	\$5.99

BEAUTY & WELLNESS

Dr Bronner's Liquid Castile Soap Refill, 32 oz, Select Varieties	\$11.99
 Aura Cacia Essential Oil, Boxed, .25 oz, Select Varieties	\$3.99
Garden of Life Magnesium Gummy, 60 ct, Peach or Raspberry	\$11.99

SPECIALTY CHEESE

 Maplebrook Farm Feta, Plain or Smoked, 8 oz	\$4.99
 Grafton Village Cheddar, 8 oz	\$6.99
Boursin, 5.2 oz	\$6.49

Cheese of the Week:



**Save \$2/lb
May 1-May 7**

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 May 2 Painting NH Native Flowers @1:30pm RSVP
- Tue May 5 Senior Member Discount Day
- Tue May 5 Cinco De Mayo Sale - TBA!
- Sat May 9 Our 17th Anniversary Celebration @12-3pm
- Sat May 9 Member Appreciation Day
- Sun May 10 Mother's Day

To see our full list of events or to RSVP:
www.littletoncoop.com/events



Let's Party



Saturday May 9 @12-3PM - FREE (It's also Member Day!)

We're turning SEVENTEEN! Join us for a community birthday party featuring local food, treats, giveaways, and more! Some of our favorite vendors will be here serving up free samples and tastings. We'll also be revealing our largest mural to date, designed by local artist Zach Johnsen of Baba Yaga.

It's also Member Appreciation Day, so Co-op Members save 10% on eligible items, all day long. It's definitely an afternoon you won't want to miss!

Celebrate Mom



Mother's Day is Sunday May 10!

Celebrate Mother's Day the Littleton Co-op way! Whether it's breakfast, brunch, or dinner with a smile, treat the mother in your life to high quality ingredients sourced locally. Moms deserve the best!

Not sure what to give your mama? We've done the thinking, prep, and wrapping all for you! The Littleton Co-op has limited edition Mother's Day gift baskets ready to go in a range of themes. Whether the mom in your life enjoys some aromatherapy pampering, breakfast in bed, or a classic charcuterie afternoon, we have the perfect gift! Find them on the seasonal display across from Aisle 6.

MORE FROM YOUR STORE

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. 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

CO-OPPORTUNITIES

Do you love serving your community?
Would your friends describe you as attentive,
hard working, and a fun hang? Then we want you
to be our coworker at Littleton Co-op!

Now hiring:



Meat Cutter
Bakery Manager
Meat & Seafood Clerk



Apply Online: LittletonCoop.com/jobs

FRESH, NEW, & FUN

Savory Scones



Thanks to a shopper suggestion, we now have two flavors of Dere Street Scones in the Bakery! Dere Street's blueprint for success is taken from the Romans 2000 years ago as they undertook the building of (the actual) Dere Street. Their hard work translates to your benefit with these yummy Cheddar Chive and Cranberry Orange scone 3-packs.

Attention! Soldier Beans!



Soldier beans are a traditional New England heirloom, kidney-shaped, cream-colored bush bean featuring a distinctive dark reddish-brown marking around the eye that resembles an 18th-century soldier. Known for a firm texture and mild, nutty, or earthy flavor, they are ideal for baking, soups, and stews, and most often used for boston baked beans. Available in Bulk now!

Co-op In Bloom



We're so excited to showcase a new design from local artist Pyper Williams on our front windows! Fun fact: this scene reflects some of the native plants and pollinators you can spot on our property in warmer weather, including lupines, purple coneflower, butterflies, bees, and black-eyed susans.

The Co-op Green Team works to support natural biodiversity in the co-op's green spaces, and has taken steps toward planting and re-seeding native wildflowers. We also limit how much we mow, so that everything gets a chance to grow and thrive.

Next time you're here, check out the beautiful new window commemorating our support of native plants and pollinators!

... in Wildbloom, Too!



Just like their namesake blossoms, Wildbloom cans have popped up here at the Co-op! This super-local brewery is located in Littleton and is known for their incredible craftsmanship and use of local ingredients. Check them out in our beer cooler: Ramble (4.4% mountain ale), Natural Athlete (4.2% light lager), and Pop Fly (4.6% pilsner).

BOARD UPDATE

From The Board President



"...When you shop at the Co-op, you are doing more than buying groceries — you are supporting living-wage jobs, strengthening our local economy, and helping small farms and producers thrive. The positive ripple effect our Co-op has across the North Country is something we can all be proud of!"

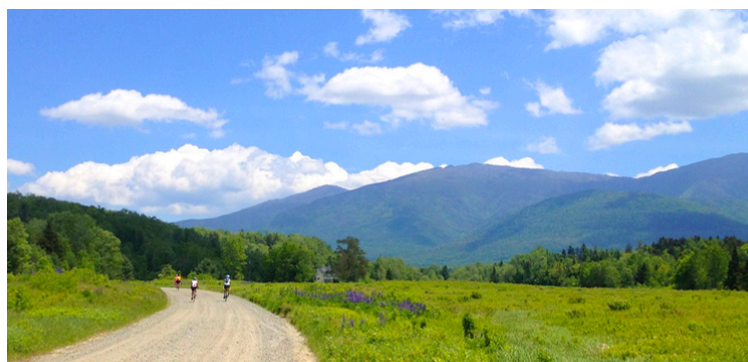
Our new Board President, Timothy Healey, recently took the time to pen an update on some changes in the Co-op's Board of Directors, along with an announcement regarding our upcoming shopper survey and Strategic Plan.

Visit the link below to read Timothy's letter to members, and keep an eye on your email in the coming days for a survey link!

www.littletoncoop.com/board-043026

YOUR CO-OP COMMUNITY

Meet Our May Partner!

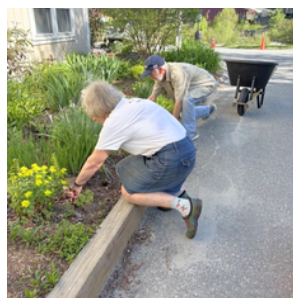


The Cross New Hampshire Adventure Trail (xNHAT) is an 83 mile bicycle route in northern NH that travels through scenic river valleys and the Presidential Mountain Range. Most of the route is on rail trail, also includes a patchwork of dirt and paved roads. These routes link together for an adventurous bike route from Woodsville, New Hampshire to Bethel, Maine. On the Cross New Hampshire Adventure Trail (xNHAT), intrepid cyclists can experience the glory of the northern New Hampshire landscape, learn about the natural and cultural history of the region and partake in the hospitality of the many small towns along way.

All donations and round-ups made during the month of May will help xNHAT improve their trails, share information & resources, and more!

www.littletoncoop.com/about/partnerofthemoth

Volunteer on Day of Caring!



We will be participating in Granite United Way's North Country Day of Caring, and you're invited! A crew of Co-op employees and shoppers will be cleaning up the gardens of Mount Sacred Heart; slots are available from 9AM-12PM, 1-4PM, or 9AM-4PM all day on Wednesday, May 20. To sign up, contact Becky Colpitts at bcolpitts@littletoncoop.org.