



**Whole Seedless Watermelon**  
**\$5.99**

**Weekly Specials: Fri May 2 - Thu May 8 2025**  
**MEMBERS: VOTE IN THE BOARD ELECTION APR 26-MAY 10**

More Info: [LittletonCoop.com/VOTE](http://LittletonCoop.com/VOTE)



**New York Sirloin Steak**  
**\$8.99**  
Lb



**Allison's Potato & Egg Salad**  
**\$4.99**  
Lb

## PRODUCE

|   |           |
|---|-----------|
| Whole Seedless Watermelon                   | \$5.99    |
| USDA ORGANIC Strawberries, 16 oz            | \$3.99    |
| Sweet Corn                                  | 12/\$6    |
| Vidalia Sweet Onions                        | 99¢/lb    |
| Red Grapefruit California                   | 99¢       |
| Zucchini or Summer Squash                   | \$1.49/lb |
| USDA ORGANIC Red, Orange, or Yellow Peppers | \$2.99/lb |
| USDA ORGANIC Limes                          | 3/\$1     |

## BAKERY

|  |        |
|--|--------|
| Superior On Main Eclairs, 4 pk             | \$2.99 |
| Nashoba Brook Rosemary Garlic Bread, 20 oz | \$3.99 |
| Almond Butter Croissant, 3 pk              | \$4.99 |

## BEER & WINE

|                                |         |
|--------------------------------|---------|
| local Tuckerman Brewing, 12 pk | \$14.99 |
| Rossino Rose Wine, 750 ml      | \$6.99  |
| New Belgium Brewing Co., 12 pk | \$17.99 |
| Taveggia Wines, 750 ml         | \$5 off |

## MEAT

SERVICE COUNTER: 7AM-7PM DAILY

|   |           |
|---|-----------|
| USDA ORGANIC New York Sirloin Steak           | \$8.99/lb |
| Chicken Drumsticks                            | 79¢/lb    |
| USDA ORGANIC Sirloin Tip Roast                | \$5.99/lb |
| Boneless Center-Cut Pork Chops                | \$2.59/lb |
| local McKenzie Natural Casing Hot Dogs, 12 oz | \$5.59    |
| Chicken Thighs                                | \$1.69/lb |

## SEAFOOD

|   |            |
|---|------------|
| Wild Large Skinless Haddock Fillets previously frozen | \$10.99/lb |
| Gourmet Large Stuffed Clams, 5 oz                     | 2/\$4.50   |
| SeaBest 26/30 Raw EZ Peel Shrimp, 1/lb                | \$5.99     |

## DELI

SERVICE COUNTER: SUN-THU: 7AM-6PM | FRI & SAT: 7AM-7PM

|  |           |
|--|-----------|
| CO-OP MADE! Allison's Potato & Egg Salad | \$4.99/lb |
| CO-OP MADE! Pasta Salad                  | \$2.99/lb |
| Boar's Head Pastrami Round               | \$9.99/lb |
| local Cabot Sharp Cheddar Cheese         | \$7.99/lb |

## BULK FOODS

|   |            |
|---|------------|
| Carob Peanut Clusters                     | \$5.99/lb  |
| Savory Crunch Snack Mix                   | \$3.99/lb  |
| USDA ORGANIC Grind Your Own Almond Butter | \$8.99/lb  |
| Sprouted Pumpkin Seeds                    | \$9.99/lb  |
| USDA ORGANIC Crystallized Ginger Chunks   | \$8.99/lb  |
| local Peanut Butter Coconola              | \$11.99/lb |
| Zoo Animals                               | \$9.99/lb  |






## WELLNESS

|   |        |
|---|--------|
| NEW! OWYN Double Shot Protein Drink, 20g, 12 oz, Select Varieties | \$2.99 |
| Aura Cacia Mineral Baths, 2.5 oz, Select Varieties                | 2/\$4  |
| Organic India Psyllium Husks, Organic, 12 oz                      | \$9.99 |









<< The 2024 Annual Report is now online!  
[www.LittletonCoop.com/Documents](http://www.LittletonCoop.com/Documents)

## GROCERY

|  |         |
|--|---------|
| Teddie's Peanut Butter, 16 oz  | \$2.99  |
| The Good Crisp Potato Crisps, 5.6 oz   | 2/\$4   |
| Post Honey Bunches of Oats Cereal, 11-12 oz  | 2/\$5   |
| Classico Pasta Sauce, 24 oz  | 2/\$5   |
| Minute Rice, 14 oz   | \$2.79  |
| Kraft Mac & Cheese Dinner, 7.25 oz   | 4/\$5   |
| Wishbone Dressing, 15 oz   | 2/\$5   |
| Food Club Spicy Brown Mustard, 12 oz   | \$1.39  |
| Food Club Mustard, 8 oz  | \$0.79  |
| Loacker Wafers, 8.82 oz  | \$3.49  |
| Cravn Flavor Fudgy Cookies, 8.5-12.5 oz, Select Varieties  | 2/\$4   |
|  Justin's Nut Butter Cups, 1.32-1.4 oz    | 2/\$3   |
|  Muir Glen Pasta Sauce, 23.5 oz           | 2/\$7   |
|  Spectrum Extra Virgin Olive Oil, 25.4 oz | \$17.99 |
|  Blue Diamond Almond Breeze, 32 oz        | \$2.49  |
| Celestial Seasonings Herbal Tea, 20 ct   | 2/\$7   |
|  Dr. Bronner's Chocolate Bar, 2.93-3 oz   | \$3.79  |
| From the Ground Up Cauliflower Crackers, 3.5-4 oz  | 2/\$7   |
| Simply Done Paper Towels, 6 ct   | \$5.99  |


## REFRIGERATED

|   |        |
|---|--------|
|   Stonyfield Yogurt, 32 oz, Select Varieties | \$3.99 |
|   Organic Valley Cheese Shreds, 6 oz        | \$2.99 |
| Chobani Greek Yogurt, 5.3 oz  | 4/\$5  |
|  Blue Diamond Almond Breeze, 64 oz   | \$2.99 |
| Hood Half & Half, 16 oz   | \$1.69 |
|  Land O'Lakes Spreadable Butter, 6.5-8 oz  | \$2.49 |
| Kozy Shack Pudding, 22 oz   | \$3.99 |

## FROZEN

|  |        |
|--|--------|
| Udi's Gluten-Free Hamburger or Hot Dog Buns, 10.4-14.3 oz      | \$2.99 |
| Hood Ice Cream, 48 oz Select Varieties                         | \$2.99 |
| Hood Ice Cream Sandwiches & Cups, 30-37.5 oz, Select Varieties | \$3.49 |
| Oatly Non-Dairy Frozen Dessert, 16 oz                          | \$4.49 |
| Caulipower Cauliflower Crust Pizza, 10.9-11.85 oz              | \$6.99 |
| Beyond Meat Plant-Based Ground Beef, 16 oz                     | \$7.99 |

## SPECIALTY FOODS & CHEESES

|  |         |
|--|---------|
|  Maplebrook Farm Feta, 8 oz | \$4.99  |
| Dodoni Halloumi Grilling Cheese, 7.9 oz  | \$5.99  |
| Castello Danablu Blue Cheese, 4.4 oz   | \$4.59  |
| Sartori MontAmore, Smoked or Old World Cheddar, 5-7 oz   | \$1 off |
| Firehook Baked Crackers, 8 oz  | \$6.59  |
| Hellenic Farms Fig Salami, 6.4 oz  | \$8.59  |
| Mike's Hot Honey, 12 oz  | \$9.99  |
| Burlap & Barrel Single Origin Spices, 1.5-2.8 oz   | \$1 off |

### Cheese of the Week: Alpha Tolman



Alpha Tolman is a raw cow milk, Alpine-style cheese from Jasper Hill Cellars in Greensboro, VT. Named for Alpha Tolman, a philanthropic dairy farmer who built the Greensboro Library in 1900 (his grandfather, Enoch, was one of the town's original settlers), the 22 lb wheels of cheese are washed with a cultured brine and aged for 8-12 months.

Young wheels of Alpha Tolman have a milky, fruity, nutty flavor while mature wheels develop bold, meaty, buttery, caramelized onion flavors. Alpha Tolman is an excellent melting cheese, perfect for fondue, gratins and baked pasta dishes or try pairing it with a robust ale, a plummy red wine or onion jam.

**Save \$5/lb from May 2 - May 8**

(While Supplies Last - Price as Marked on the Label)

## 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](http://littletoncoop.com) and scroll down the page to sign up for our weekly e-newsletter!

## Not A Member Yet?

Everyone is welcome to shop at the co-op - no Membership Required - but only Members get perks like discounts on Member Days, savings on special orders by the case, and the ability to vote in elections (if you own 4+ shares). Join today: [littletoncoop.com/membership](http://littletoncoop.com/membership)



### This Week's Flyer:

6 Local Items  
12 Organic Items  
5 Cooperatively-Made Items  
0 Fair Trade items

### Sales & Discounts:

\*Discounts apply to eligible items only, and 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.

Open Daily: 7 AM to 8 PM  
Deli & Meat Service Hours:  
See Section in Flyer

43 Bethlehem Rd.  
Littleton, N.H.

(603) 444-2800  
[LittletonCoop.com](http://LittletonCoop.com)



## EVENT CALENDAR

Sat Apr 26 - Sat May 10: Vote in the Board Election!  
 Fri May 2: Free Sampling- Moat Mountain @12-2PM  
 Mon May 5: Senior Member Discount Day  
 Sat May 10: 16th Anniversary Celebration @12-3PM  
 Sun May 11: Mother's Day  
 Fri May 16: Summer Hours Begin - Open 7AM-9PM  
 Mon May 19: Co-op Board Meeting @5pm (RSVP)  
 Mon May 26: Memorial Day - We're Open!

To RSVP for an event: visit [littletoncoop.com/events](http://littletoncoop.com/events), or email [info@littletoncoop.org](mailto:info@littletoncoop.org)

## Sixteenth Anniversary Celebration

Saturday  
May 10  
12-3 PM

16  
 FUN & GAMES  
 DESSERT  
 LIVE MUSIC  
 GIVEAWAYS  
 DISCOUNTS  
 FAIRY HAIR  
 LOCAL FOOD AND DRINK  
 FREE VENDOR SAMPLES  
 MEMBER APPRECIATION DAY

## Gifts For Your Mama



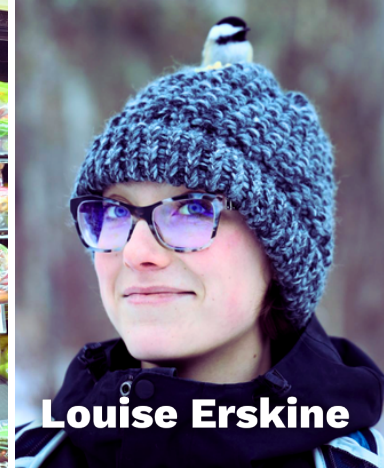
Motherhood can be complicated, but finding a great gift doesn't have to be. Here at the co-op we have lots more than just groceries, and we have some great ideas for your mom, grandma, auntie, or just all around nurturing person who's been there for you. Check out our gift list online: [Littletoncoop.com/mothers-day-gift-guide](http://Littletoncoop.com/mothers-day-gift-guide)

## VOTE! VOTE! VOTE!

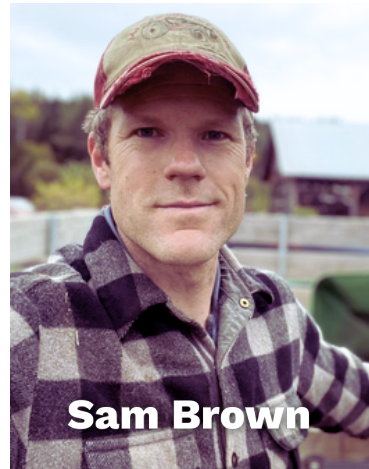
2025 Board Election: Apr 26- May 10



Travis Brenchi



Louise Erskine



Sam Brown



Timothy Healey

It's almost time to vote! Our Board Election starts Saturday April 26 and closes on Saturday May 10. In the next few days, eligible Members in NH and VT will receive a letter in the mail with their unique voting credentials from Simply Voting. All other eligible members will receive an email from Simply Voting with their information prior to the election. Don't trash the letter or email - it has info you'll need to vote!

All members have equal voting rights in our cooperative, so each member gets ONE vote. If you share your account with a spouse/child/grandparent/roommate, only the the primary member may vote- make sure you all come to a consensus because you only get one shot at voting! You can return back to the voting page as many times as you need, but you can only submit your vote once.

If you don't receive your voting letter by mail or email, it could be because we don't have correct information on file for you, or you don't own four shares and are not eligible to vote (yet!). If you need help, please reach out to our Member Coordinator, Becky Colpitts: [bcolpitts@littletoncoop.org](mailto:bcolpitts@littletoncoop.org)

Also: a limited number of paper ballots will also be available at the Service Desk, starting April 26!





# FRESH, NEW, & FUN

## Fresh Podcast Episode!



You know how the saying goes: April showers bring May flowers. Well, in the TRPU (That's Rad Podcasting Universe), April showers bring a springtime episode with Peacham Lavender Farm! On this episode of That's Rad, a podcast presented by the Littleton Food Co-op, host Anastasia sits down with Cindy and Dan of Peacham Lavender Farm. Not only does Cindy and Dan's story leave you daydreaming of expansive rolling fields of fragrant purple, but gives you a behind the scenes look at the sweat, tears, and bee stings that go into producing this ubiquitous purple herb. That's right – herb. And that work doesn't even factor in the added challenges of growing in Vermont, facing climate change, and pushing against the current of all who said Cindy's dream could not come true. This episode pairs perfectly with your favorite bouquet and a glass of lemonade.

Listen online: [LittletonCoop.com/Podcast](http://LittletonCoop.com/Podcast)

## The Mix of Champions



This new snack in the bulk Department is a savory mix of dried edamame, hickory smoked almonds, salted macadamia nuts, and cheddar sesame sticks. The included chilli bits add a bit of heat, but it's are nicely countered by the buffalo peanuts (which are basically a sweet & hot candied nut). Bring a jar and try some today!

## Co-op Merch For Spring



We're looking fun, fresh, and oh so colorful here at the Co-op in our new tie dye shirts! Show your support for your favorite co-op in a classic summer tee option emblazoned with an embroidered logo. We also have new polo shirts for the ~professional cooperators~. Find them in the Co-op merch area in the rear of the Wellness Department.

# MORE FROM YOUR STORE

## Look For Our Green Team Picks



In honor of Earth Day, our Green Team has created new shelf signs - look for them in the aisles to signify tried and true products handpicked for their sustainability. It's like an earth-friendly scavenger hunt around the Co-op, and we're adding more items all the time! What's your favorite "green" item at the Co-op??

## Plant a Heart & Watch it Bloom



Show someone you care about AND Mother Earth some love with new Paper Heart Seeds in our seasonal display. Each glass jar with a cork lid comes with 18-24 different varieties of wildflower seeds nestled within plantable "hearts." Perfect for the gardener in your life who deserves some love. Also makes an excellent teacher gift!

# YOUR CO-OP COMMUNITY

## Round Up for Disabled Veterans!



Round up at the register this May for Disabled American Veterans of the North Country!

Disabled American Veterans (DAV) helps veterans of every generation address their challenges and achieve personal victories, great and small, to better thrive in civilian life. They provide a wide range of free support services and professional assistance to veterans, their families, and survivors, including: advocating for veterans' rights and benefits, assisting with VA claims and benefits, providing job training and placement assistance, offering mental health support, and connecting veterans to various resources. Every penny you contribute goes to the North Country chapter of DAV!

Learn more at [dav.org](http://dav.org)