



DELI

CO-OP MADE!

Street Corn Salad

\$5.99 /lb



Baby Back Ribs

\$3.59 /lb



Mini Seedless Watermelon

\$4.99

PRODUCE

Mini Seedless Watermelon	\$4.99
Cantaloupe	2/\$6
Raspberries, 6 oz	2/\$7
Blackberries, 6 oz	2/\$6
Red Grapefruit	99¢
Mangoes	2/\$3
Zucchini or Summer Squash	\$1.29/lb
Vidalia Onions	99¢/lb

BAKERY

<small>CO-OP BAKED</small> Ciabatta Rolls, 4 pk	\$2.99
Superior on Main Eclairs, 4 pk	\$3.59
St. Pierre Hot Dog Buns, 6 pk	\$3.99

IN THE FRIDGE

Fage Total Greek Yogurt, 16 oz	\$3.49
Food Club Cream Cheese Bar, oz	3/\$5
Buitoni Stuffed Tortellini, 20 oz, Select Varieties	\$5.99
Lactaid Milk, 64 oz	\$3.79
<small>USDA ORGANIC</small> Organic Valley Shredded Cheese, 4-6 oz	\$4.99
<small>local</small> Sunja's Cabbage Kimchi, 16 oz, Select Varieties	\$6.99
Poppi Prebiotic Soda, 12 oz	2/\$4
<small>local</small> Meadowstone Farm Eggs	\$6.99

MEAT

SERVICE COUNTER: 7AM-7PM DAILY

Baby Back Ribs	\$3.59/lb
<small>USDA ORGANIC</small> Strip Steak	\$18.99/lb
<small>USDA ORGANIC</small> Top Round Roast	7.59/lb
<small>USDA ORGANIC</small> Top Round Steak	\$7.99/lb
<small>local</small> Schonland's Hot Dogs, 2.5 lb	\$18.99
Pork Loin, Whole Boneless	\$2.59/lb
Chicken Tenders	\$2.99/lb

SEAFOOD

SERVICE COUNTER: 7AM-7PM DAILY

Wild Swordfish, Previously Frozen	\$8.99/lb
SeaBest Shrimp, Cooked, 51-60 ct / 1 lb	\$8.99
Blue Circle Original Salmon Sausage, 12 oz	\$6.99
Phillips Claw Crabmeat, 8 oz	\$10.99

DELI

<small>CO-OP MADE!</small> Street Corn Salad	\$5.99/lb
Pasta Salad	\$2.99/lb
Boar's Head Everroast Chicken	\$7.99/lb
Boar's Head Picante Provolone Cheese	\$5.49/lb

BEER & WINE




Earthgrown Cabernet Sauvignon or Chardonnay, 750 ml	\$3.99
Rossino Prosecco, 750 ml	\$14.99
<small>local</small> Kettlehead Brewing 4pack	\$1 off

ANNIVERSARY CELEBRATION!
Saturday May 9 @12 - 3pm
PLUS IT'S MEMBER APPRECIATION DAY!
CO-OP MEMBERS SAVE 10%*ALL DAY LONG

GROCERY

 Bionaturae Tomatoes, 28.2 oz	2/\$7
110 Olive Oil	\$19.99
 Jenna's Promise Coffee	\$11.99
Wide Awake K-Cups, 10 ct	\$4.79
Chicken of the Sea Tuna, 5 oz	4/\$5
Food Club Spicy Brown Mustard, 12 oz	\$1.49
Ah-So Sauce Chinese Style, 11 oz	\$2.99
Betty Crocker Cake Mixes & Frosting, 12-16 oz	4/\$5
Betty Crocker Brownie Mixes, 16.3 oz	2/\$4
Loacker Wafer Cookies, 7.76-8.82 oz Select Varieties	\$4.99
Fever Tree Cocktail Mixers, 4 pk	2/\$9
Gimme Seaweed Snacks, .32-.35 oz	2/\$4
 Justin's Organic Candies, 1.32-1.5 oz	2/\$4
Goldthread Plant-Based Tonics, 10.5 oz	2/\$6
Honey Stinger Waffles, 1.06 oz	4/\$5
Moon Cheese Snacks, 2 oz	2/\$6
Kettle Chips, 5 oz, Select Varieties	2/\$6
 Montebello Pasta, 16 oz	\$3.99
Jet-Puffed Marshmallows, 12 oz	2/\$5

BULK FOODS


 Monte Alto Coffee, Select Varieties	\$14.99/lb
 Peanut Butter, Organic	\$5.99/lb
Zen Snack Mix	\$6.99/lb
 Sunny Vitamin C Fruit Slices	\$9.99/lb
 Dates Rolled in Coconut, Organic	\$6.99/lb
 Grandy Organics Cashews, Organic, Select Varieties	\$15.99/lb

PROVISIONS
Co-op Wholesale





www.littleton.provisions.coop





FROZEN

Hood Ice Cream, 48 oz, Select Varieties	2/\$5
McCain Onion Rings, 14 oz	\$2.99
Brigham's Ice Cream, 32 oz	\$3.99
Amy's Burritos, 5.5-6 oz, Select Varieties	\$2.99
 Cascadian Farms Frozen Potatoes, 12-16 oz	2/\$8
Feel Good Foods, 7-12.7 oz, Select Varieties	\$6.99
Bubbies Mochi Ice Cream, 6 ct	\$5.59

BEAUTY & WELLNESS

 Aura Cacia Fizzy Bath, 2.5 oz, Calming or Clearing	2/\$5
Dr Bronner's Liquid Castile Soap Refill, 32 oz, Select Varieties	\$11.99
 WS Badger Sunscreen, 3 oz, Select Varieties	\$12.99

SPECIALTY FOODS & CHEESES

 Vermont Creamery Chevré Logs, 4 oz	\$3.99
 Vermont Farmstead Brie, 6.5 oz	\$9.99
 Shelburne Farm 2 Year Cheddar, 8 oz	\$10.99
 Mountain Fire Farm Hot Maple Creme, 4 oz	\$12.99
Maine Crisp Buckwheat Crackers, 4 oz	\$6.49

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

- Sat May 9 Our 17th Anniversary Celebration
@12-3pm
- Sat May 9 Member Appreciation Day
- Sat May 9 Meet the Mural Artist! Zach Johnsen
@11-12:30pm
- 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!

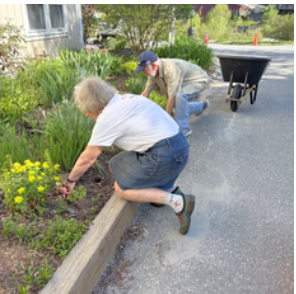
It's Also Member Appreciation Day



Saturday May 9 - All Day

You know the drill - double check the pantry, grab your grocery list, and collect all the reusable totes together and chuck 'em in the car, because Member Appreciation Day is coming up quick! On member Appreciation Day, Co-op Members Save 10% on all eligible items, all day long.

Volunteer With Us - Day of Caring



Wednesday May 20 @9AM-4PM

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. To sign up, contact Becky Colpitts at bcolpitts@littletoncoop.org.

MORE FROM YOUR STORE

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.

Local Blooms



Hanging baskets, floral bowls, succulents, and annual starter packs have arrived for the season! Find the floral explosion of beauty and color just outside our door.

Moms especially love hanging baskets! Ours are grown by 4 Corners Farm in Newbury VT. Choose from a variety of Proven Winners color combos to coordinate with any porch, patio, or garden.

We also have a bountiful selection of beautiful bouquets right as you walk in the store, including a limited selection of absolutely luscious pink peonies.



FRESH, NEW, & FUN

New Podcast: High Mowing Seeds



Calling all gardeners: the seasoned veterans, the nervous newbies, the overly ambitious go-getters, and the forgetful folks. And a special shoutout to the procrastinators – this episode of That’s Rad, a podcast presented by the Littleton Food Co-op, is for you.

On the latest episode, host Anastasia sits down with Jenn of High Mowing Organic Seeds, a Vermont-based 100% non-GMO organic seed company that has grown from a small outpost in the north to one of North America’s most recognized, most knowledgeable, and most trusted seed brands.

www.littletoncoop.com/podcast



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

Intricate Art in the Cafe



Carolyn Guest is a Vermont-based artist who excels in the traditional Polish folk art called Wycinanki, or paper cut design. Adding a Vermont spin on things, Carolyn uses sheep shears to create mounted and framed art and notecards, often of Vermont scenery. Make sure your next trip includes a stop into the Cafe to check out Carolyn's work through the end of June!

May is AANHPI Heritage Month

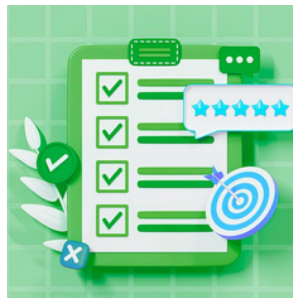


Asian American, Native Hawaiian, and Pacific Islander (AANHPI) Heritage Month is celebrated worldwide in May to bring awareness to and honor the cross-sector contributions made by people of such cultural background. And that includes impacts in our food system! Our first Producer Spotlight of May shines on the story of Eugene Kang and Archer Jerky.

www.littletoncoop.com/producer-spotlight-archer-jerky

YOUR CO-OP COMMUNITY

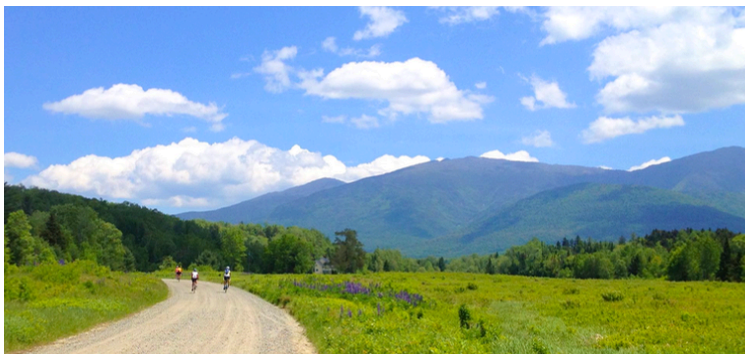
Tell us what you think!



We're always asking ourselves how we can do better, and every few years we take a deeper dive into that. By creating a Strategic Plan, we can build a guide for our Board, our operations, our store, and our community. The first step? Your feedback! We need to hear from YOU in order to build a strong foundation for this project. Take it here:

www.surveymonkey.com/r/coopsurvey26

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

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