



Whole Seedless Watermelon
\$4.99



Family Pack Ground Chuck
\$5.99 Lb



7-8 oz Cabot Cheese Slices & Cuts
2/\$4

PRODUCE

| | |
|--------------------------------|-----------|
| Whole Seedless Watermelon | \$4.99 |
| Yellow Peaches | \$1.49/lb |
| Strawberries, 16 oz | 2/\$4 |
| Raspberries, 6 oz | 2/\$7 |
| Broccoli Crowns | \$1.99/lb |
| Cantaloupe | 2/\$5 |
| Hothouse Tomatoes | 99¢/lb |
| Red, Orange, or Yellow Peppers | \$1.99/lb |

REFRIGERATED

| | |
|------------------------------------|--------|
| Cabot Cheese Slices & Cuts, 7-8 oz | 2/\$4 |
| Planet Oat Oat Milk, 52 oz | 2/\$6 |
| Food Club Cheese Bars, 8 oz | 2/\$4 |
| Sargento Cheese Shreds, 2.5 | \$2.99 |
| Redi Whipped Cream, 6.5 oz | \$2.99 |
| Food Club Butter Quarters, 16 oz | \$3.49 |
| Daisy Sour Cream, 16 oz | \$2.49 |

BEER & WINE

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|------------------------------|---------|
| Corona, 12 pk | \$14.99 |
| Mark West Pinot Noir, 750 ml | \$9.99 |
| Sun Cruiser, 8 pk | \$19.99 |
| Sterling Meritage, 750 ml | \$9.99 |
| Seaglass Wines, 750 ml | \$12.99 |

BULK FOODS

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|----------------------------------|------------|
| Cheddar Ale Snack Mix | \$4.99/lb |
| Roasted Salted Peanuts | \$2.99/lb |
| Energy Power Mix | \$7.99/lb |
| Dates Rolled in Coconut | \$5.99/lb |
| Steel Cut Oats | \$1.99/lb |
| Tierra Cashews, Select Varieties | \$12.99/lb |
| Milk Chocolate Rainbow Drops | \$9.99/lb |

MEAT

SERVICE COUNTER: 7AM-7PM DAILY

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|---------------------------------------|-----------|
| Boneless New York Sirloin Steak | \$9.99/lb |
| Ground Chuck, Family-Pack | \$5.99/lb |
| Lloyds Original BBQ Pork Ribs, 16 oz | \$11.99 |
| Boneless Pork Cutlets | \$1.99/lb |
| McKenzie Natural Casing Franks, 12 oz | \$5.59 |
| Chicken Thighs | \$1.69/lb |
| Chicken Drumsticks | 79¢/lb |

SEAFOOD

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|------------------------------------|-----------|
| Wild Ahi Yellowfin Tuna | \$7.99/lb |
| Seaweed Salad | \$9.99/lb |
| SeaBest 16-20 Cooked Shrimp, 1 lb | \$10.99 |
| Yankee Trader Crab Rangoons, 11 oz | \$4.99 |

DELI

SERVICE COUNTER: 7AM-7PM DAILY

| | |
|------------------------|-----------|
| Allison's Potato Salad | \$4.99/lb |
| Co-op Coleslaw | \$2.99/lb |
| Roast Beef | \$8.99/lb |
| Dill Havarti Cheese | \$6.99/lb |

BAKERY

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|---|--------|
| St. Pierre Brioche Hamburger Buns, 4 pk, Select Varieties | 2/\$7 |
| St. Pierre Brioche Hot Dog Buns, 6 pk | \$4.49 |
| Chocolate Chip Cookies, 12 pk | \$3.99 |
| Ecce Panis Multigrain Boule, 16 oz | \$3.99 |


Local Rhubarb is Here!



GROCERY

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|--|-------------|
| Nabisco Triscuits & Wheat Thins, 6.5-8.5 oz | 2/\$5 |
|  Woodstock Mustard, 8 oz | 2/\$4 |
|  Woodstock Ketchup, 19.5-20 oz | 2/\$5 |
| Woodstock Hardwood Lump Charcoal, 8.8 lb | \$8.99 |
| Char King Charcoal Briquettes, 15.4 lb | \$7.99 |
|  Ocean Spray Cranberry Juices, 64 oz | 2/\$6 |
| Fever Tree Mixers, 4 pk, Select Varieties | \$4.79 |
| Pomi Tomatoes, 26.46 oz | \$3.89 |
| Bush's Baked Beans, 28 oz | 2/\$5 |
| Brianna's Dressing, 12 oz, Select Varieties | \$2.99 |
| NEW! Heinz Grill Ketchup, Mustard, and Relish Packs, 54 oz | \$5.99 |
| Vlasic Pickles, 16-24 oz, Select Varieties | 2/\$5 |
| Skippy Peanut Butter, 15-16.3 oz | 2/\$5 |
| Jet Puffed Marshmallows, 12 oz | 2/\$3 |
| Hershey Chocolate Bars & Reeses PB Cups, 6 pks | \$5.49 |
| Nabisco Graham Crackers, 14.4 oz | \$3.49 |
| Wasa Crackers, 9.5-9.7 oz, Select Varieties | \$2.99 |
| Doritos Tortilla Chips, 9.25 oz | BOGO |
| Annie's Mac & Cheese, 5.25-6 oz, Select Varieties | 2/\$3 |
| Larabar Fruit & Nut Bars, 1.06-1.7 oz | 4/\$5 |
| Food Should Taste Good Tortilla Chips, 5.5 oz | 2/\$7 |
| Garden of Eatin' Tortilla Chips, 5.5 oz | 2/\$6 |
|  Woodstock Olives, 8.4-8.5 oz | 2/\$7 |
|  Woodstock Pickles, 24 oz, Select Varieties | \$5.49 |
| Simply Done Aluminum Foil, 20 sq ft | \$1.79 |
| Simply Done Bath Tissue, 12 Ct | \$9.99 |

BEAUTY & WELLNESS

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|--|---------|
| Andalou Argan Oil & Shea Shampoo & Conditioner, 11.5 oz | \$4.99 |
| Natural Factors Stress Relax Suntheanine Chew Tabs, 60ct | \$12.99 |
|  OM Protein Mushroom Powder, 18-19 oz, Select Varieties | \$19.99 |

FROZEN

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|--|--------|
| Birds Eye Frozen Steamfresh Vegetables, 10 oz | 5/\$5 |
| Talenti Gelato & Sorbetto, 16 oz, Select Varieties | 2/\$7 |
| Breyer's Ice Cream, 48 oz | \$4.49 |
| Haagen Daz Ice Cream, 16 oz | \$3.99 |
| Popsicles! Regular, Sugar Free & Fudgsicles, 18 ct | \$5.49 |

SPECIALTY FOODS & CHEESES

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|--|---------|
| Belgioioso Perlini or Ciliegine, 8 oz | \$2.99 |
| Boursin, 5.2 oz | \$5.99 |
| Sartori BellaVitano Cheese, 5.3 oz | \$5.99 |
| Dodoni Halloumi Grilling Cheese, 7.9 OZ | \$6.99 |
|  Tillamook 2019 Maker's Reserve Cheddar, 8 oz | \$7.99 |
| Rustic Bakery Sourdough Flatbread Crackers, 4-6 oz | \$6.99 |
| Mr Bing Chili Crisp, 7 oz | \$10.99 |
| Ines Rosales Tortas, 6.3 oz | \$9.59 |

Cheese of the Week: Red Dragon



The tasty Red Dragon cheese is one of the Heraldic Shield cheeses from the South Caernafon Creameries on the Llyn Peninsula in Gwynedd, Wales. Encased in a bright red wax, Red Dragon (the red dragon is the symbol of Wales and is on the Welsh flag) is a pasteurized cow milk Welsh cheddar. Infused with

wholegrain mustard seeds and Welsh brown ale, Red Dragon has a creamy, crumbly texture (with a tiny bit of crunch from the mustard seeds) and a rich, slightly spicy flavor with lingering buttery notes. Red Dragon is an excellent choice for a table cheese, a grilled cheese sandwich or melted on top of a burger and pairs well with a dark ale or a full-bodied red wine.

Save \$2/lb from May 23 - May 29

(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 and scroll down the page to sign up for our weekly e-newsletter!



This Week's Flyer:

- 1 Local Items
- 9 Organic Items
- 3 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 9 PM
Deli & Meat Service Hours:
7 AM - 7 PM

43 Bethlehem Rd.
Littleton, N.H.

(603) 444-2800
LittletonCoop.com

EVENT CALENDAR

Thu May 22: "Gather" Film The Colonial @7PM
Sun May 25: Co-op Kitchen Cooking Demo @11 AM
Mon May 26: Memorial Day (We're Open!)
Thu Jun 5: Senior Member Discount Day
Sat Jun 7: Free Tasting w/ Lapis Luna Wine @11AM (
Sat Jun 7: Co-op Kitchen Cooking Demo @11:30AM
Sun Jun 15: Father's Day

To RSVP for an event: visit littletoncoop.com/events, or email info@littletoncoop.org

Gather With US (& ACT)



Thursday May 22 @7PM - Tickets Req

We are excited to be partnering with The Colonial Theatre and Ammonoosuc Conservation Trust (ACT) to bring a one night only screening of the critically-acclaimed film "Gather". This film follows the stories of Native Americans reclaiming and recovering food to bring back health and vitality to their

communities and cultural identities after centuries of genocide. The evening will begin at 7PM with snacks from local farms on the Colonial patio, followed by the film at 7:30PM. Tickets can be purchased in advance on the Colonial's website, or at the theatre that night: bethlehemcolonial.org

Corey is Cooking Up Crepes!



Sunday, May 25 @11 AM

Stop by the Co-op Cafe on Sunday to see Corey, our Front End Assistant Manager, demonstrate their passion for crepe making! They whipped up a test batch for Co-op employees a couple of weeks ago, and we all loved the "crepe" out of them! Corey will be making a new batch to share with folks in the Cafe.

Art in the Cafe: Doug Grella



Doug has turned his words about nature and NH life into works of art on our walls. Doug is a retired Forester/Land Surveyor living in Bethlehem NH with his wife Barbara. His poetry is a nostalgic reflection of his professional career, his passion for fly fishing, and love for the environment. Stop by the cafe anytime through the end of June to check out Doug's poems!

COOPERATION IN ACTION

The Seven Cooperative Principles are not just decorative words we hang around the store; they are words that guide us (and many other cooperatives) every single day.

Recently, some of our employees put our co-op principles into action:



Principle 7: Concern for Community

Last week, our staff participated in Granite United Way's annual Day of Caring. Co-op employees volunteered cleaning up Littleton Senior Center and Copper Cannon Camp. It was fun to get out of the store on a nice day, dig in the dirt, scrub off some paint, and meet neighbors in the community!



Principle 5: Education, Training & Information; Principle 6: Cooperation Among Cooperatives

Our Marketing Coordinator, Anastasia, attended National Cooperative Grocers' Marketing Matters conference in Eagan, MN last week. Co-ops from across the country met to share ideas and learn more about resources provided by NCG.

The Cooperative Principles

1. Voluntary and Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy and Independence
5. Education, Training, and Information
6. Cooperation among Cooperatives
7. Concern for Community

GRAD (AND DAD) SEASON

Party Platters from the Co-op!



Graduations and family parties can be stressful, so let us help! Our Deli, Produce, Bakery, and Specialty Cheese departments offer pre-made platters that can serve up to 15 people. Impress your guests (including the in-laws!) with great food from your cool cooperative, and make party planning look easy.

littletoncoop.com/custom

MORE FROM YOUR STORE

Price Drop on Hanging Baskets!



Okay gardeners, it's time to get growing! We've been getting deliveries of fresh, locally grown plants, all ready for your porch, pots, or gardens!

We have a lovely selection of healthy plants, including Proven Winners hanging baskets; these are locally grown by 4 Corners Farm, and we just reduced the price! We also have some potted perennials, assorted herbs, and blooming annuals. It's still a little early, so make sure you bring your plants in on cold nights, or cover them up so they don't freeze!

4 Corners Farm Rhubarb



Petition to rename "summer" to "Local Rhubarb Season!" It's the moment all summer pies, lemonades, jams, and locals have been waiting for! We currently have beautiful sticks of rhubarb from 4 Corners Farm in Newbury, VT in the Produce Department.

Jeni's Just Dropped



Jeni's Premium Ice Cream has some really unique flavors including Skillet Cinnamon Roll, Wildberry Lavender, Powdered Jelly Donut, High Five Candy Bar, and more. Jeni's has loyal fans across the country and is known for their smooth ice cream with a buttercream body that still leaves a clean finish in your mouth.

Memo About Bottle Returns



Starting Sat June 21 we can no longer accept glass bottle returns from Brookford Farm. This includes quart milk, half gallon milk, and yogurt jars. We understand you may still find old glass bottles hiding around the house, but our other milk producers are not able to accept Brookford labeled bottles and it creates a lot of confusion!

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) provides 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 in May goes to the North Country chapter of DAV! Learn more: dav.org



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

First Friday is Back



One of our favorite ways to kick off a summer weekend is a stroll down Main Street to shop, listen to music, and meet the artists and vendors who are part of our creative community. The Food trucks are also a plus! Check out the official website for maps, parking info, and participant sign up! littletonfirstfriday.wordpress.com

Flourish Together



May is Mental health Awareness Month! Flourish Together is co-sponsored by the Littleton Area Chamber of Commerce and Cleared to Flourish, along with the partnership and collaboration of community leaders and businesses. Check out the events here: littletonareachamber.com/annual-events/flourish-together