



## PRODUCE

 Red or Green Seedless Grapes, Organic	\$3.49/lb
Washington Cherries	\$3.99/lb
Peaches	\$1.99/lb
Pineapple	2/\$7
Cantaloupe	2/\$7
Cucumbers	69¢
Mini Sweet Peppers, 8 oz	2/\$4
 Broccoli Crowns, Organic	\$2.99/lb




## IN THE FRIDGE

<b>Food Club Butter Quarters, 16 oz</b>	<b>\$2.99</b>
Sargento Cheese Shreds, 8 oz	2/\$6
Chobani Greek Yogurt, 5.3 oz, Select Varieties	4/\$5
Chobani Flips, 4.5 oz	3/\$4
 Stonyfield YoKids Pouches, 3.5 oz, Select Varieties	\$1.79
Califia Milk Alternatives, 48 oz	\$3.99
Califia Almondmilk Creamers, 25.4 oz	\$4.49
Olipop Prebiotic Soda, 12 oz	3/\$6

## BULK FOODS




Save the Forest Granola	\$4.99/lb
 Medjool Dates, Organic	\$8.99/lb
Golden Raisins	\$4.99/lb
Forbidden Black Rice	\$3.99/lb
Peanut Butter Pretzels	\$6.99/lb
Milk Chocolate Almonds	\$9.99/lb

## BEER & WINE

Bota Box Minis, 500 ml	3/\$10
 Bonterra Organic Wines, 750 ml	\$11.99
 603 Brewing Live Free or Die IPA, 9 pk	\$15.99
 603 Brewing Shoreline, 9 pk	\$20.99


## MEAT

SERVICE COUNTER: 7AM-7PM DAILY



<b>Pork Chops, Bone-In Center Cut</b>	<b>\$1.99/lb</b>
 Sirloin Tips	\$15.99/lb
Niman Ranch Pulled Pork, 14 oz	\$10.99
Jumbo Boneless Chicken Breast	\$2.99/lb
 North Country Applewood Smoked Bacon, 16 oz	\$8.99
 North Country Sausage, 12-16 oz	\$6.99

## SEAFOOD

SERVICE COUNTER: 7AM-7PM DAILY

American White Shrimp, Wild-Caught, EZ-Peel, Previously Frozen	\$11.99/lb
 Norm's Organic Naked Smoked Salmon, 4 oz	\$5.99
<b>NEW</b> Matlaws Gluten-Free Stuffed Clams, 16 oz	\$5.69


## DELI

Boar's Head Ovengold Turkey	\$8.99/lb
  Cabot Cheddar Cheese, Sharp or Mild	\$6.99/lb

## BAKERY

Original Bagels, 6 pk	\$2.99
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## PROVISIONS

 Co-op Wholesale

**A NEW BENEFIT FOR  
CO-OP MEMBERS!**

Whether you're stocking your kitchen, running a small business, or feeding a crowd, we're here to help you get what you need at wholesale prices.

Check it out here:

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

## GROCERY


Back to Nature Crackers, 3.2-7 oz	2/\$5
 Cascadian Farm Cereal, Granola, and Granola Bars, 7.4-14.4 oz	2/\$7
Food Club Mustard Squeeze, 8 oz	89¢
Food Club Grape & Apple Jelly, 18 oz	2/\$3
Jello Pudding, 1-3.9 oz, Select Varieties	4/\$5
 PopZup Popcorn, 4-5 oz	\$4.99
Vita Coco Coconut Water, 33.8 oz	\$4.39
 GoMacro Bars, 2-2.4 oz	\$2.59
Terra Vegetable Chips, 5 oz	2/\$7
Tony's Chocoloney Chocolate Bar, 6.35 oz	\$5.49
 Napa Valley Naturals Extra Virgin Olive Oil, 25.4 oz	\$17.99
 Annie's Homegrown Grahams & Crackers, 7.5 oz	2/\$8
Goodsam Macadamia Nuts Salted, 4 oz	\$6.99
Goodsam Pineapple Slices, 1 oz	\$3.79
Jane's Krazy Mixed Up Salt, 4 oz	2/\$4
 Bragg Apple Cider Vinegar, 32 oz	\$5.99
Woodstock Charcoal, 8.8 lbs	\$11.99
Seventh Generation Liquid Dish Soap, 19 oz	\$3.69
Simply Done Bath Tissue, 12 ct	\$9.99
Cookie Pal Dog Treats, 8.8-10 oz, Select Varieties	\$4.99

## BEAUTY & WELLNESS


Dr Bronner's Bar Soap, 3.25 oz, Select Varieties	2/\$6
Tom's of Maine Whole Care Toothpaste, 4 oz, Select Varieties	\$4.99
Megafood Whole Body Multivitamin Gummy, 90 ct, Men or Women	\$14.99



## FROZEN

Crav'n Crab Rangoons, 5 oz	\$2.69
Talenti Gelato & Sorbetto, 16 oz, Select Varieties	\$3.79
Johnny Pops Novelties, 6.72-14.8 oz	\$5.49
Beyond Breakfast Sausage, 9.3-9.7 oz	\$6.49
 Cascadian Farm Frozen Fruit, 28-32 oz	\$12.99

## SPECIALTY CHEESE

 Maplebrook Burrata, 8 oz	\$10.99
Belgioioso Ciliegine, Pearls, 8 oz	\$2.99
Ski Queen Gjetost, 8.8 oz	\$9.99

## Cheese of the Week:



**Cabot Clothbound Cheddar**

**CABOT CREAMERY**

**Save \$2/lb May 29-Jun 4**

While Supplies Last! Price tag reflects current discount.

## 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!







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](http://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

- Thu Jun 4 40 Years of Fair Trade w/ Equal Exchange @5-6PM (RSVP)
- Fri Jun 5 Senior Member Discount Day
- Sat Jun 13 Grow Pizza Herbs w/ Littleton Garden Club @1:30PM (RSVP)
- Sat Jun 13 Member Appreciation Day
- Sat Jun 20 Meet the Artist: Carolyn Guest @1-3PM
- Sun Jun 21 Father's Day



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

## Forty Years of Fair Trade



**Thursday June 4 @5PM - Free!**  
Equal Exchange Worker-Owner Leah Madsen will be at the Co-op to share more about the company's rich forty year history in the Fair Trade movement. Equal Exchange chocolate and snacks will be served! This presentation is bound to be inspiring and delicious. Save your seat - RSVP Requested.



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

## Party Platters for Grads & Dads



Graduations, summer corporate events, and Father's Day are perfect opportunities to let your Co-op do the work of feeding your crowd. We offer everything from wrap platters, fruit & veggie platters, all the way through trays of Co-op cookies for dessert. Make your next party easier. To order, please call 603-444-2800 or email [orders@littletoncoop.org](mailto:orders@littletoncoop.org)

**Platter Menu:** [www.littletoncoop.com/custom](http://www.littletoncoop.com/custom)

## Tell us what you think!



We're inviting all shoppers (no membership required!) to answer some questions about your shopping habits, your satisfaction with what we offer, whether the Co-op feels welcoming to you, and what products you'd love to see on our shelves. The survey takes about 10 minutes, and your answers will influence our next Strategic Plan!

[www.surveymonkey.com/r/coopsurvey26](http://www.surveymonkey.com/r/coopsurvey26)

# MORE FROM YOUR STORE

## That's Rad: Colvard & Co Sausage



Just in time for grilling season: the story behind your new favorite sausages.

Founder and Chef Carter Light of Colvard & Co stops by this episode of That's Rad, the official Littleton Food Co-op podcast, to tell listeners more about the beauty behind the often undervalued sausage – especially when you put the work into it like his Maine-based company does.

And have no fear, listeners: this is a story about how the sausage is made, but includes none of the production details that might turn off the squeamish. Instead, this episode focuses on the human side of the business – the love, the hometown reflections, and the unshakeable pursuit of perfection.

Find wherever you listen to podcasts or FREE on the Co-op website.

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

## The Big Mural is Complete!



Let's take another moment to celebrate our new entryway mural! This expansive work in the Co-op entryway was designed and executed by Zach Johnsen, local artist and owner of Baba Yaga in downtown Littleton.

What started as a far off dream for us turned into a vibrant landscape of local food woven together with community and fun, which wraps around three entire walls! Next time you're here, stop and check it out.

# FRESH, NEW, & FUN

## Summer Protection



Keep having fun in the sun all summer long with quality sun and bug protection from the Co-op!

We carry many varieties of Badger mineral sunscreens to guard against harmful UV rays and painful sunburns. Don't forget the bug spray: Badger's Anti-Bug spray is DEET-free combination of lab-tested repellent and essential oils.

## Joe's Brook Farm Cucumbers



Vermont-grown organic mini cucumbers from our friends at Joe's Brook Farm have arrived! These are packed with vitamins and healthy as heck. They're great for snacking, salads, or making those fancy little tea sandwiches with the crusts cut off. Or you could pickle them! Of course you know what this means... if the cukes are here, then it's almost tomato time!

## Made-in-NH Energy Drinks



Don't let the lurid can design and edgy flavor names fool you: Misfit energy drinks are mainly carbonated water mixed up with a brain-beneficial cocktail of amino acids, cognition-boosting vitamins, with theanine & caffeine for energy. Definitely not for the faint of heart, but if you need a kick in the pants we've got 4 flavors to choose from!

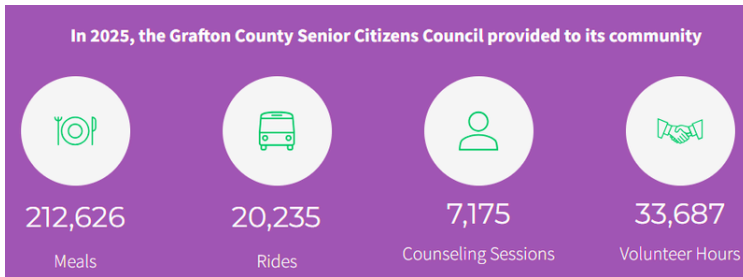
## Free Coffee For First Responders



You serve us; let us serve you. All on-duty uniformed law enforcement, fire department, and medical personnel can enjoy FREE hot coffee from our Cafe. The fine folks working to protect and serve our community can swing by & enjoy Fair Trade Equal Exchange coffee, available in four blends daily. Our full Coffee bar is open 7AM-1PM, and some coffee is available until 5PM daily.

# YOUR CO-OP COMMUNITY

## Support Local Seniors This June



Grafton County Senior Citizens Council's mission is to enrich the lives of older adults and individuals with disabilities by creating opportunities for engagement, fostering healthy aging, and delivering compassionate support. Comprised of 8 senior centers in Grafton County - including Littleton - the GCSCC provides essential services such as Meals on Wheels, community meals, safety checks on homebound individuals, transportation to stores and appointments, and wellness and educational activities. All of this is provided free of charge, so donations are essential!

All round-ups made at the register during the month of June will help support Littleton's Meals on Wheels program, along with group dining events in Littleton.

[www.littletoncoop.com/about/partnerofthemoth](http://www.littletoncoop.com/about/partnerofthemoth)

## May / June Art in the Cafe



Carolyn Guest is a Vermont-based artist who excels in the traditional Polish folk art called Wycinanki, ie cut paper designs made using sheep shears. Adding a Vermont spin on things, Carolyn uses traditional shears to create Vermont-themed scenes, which are then mounted and framed. Each piece is painstakingly crafted - some of them are very tiny! - and highly detailed.

Make sure your next trip includes a stop into the Cafe to check out Carolyn's work through the end of June!

## Current Job 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 the Littleton Co-op! Now hiring:

Produce Clerk - PT, Mornings  
Meat Cutter - FT



Apply Online: [LittletonCoop.com/jobs](http://LittletonCoop.com/jobs)

**OUR VISION: OUR CO-OP IS A CATALYST FOR CULTIVATING A VIBRANT COMMUNITY AND REGIONAL ECONOMY.**

**OUR MISSION: TO PROVIDE A COMMUNITY-OWNED MARKETPLACE THAT SUPPORTS LOCAL AND PROMOTES HEALTHY CHOICES FOR PEOPLE AND PLANET.**