

**LOOKING FOR MORE SALE ITEMS? SWIPE OR CLICK TO TURN THE PAGE! ➔**

**Featured Specials: Fri Jun 5 – Thu Jun 11, 2026**  
**SENIOR MEMBER DISCOUNT DAY IS FRI JUN 5**

**LITTLETON food co-op**

 <p><b>LOCAL</b> Bove's Pasta Sauce 24 OZ <b>\$3.99</b></p>	<p><b>BAKERY</b></p>  <p><b>CO-OP BAKED</b> Ciabatta Bread SELECT VARIETIES <b>\$2.99</b></p>	 <p><b>LOCAL COOPERATIVE</b> Cabot Cheese Slices &amp; Cuts 7-8 OZ <b>2/\$5</b></p> <p><small>JUNE IS DAIRY MONTH!</small></p>	 <p><b>Blackberries</b> 6 OZ <b>2/\$5</b></p> <p><small>SUMMER SNACKING!</small></p>
 <p><b>LaCroix Sparkling Water</b> 12 PK <b>\$5.99</b></p>	<p><b>FROZEN</b></p>  <p><b>ORGANIC</b> Cascadian Farm Vegetables 10 OZ <b>2/\$7</b></p> <p><small>USDA ORGANIC</small></p>	 <p><b>Chicken Tenders</b> <b>\$2.99</b> /lb</p>	 <p><b>ORGANIC</b> Cauliflower <b>\$3.99</b></p> <p><small>USDA ORGANIC</small></p>

**PROVISIONS**  
 Co-op Wholesale

**A NEW BENEFIT FOR LITTLETON 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)

**TELL US WHAT YOU THINK!**

Take the Littleton Co-op Shopper Survey and help shape our new Strategic Plan:

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

**DON'T FORGET A GIFT FOR GRAD**

PLANTS ~ CARDS ~ BUBBLY

Fri. June 5 – Profile School  
 Fri. June 5 – WMRHS  
 Sat. June 6 – Littleton High School

**THE WEEKLY RADISH**

- Weekly Sales Flyer
- Event Calendar
- Member Updates
- New Products
- Cooperative Highlights

**READ MORE!**






Weekly Specials & Co-op News: Friday June 5 - Thursday June 11 2026


**SENIOR MEMBER DISCOUNT DAY IS FRIDAY JUNE 5.**

**MEMBER APPRECIATION DAY IS SATURDAY JUNE 13**

## PRODUCE

 Cauliflower, Organic	\$3.99
Blackberries, 6 oz	2/\$5
Mini Seedless Watermelon	\$4.99
 Red or Green Seedless Grapes, Organic	\$3.99/lb
Peaches, Plums, or Nectarines	\$2.99/lb
Raspberries, 6 oz	2/\$7
Pero Green Beans, 12 oz	2/\$4
Vidalia Onions	99¢/lb

## BAKERY



 Ciabatta Bread, Select Varieties	\$2.99
Stonefire Mini Naan, 4 pack	2/\$5

## IN THE FRIDGE

  Cabot Cheese Slices & Cuts, 7-8 oz	2/\$5
Chobani Greek Yogurt, 5.3 oz, Select Varieties	4/\$5
Food Club Shredded Cheese, 8 oz	2/\$4
Fage Total Greek Yogurt, 16 oz	\$3.49
 Land O' Lakes Spreadable Butter, 8 oz	\$2.49
Buitoni Stuffed Ravioli, 10 oz	\$3.99
Buitoni Pesto Sauce, 7 oz	\$4.49
Kozy Shack Pudding, 22 oz	\$3.99
 Harmless Harvest Coconut Water, 16 oz	\$4.79
Oatly Oatmilk, 64 oz	\$4.49

## MEAT

SERVICE COUNTER: 7AM-7PM DAILY

Chicken Tenders	\$2.99/lb
Ground Chuck	\$7.99/lb
 Chuck Pot Roast	\$7.99/lb
 Ribeye Steak, Bone-In	\$18.99/lb
Pork Tenderloins	\$2.99/lb
North Country Applewood Bacon	\$8.99/lb
Colvard Sausage, Sweet or Hot, 12 oz	\$6.99

## SEAFOOD


SERVICE COUNTER: 7AM-7PM DAILY

Wild Cod Fillets, Previously Frozen	\$13.99/lb
Drum Rock Fis-Chic Wonder Batter & Breader, 5 lb	\$11.99
Handy Sweet Thai Chili Shrimp Rolls, 8 oz	\$7.99

## DELI

 Caesar Salad	\$5.99
 BBQ Grilled Chicken Thighs	\$7.99/lb
Boar's Head Pastrami	\$10.99/lb
Boar's Head Imported Swiss Cheese	\$7.99/lb

## BEER & WINE

Dark Harvest Rose, 750 ml	\$7.99
Cupcake Wines, 750 ml	\$9.99
 Long Trail Brewing, 12 pk	\$15.99
High Noon Hard Seltzers, 8 pk	\$18.99

## BULK FOODS

 Garbanzo Beans, Organic	\$1.99/lb
 Northwoods Apiaries Vermont Honey	\$4.99/lb
 Raw Walnuts, Organic	\$9.99/lb
Milk Chocolate Raisins	\$7.99/lb
  Original Coconola Granola	\$11.99/lb
Chocolate Almond Trail Mix	\$9.99/lb



**JUNE IS NATIONAL DAIRY MONTH**


**CABOT IS ON SALE!**

\*Sale includes select varieties of Cabot products

## GROCERY

 Bove's Pasta Sauce, 24 oz	\$3.99
Lacroix Sparkling Water, 12 pk	\$5.99
Chicken of the Sea Tuna, 4-5 oz	2/\$3
 Nixie Zero Sugar Sodas, 12 oz	2/\$4
Poland Spring Sparkling Water, 33.8 oz	99¢
Wide Awake K-Cups, 10 ct	\$4.79
Mott's Applesauce, 6 pk	2/\$5
Gulden Spicy Brown Mustard, Squeeze Bottle, 12 oz	\$1.99
Smucker's Squeeze, Strawberry & Grape, 20 oz	\$2.69
Ghirardelli Brownie Mixes, 18.75-20 oz	\$3.79
Loacker Wafers, 7.76-8.82 oz	\$3.99
Lay's Potato Chips, 7-8 oz	2/\$6
Simple Mills Cookies or Crackers, 4-5.5 oz	\$4.39
 Jovial Brown Rice Pasta, 12 oz	\$3.99
 Woodstock Mustard, 8 oz	\$2.79
 Woodstock Ketchup, 19-20 oz	\$3.39
 Woodstock Pickles, 24 oz	\$4.99
 Westbrae Beans, 15 oz	\$2.69
Simply Done Bath Tissue, 6 pk	\$5.99
Simply Done Paper Towels, 6 pk	\$5.99
Seventh Generation Dish Liquid, 19 oz	\$3.49

## BEAUTY & WELLNESS


Tom's of Maine Deodorant Stick, 3.25 oz, Select Varieties	\$6.99
Natural Factors Vitamin C Chews, 90 ct, Tangy Orange	\$9.99
 WS Badger Sunscreens, 2.9 oz, Select Varieties	\$7.99

## 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!

## FROZEN

 Cascadian Farm Frozen Vegetables, 10 oz	2/\$7
Wyman's Frozen Blueberries, Raspberries, and Mixed Berries, 12-15 oz	\$3.79
Wyman's Frozen Mango Chunks & Strawberries, 15 oz	\$2.99
McCain's Onion Rings, 14 oz	\$2.99
Brigham's Ice Cream, 32 oz	\$2.99
Outshine Frozen Fruit Bars, 14.7-16.5 oz	\$3.99
My Mochi Ice Cream, 6 ct	\$3.99
Stahlbush Island Farms Frozen Vegetables, 10 oz	\$2.79

## SPECIALTY CHEESE

 VT Creamery Chevré Logs, 4 oz	\$3.99
Sartori BellaVitano, 5.3 oz	\$5.99
Old Croc, 7 oz	\$5.99

## Cheese of the Week:



**local Vault 5**

**Save \$2/lb Jun 5-Jun 11**

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. Littleton, N.H.**  
**(603) 444-2800**  
**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

- 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
- Mon Jun 15 Board Meeting @5PM (RSVP)
- 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)



## Senior Member Discount Day!



**Friday June 5 - All Day**  
If you are a Co-op Member and you're 65 or older, come on in on Senior Member Day and save 10%\* off all eligible items in your cart! Senior Days are always on the fifth of the month, which makes it easy for everyone (including us) to remember... please just remind your cashier you're eligible at checkout.



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

## Pizza Pizza!



**Saturday June 13 @1:30PM RSVP**  
The Littleton Garden Club will be talking about our favorite pizza herbs, basil and oregano!! Learn about spices vs herbs, how to make your plantings more accessible, and a discussion and Q&A. You'll leave with the confidence to cultivate your own herbs, perfect for homemade pizza nights!

## 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)

# MORE FROM YOUR STORE

Everyone is Welcome at the Co-op



Every year as we prepare to celebrate Pride Month in June, we know there will be a range of reactions to the Pride flag displayed here. Many people see it as a symbol of belonging, support, and visibility. Others may wonder why we display it at all, or ask what it has to do with the work we do every day. "Don't you guys just sell vegetables?" "Stick to your business"

Our mission has always been about more than the products we offer or the services we provide. A cooperative does not exist without the people behind it. It is about creating a place where neighbors can connect, where differences are respected, and where everyone can feel a sense of belonging.

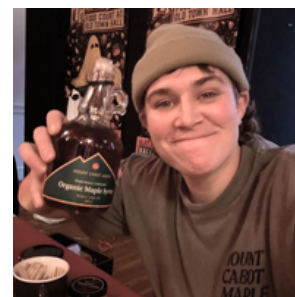
The flag is not a new statement or a seasonal gesture—it is a reflection of who we strive to be all year long. We believe that every person in our community deserves to be treated with dignity, respect, and kindness. We believe our community is stronger when people feel safe being themselves. And, just like our motto says, we believe everyone should know they are welcome here.

A flag alone cannot solve injustice or erase the systemic challenges the LGBTQ+ community continues to face. But symbols matter because they communicate our values. They remind people that they are seen. They tell members of our community that they do not have to wonder whether they belong when they walk through our doors.

So this Pride Month, and every month, the Littleton Food Co-op remains committed to fostering a welcoming and inclusive space for all. We are grateful for the diverse individuals, families, and experiences that make up our community, and we look forward to continuing to learn, grow, and celebrate together. Everyone is welcome here.



## Spotlight: Mount Cabot Maple



During Pride Month, we're telling the stories of some of our LGBTQ+ vendors and producers and their roles in our community. We're starting with Morgan at Mount Cabot Maple in Lancaster NH, which produces some of the finest single-origin syrup on our shelves. You can read more about Morgan and their multi-generation maple farm here:

[www.littletoncoop.com/producer-spotlight-mount-cabot-maple](http://www.littletoncoop.com/producer-spotlight-mount-cabot-maple)

# FRESH, NEW, & FUN

## That's Rad: Colvard & Co Sausage



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

## 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.

## Get 'Em While They Last!



Here for a limited time! Long-time Co-op shoppers may remember these classic green Co+op insulated bags. We received a limited quantity for a fun blast from the past! These are great for keeping foods cold or hot (like your Deli rotisserie chicken) on long drives home from the Co-op. Find them at the Service Desk and around the registers while supplies last.

**\$100 OFF**  
3-PACK  
WITH COUPON  
Expires 6/30/26

**earthwise**  
**Earthwise Reusable Mesh Produce Sacks**

A LITTLETON CO-OP GREEN TEAM PICK - IN PARTNERSHIP WITH THE BETHLEHEM SUSTAINABILITY WORKING GROUP!

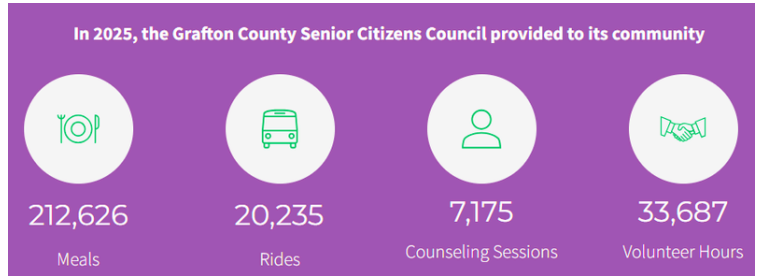
This offer is valid on all 3-packs of Earthwise Reusable Mesh Produce Sacks. Offer valid on in-stock items only. Offer not valid on previous purchases or special orders. This coupon cannot be combined with any other coupons, discounts, offers, or promotions; this coupon has no cash value & must be presented to the cashier at checkout.

This coupon expires on 6/30/26.



# 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)

## 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:

**Meat & Seafood Clerk, PT**  
**Meat Cutter, FT**

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

## 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!