

DELI



**Allison's
Famous
Potato Salad**

\$4.99
Lb

CO-OP
MADE!



**PA
Peaches**

\$1.99
Lb



**Boneless
Southern
Style Ribs**

\$2.99
Lb

PRODUCE

Pennsylvania Yellow Peaches	\$1.99/lb
Raspberries, 6 oz	2/\$5
Lemons	2/\$1
Cosmic Crisp Apples	2/\$1
Cherries	\$3.99/lb
Champagne Mangoes	99¢
White Mushrooms, 8 oz	2/\$4
Zucchini or Summer Squash	\$1.29/lb

BAKERY

St. Pierre Hamburger Buns, 4 pk, Select Varieties	\$3.99
Father's Table Cheesecakes, 16 oz, Select Varieties	\$5.99
Stonefire Artisan Flatbread, 2 pk	2/\$5

BEER & WINE

Samuel Adams Brewery, 12 pk	\$14.99
Bonterra Organic Wines, 750 ml	\$9.99
Corona, 12 pk	\$17.99
Liberty School Cabernet Sauvignon, 750 ml	\$11.99

REFRIGERATED

Culture Pop Probiotic Soda, 12 oz	5/\$5
Land O' Lakes Cheese Shreds, 8 oz	2/\$4
Califia Milks & Creamers, 32-48 oz	\$3.99
Planet Oat Oatmilks & Creamers, 32-52 oz	\$2.99
Daisy Sour Cream, 16 oz	\$2.49
Hood Cottage Cheese, 16 oz	\$2.99
Health Ade Kombucha, 16 oz	2/\$5
Steaz Green Teas, 16 oz	2/\$3
Upton's Naturals Seitan, 5-8 oz Select Varieties	\$4.49

MEAT

SERVICE COUNTER: 7AM-7PM DAILY

Boneless Southern-Style Ribs	\$2.99/lb
New York Sirloin Steak	\$9.99/lb
Bilinski's Chicken Sausage, 12 oz	\$7.99
Misty Knoll Boneless Chicken Breast	\$11.99/lb
Baby Back Ribs	\$2.99/lb
Holtens Smashed Burgers, Grass Fed, 24 oz	\$13.49

SEAFOOD

Wild Swordfish, previously frozen	\$11.59/lb
Phillips Claw Crab Meat, 8 oz	\$9.99
Handy Sweet Chili Shrimp Rolls, 8 oz	\$4.99
Handy Crunchy Korean Shrimp, 8 oz	\$4.99

DELI

SERVICE COUNTER: 7AM-7PM DAILY



Allison's Famous Potato Salad	\$4.99/lb
Co-op Coleslaw	\$2.99/lb
Boar's Head Sharp Cheddar Cheese	\$6.99/lb
Boar's Head Deluxe Ham	\$6.99/lb

**HAPPY
INDEPENDENCE DAY!**

Open Friday July 4 from 7am 'til 9pm!



GROCERY

Food Should Taste Good Tortilla Chips, 5.5 oz	2/\$5
Nabisco Triscuits & Wheat Thins, 6.5-8.5 oz	2/\$5
Kind Bars, 1.4 oz	4/\$5
Woodstock Charcoal, 8.8 lbs	\$8.99
Poland Spring Sparkling Water, 33.8 oz	99¢
Kellogg's Special K Cereal, 9.6-12.9 oz	\$3.79
Knorr Pasta & Rice Sides, 4-5.7 oz	4/\$5
Clarks Baked Beans, 15 oz	2/\$4
Food Club Manzanilla Stuffed Olives, 10 oz	\$2.99
SMORES! Jet Puffed Marshmallows, 12 oz	2/\$3
Hershey Chocolate Bars & Peanut Butter Reese Cups, 6 pk	\$4.99
Nabisco Graham Crackers, 14.4 oz	2/\$6
MiNiNa Tortilla Chips, 12 oz	\$4.49
Tostitos Tortilla Chips, 11-13 oz	\$3.99
KOYO Ramens, 2-2.1 oz	5/\$6
The Good Crisp Potato Crisps, 5.6 oz	\$2.69
Quinn Filled Pretzel Nuggets, 5-7 oz	\$4.49
 Nature's Path Love Crunch Granola, 10.6-11.5 oz	\$4.79
Terra Vegetable Chips, 5 oz	\$3.69
 Theo Chocolate Bar, 3 oz	\$3.99
C2O Coconut Water, 33.8 oz	\$3.99
Simply Done Paper Towels, 6 pk	\$5.99


BULK FOODS

Energy Power Mix	\$6.99/lb
Cheddar Ale Snack Mix	\$4.99/lb
Raw Sunflower Seeds	\$3.99/lb
White Quinoa	\$2.99/lb
Garbanzo Beans	\$2.49/lb
Dark Chocolate Ginger	\$9.99/lb


BEAUTY & WELLNESS

Natural Factors Whole Earth & Sea Multivitamin, 60 ct, Men/Women	\$19.99
Dr Bronner's Lip Balm, .15 oz, Select Varieties	2/\$5
Only What You Need Ready-to-Drink Protein, 12 oz, Elite Chocolate	\$2.99

FROZEN

Dr. Praeger's Veggie Burgers, 10 oz, Select Varieties	2/\$7
 Alden's Ice Cream, 48 oz	\$6.99
Birds Eye Frozen Steamfresh Vegetables, 10-14.4 oz	\$1.99
Cool Whip Tubs, 8 oz	2/\$3
Talenti Sorbetto & Gelato, 16 oz, Select Varieties	\$3.79
Cascadian Farm Spud Puppies, 16 oz	2/\$8

SPECIALTY FOODS & CHEESES

BelGioioso Italian-Style Grated Cheese, 5 oz	2/\$7
Natural Valley Goat Cheese, 8 oz	\$7.99
Nuestro Cotija, Queso Fresco or Oaxaca, 8 oz	\$5.99
Kerrygold Blarney or Dubliner, 7 oz	\$5.99
Firehook Baked Crackers, 8 oz	\$6.99
 Blake Hill Preserves, 10 oz	\$7.59
Edmond Fallot Mustard, 7.4 oz	\$4.49
Effie's Homemade Biscuits, 7.2 oz	\$6.59

CHEESE OF THE WEEK

Whitney



Crafted in the alpine tradition but distinctly Vermont in character, Whitney is a raw cow's milk cheese from Jasper Hill Farm that pays homage to the smooth, supple melting cheeses of the Swiss Alps. It's made with milk from Jasper Hill's own herd and aged for 3-6 months in their Cellars. The flavor is mellow

yet complex: buttery and brothy with nutty undertones, complemented by hints of fresh hay, warm spice, and a whisper of cured meat on the finish. Its natural washed rind hints at the savory depth within, while the interior offers a springy, elastic texture that melts like a dream—think raclette; Whitney melted atop a plate of roasted potatoes garnished with cornichons and charcuterie. It is also ideal for fondue, gratins, grilled cheese, and baked pasta dishes. Whether cubed for a picnic, melted into a croque monsieur, or simply paired with a crusty baguette and a crisp white wine, Whitney delivers comfort with character.

Save \$2/lb from July 4- July 10





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



Open Daily: 7 AM - 9 PM
Deli & Meat Service: 7 AM - 7 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	 Fair 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 Jul 4: Fourth of July - We're Open!
Sat Jul 5: Senior Member Discount Day
Sat Jul 5: International Day of Co-ops!
Wed Jul 9: Wild Greens Pesto @5PM (RSVP Req)
Sat Jul 12: Co-op Kitchen Cooking Demo @11:30AM
Wed Jul 16: Member Appreciation Day
Fri Jul 18: 4th Annual Veterans Cookout @11AM-1PM
Sat Jul 19: Free Tasting- Sap House Meadery (21+) @2-4PM
Mon Jul 21: Co-op Board Meeting @5PM (RSVP Req)

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

A Whole Day, Just for Co-ops?

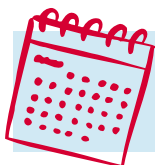


Saturday July 5 - All Day!
July 5th is celebrated worldwide as International Day of Co-ops! In celebration of Co-op Principle #6 - that's "Cooperation Among Cooperatives" - we will be hosting representatives of other area co-ops and start-ups midday on Saturday to share more about their work. Come say hello!

Senior Member Discount Day



Saturday July 5 - All Day!
Co-op Members over 65 save 10%* on eligible items on the 5th of every month! Use it to stock up on essentials, stretch your household budget, or pick up a well-deserved treat for a deal. Just be sure to remind your cashier that you're eligible at checkout, because we don't keep track of birthdates and we don't like to assume.



Want More Events??

Check out littletoncoop.com/events for all of our event info and online reservations.

New Class: Herbalism in the Kitchen



Wednesday, July 9 @5 PM - Free, RSVP Required

Gracie Phillips of Heartsong Farm and Lost Nation Orchard will lead participants in identifying wild edibles and common garden weeds, and exploring how they can be used for food and medicine. We will also make a delicious wild greens pesto together in class and save time for questions. Participants will walk away with a great pesto recipe to make at home, as well as notes on key plants.

Class size is limited; RSVP online: LittletonCoop.com/events

MORE FROM YOUR STORE

Road Trip to the Wedge



Summer can only mean one thing: it's time for a podcast road trip! Anastasia is embarking on a cross-country trek... with a twist. Listen in as she goes coast to coast to get the scoop on food co-ops across the country. What's it like to be a co-op with over 100,000 member-owners? How does a co-op survive when there are eight other food co-ops in the same town? Do co-ops even exist in the South? And what, if anything, does the Littleton Co-op have in common with any of them?

The road trip kicks off in America's co-op hotspot: Minneapolis, MN. Anastasia stops and chats with Wedge Community Co-ops to talk about why people get involved in co-ops, the power co-ops have to support historically marginalized communities, and what they're putting in the Minnesota drinking water to make it so dang cooperative!

Listen Online: LittletonCoop.com/Podcast

Principle #7: Concern For Community



The Co-op was honored to participate in Littleton's first ever North Country Pride Parade last weekend! Did you catch the co-op car in the parade down Main Street? We loved seeing such a great showing of united support against hate in the North Country. Read our statement on facebook learn more about how we're living our values.



At our Annual meeting in May, our members voted to choose a local non-profit to receive the Co-op's interest dollars from our Cooperative Community Fund. We received our interest payout last week, and were able to present a check for \$2,338.60 to the chosen organization, Littleton Winter Shelter!



Cooperative Principles in Action:

Our Co-op is more than just a grocery store - we follow a set of co-op principles along with our mission & vision.
Learn More: littletoncoop.com/about

NEW AT THE CO-OP

Berry Bargain Bonanza



Our produce manager Matt woke up early one morning, chugged three big cups of high-grade fair trade coffee, and proceeded to create berry mayhem. "Hmmm," he said, what would happen if I ordered a humongous pallet of raspberries and put them on sale for a spectacularly good price? I sure hope someone buys them."

You know what happens, Matt?? The Marketing team puts it in the newsletter and also makes fun of your coffee consumption habits, that's what happens*. It's called cooperation. Now we gotta move these marvelous berries!

NOW through July 4 2025, get TWO 6 oz containers of raspberries for only \$3. They're going to sell fast, so get them while supplies last - when they're gone, they're gone!

**Just kidding Matt, thanks for being the coolest produce manager!*

Back Home Granola



Back Home Bakery granola is a nod to childhood nostalgia within a story of food chain innovation. The business was born in Vermont and quickly made it across the state with unique flavors and a "back-to-basics" approach. The Blueberry Coconut is a VT bestseller, but Maple Almond, Chai Pistachio, or Dark Chocolate Coconut are great choices, too.

A New Local Hummus



Yalla means "come on" in Arabic. As a popularized slang word, Yalla exists to bridge cultures and communities by the way of food. In the Co-op, Yalla is the name of our newest hummus in the Fresh case; and it happens to be from Brattleboro, VT! You can now find Yalla original hummus, and hummus with skhug (a Middle Eastern hot sauce) or with olives.

Not All Watermelon is Red & Green



Now in Produce: It looks like a regular watermelon. It sounds like a regular watermelon, when you do that test where tap or knock on it to see how ripe it is. But when you crack one of these open, it's YELLOW! The texture and flavor are similar to a regular melon, but maybe a bit sweeter. It's also packed with beta-carotene, which is what gives it that yellow color.

CO-OPPORTUNITIES

Be a Part of Our Team!



We're looking for clerks for our Deli, Meat, & Seafood Teams! Deli Clerks help serve up fun & fresh eats to our customers. The Meat & Seafood team assists our customers with counter service and answers questions about quality, freshness, sustainability, and serving tips. Learn more and apply today:

www.littletoncoop.com/jobs

Your Art HERE!



Artists: Are you looking for a completely FREE place to sell your work? Local artisans can book a full day in our sheltered pavilion with WIFI access at no cost. Interested in selling your work or know someone who should be in this space? Check out our website for availability, eligibility guidelines and our online application: www.littletoncoop.com/art



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

YOUR CO-OP COMMUNITY

Round Up for Local Kids!



Round up at the register this June to support The Boys and Girls Club of the North Country!

The Boys & Girls Club has been providing a safe place to belong, along with caring mentors and enrichment activities to North Country kids for nearly 20 years. The 18,000 square foot facility has much to offer, including a gym, kitchen, games room, homework spaces, lockers, program rooms, technology loft, and lots of outdoor space. They offer after school programming, school vacation camps, and summer camps. Round ups from generous customers will go towards the BGCNC scholarship program that ensures all kids can attend regardless of financial need.

Thank you for supporting a safe, enriching space where North Country kids can learn, grow, and thrive! More: nhyouth.org