



**Cantaloupe**  
**2/\$4**



**Whole Boneless Pork Loin**  
**\$1<sup>79</sup>/Lb**



**32 oz Gifford's Ice Cream**  
**2/\$7**

## PRODUCE

Cantaloupe	2/\$4
Blueberries, 1 Pint	2/\$5
USDA Organic Brussels Sprouts, Organic	\$2.99/lb
USDA Organic Cherries, Organic	\$4.99/lb
USDA Organic Peaches or Nectarines, Organic	\$2.99/lb
Red Onions	99¢/lb
Mini Cucumbers, 6 ct	2/\$4
Russet Potatoes, 5 lb	2/\$5

## BAKERY

Stonefire Naan Bread, 8.8 oz, Select Varieties	2/\$4
St. Pierre Belgian Waffle, 6 pk	\$4.99
CO-OP BAKED Sunflower Seed Cracked Wheat Bread, 18.25 oz	\$2.59

## BEER & WINE

local Tuckerman Brewing, 12 pk	\$14.99
fair trade Riojana Wines, 750 ml Select Varieties	\$7.99
local Zero Gravity Brewery, 12 pk	\$17.99
Screen Press, Archetype and Acquisition Wines, 750 ml	\$7.99

## REFRIGERATED

USDA Organic KeVita Sparkling Probiotic Lemonades, 12 oz	2/\$3
USDA Organic Rebbl Functional Beverage, 12 oz, Select Varieties	2/\$6
local Green Mt Creamery Greek Yogurt, 32 oz	\$4.99
Daisy Sour Cream, 8 oz	2/\$3
Kozy Shack Pudding, 22 oz	\$3.99
CO-OP Blue Diamond Almond Breeze Almond Milk, 52-64 oz	2/\$7
Poppi Prebiotic Soda, 12 oz	2/\$4

## MEAT

SERVICE COUNTER: 7AM-7PM DAILY

Whole Boneless Pork Loin	\$1.79/lb
Boneless Sirloin Tip Steaks	\$14.99/lb
BONE MEAT Eye Round Roast	\$5.99/lb
Colvard Sausage Links, 16 oz	\$8.99
Boneless Skinless Chicken Breast	\$3.59/lb
Boneless Pork Chops	\$1.99/lb
Bone-In Split Chicken Breast	\$2.99/lb

## SEAFOOD

SERVICE COUNTER: 7AM-7PM DAILY

Fresh Wild Skinless Haddock	\$9.99/lb
SeaBest Shrimp Ring, 10 oz	\$6.79
Schooner Crunchy Clam Strips, 10 oz	\$4.99

## DELI

SERVICE COUNTER: 7AM-7PM DAILY

CO-OP MADE! Southwest Chicken Wrap	\$6.99
Boar's Head Sweet B's BBQ Chicken	\$8.99/lb
CO-OP Land O'Lakes Swiss Cheese	\$5.99/lb
Red Dill Potato Salad	\$3.99/lb

## FEATURED LOCAL ITEM

Once in a Blue Moon does something this good come along! Blue Moon Sorbets are made from all natural ingredients; fruit is their first and foremost ingredient. They use less sugar because only the freshest, highest-quality fruits, purees and juices go into the sorbet. Try one taste and we're sure you'll agree that Blue Moon Sorbet is in a class by itself!





**16 oz Quechee VT Blue Moon Sorbet**  
**\$4<sup>99</sup>**



## GROCERY

Wishbone Dressing, 15 oz	\$1.99
 Santa Cruz Lemonade or Limeade, 32 oz	2/\$4
Barilla Pasta, 12-16 oz, Select Varieties	4/\$5
Green Mt Gringo Strips Original, 8 oz	2/\$4
San Pellegrino, 66.9 oz, Select Varieties	\$6.99
Honey Bunches of Oats Cereal, 11 oz	2/\$5
Near East Couscous & Rice Pilaf, 5.6-6.3, Select Varieties	2/\$3
Kraft Mac & Cheese Dinner, 7.25 oz	4/\$5
Green Mountain Gringo Salsa, 16 oz	\$4.49
Pomi Chopped Strained Tomatoes, 26.46 oz	\$3.89
Food Club Spicy Brown Mustard Squeeze, 12 oz	\$1.49
Food Club Mustard Squeeze, 12 oz	\$0.89
Heinz Ketchup Squeeze, 38 oz	\$4.99
Food Club Seafood Cocktail Sauce, 12 oz	2/\$3
Betty Crocker Fudge Brownie Mix, 16.3 oz	2/\$4
Green Mt Gringo Strips Blue & White Corn, 8 oz	\$2.99
 Late July Tortilla Chips, 7.4-10 oz	2/\$7
 Annie's Mac & Cheese, 6 oz, Select Varieties	2/\$6
Rao's Homemade Pasta Sauce, 24 oz	\$7.49
 Spectrum Extra Virgin Olive Oil, 25.4 oz	\$17.99
LaCroix Sparkling Water, 12 pk	\$5.49
Scott Bath Tissue, 4 pk	\$3.99



## BULK FOODS

Zoo Animals All Natural Gummies	\$6.99/lb
Milk Chocolate Pretzels	\$6.99/lb
Roasted Cashews, Salted & Unsalted	\$9.99/lb
 Thompson Raisins	\$3.99/lb
 Crystallized Ginger Chunks	\$7.99/lb
Doguet's Long White Rice	\$1.99/lb


## BEAUTY & WELLNESS

Rainbow Light Vibrance Multivitamin, 60 ct, Men or Women	\$12.99
HiBAR Deodorant, 2.25 oz, Select Varieties	\$6.99
WS Badger Hardworking Hands Balm, 2 oz	\$6.99

## FROZEN

Gifford's Ice Cream, 32 oz	2/\$7
 Blue Moon Sorbet, 16 oz	\$4.99
McCains Onions Rings, 14 oz	\$4.19
My Mochi, 6 ct	\$4.49
Actual Veggies Burgers, 4pk	\$5.99
 Ben & Jerry's Ice Cream or Non-Dairy Dessert, 15.2-16 oz, Select Varieties	\$4.99

## SPECIALTY CHEESES

 VT Creamery Mascarpone or Creme Fraiche, 8 oz	\$4.49
BelGioioso Parmesan, Fontina or American Grana, 8 oz	\$4.99
Sartori Bellavitano Cheese, 5.3 oz	\$5.59

## CHEESE OF THE WEEK

### Cambozola Black



Do you love blue cheese? Do you want to love blue cheese? Then Cambozola Black is the gateway blue for you. Aged 2-4 months, Cambozola Black (think camembert and gorgonzola) is a triple-creme, pasteurized cow's milk cheese from the award winning German creamery, Kaserei Champignon, in

Bavaria. Allowed to ripen slowly and at a lower temperature than typical, Cambozola Black develops a dusky, soft gray, bloomy rind and a silken, luxurious texture. The blue veining laced throughout the paste offers a peppery balance to the rich, complex, buttery, mushroomy and slightly salty flavors of this decadent cheese. Cambozola Black pairs beautifully with fresh or dried fruits, smoked meats, sweet wines (red or white), and dark beers. And it is superb with a perfectly cooked steak and a glass of champagne.

**Save \$2/lb from July 11- July 17**

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

**ORGANIC  
FAIR TRADE  
COOPERATIVE**



750 mL,  
Select Varieties  
**Riojana  
Wines**

**\$7.99**

Sale Ends July 31 2025







**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

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)  
Thu Jul 24: Wine, Cheese, & the Chamber Players @5-6PM (RSVP Required)  
Sat Jul 26: Summer Brewfest!  
Thu Jul 31: Renee Rows the Atlantic Presentation @5PM

To RSVP for an event: visit [littletoncoop.com/events](http://littletoncoop.com/events), or email [info@littletoncoop.org](mailto:info@littletoncoop.org)

## Co-op Cooking Demo



**Saturday July 12 @11:30AM - Free!**  
Check out some new summer recipes, and watch how they're made! Chef Jesse is brand new to our Deli team, and he's excited to step up to the counter and show us all his recipe for Sesame Noodle Salad. If you've ever wanted to be an audience member for a Food Network show, this is kinda like that, but in our Cafe ;)

## Member Appreciation Day is 7/16



**Wednesday July 16 - All Day!**  
Yep, Wednesday! We usually hold Member Days on the weekend, but we wanted to give our weekday shoppers a chance to save, too. Co-op Members save 10%\* on eligible items! Use it to stock up on essentials, stretch your household budget, or pick up a well-deserved treat for a deal.

## Veterans Cookout



**Friday July 18 @11am-1pm**  
As a token of our appreciation, Veterans and service members are invited to join us at the Co-op for a FREE cookout! We'll fire up the grill, just bring your appetite! There will also be representatives on site from various Veterans assistance organizations to share more about resources in our community. **Veterans also save 10%\* all day!**

## Sip & Listen this Summer



**Thursday July 24 @5pm**  
Join us for a collaborative event with the North Country Chamber Players and Pearl Lake Distributors, celebrating the wine, cheese, and music of Europe. All ages welcome to enjoy music and cheese, but patrons must be 21+ with ID to enjoy wine. RSVP requested! Walk-ins and latecomers are not guaranteed seating.

# MORE FROM YOUR STORE

## Where's Waldo? At the Co-op!



We're participating in Littleton's town wide "Where's Waldo?" search! Pick up a Find Waldo Local passport from Little Village Toy & Book Shop, then head to the Co-op and search for this 8 inch tall little man. He's travelling around the store so every department can spend a bit of time with Waldo. The search will go through the end of July. Good luck!

## Riojana Summer Celebration



Our friends at La Riojana want you to celebrate great summer vibes, and also organics, cooperation, and fair trade. Now through the end of July, select varieties of Riojana wine is on sale! La Riojana is Argentina's largest wine co-operative and is one of the country's top 10 wine exporters, producing a wide variety of award-winning Fair Trade and organic wines. Stock up and enjoy!

# PRINCIPLES IN ACTION

## #7: Concern for [Kitty] Community



This week, we presented a check for \$6,022.28 to the caring humans behind Second Chance Animal Rescue. This was our largest Partner of the Month donation to date in 2025! And every penny came directly from all of your contributions at the registers through our Partner of the Month program. This money will be used by Second Chance to ensure cats and kittens in the North Country can live safe and healthy (nine) lives. 2025 has already seen over 160 cats and kittens pass through Second Chance, and these funds will help them take care of hundreds more.



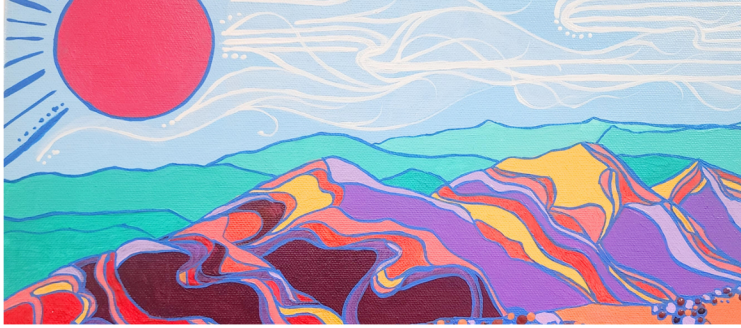
## Cooperative Principles in Action:

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](http://littletoncoop.com/about)



# FRESH, NEW, & FUN

## New Art in the Cafe: Emily Royal



Emily Royal is a Littleton-based visual artist whose art practice encompasses both painting and digital mediums, each serving as a lens through which she examines themes of meditation, her relationship with nature, and the constant search for personal growth and grounding. The inspiring landscapes of the White Mountains of New Hampshire have created a touchstone, influencing the colors, patterns, and overall feeling of her work. Drawing upon Emily's professional background in graphic design, she brings a distinct style to both digital and painted works. She gravitates towards hues that evoke joy and aim to imbue her work with a sense of whimsy, magic, imagination, and ultimately, happiness. Come get a colorful dose of happiness in the Co-op Cafe this July & August, and stay tuned for an artist meet & greet soon!

## Jeni Brought Her Sandwiches



You may recognize the name Jeni's from the bright colored, bold flavored ice cream pints across social media and our ice cream cooler. Now, you'll see Jeni's Ice Cream even more - as ice cream sandwiches! These are Jeni's same great quality and fun flavors (like Mint Chocolate Truffle, Triple Berry Tart, Key Lime Pie) as an on-the-go treat. Yum!

## A Taste of Bethlehem



New! Local! Sweet! From a new bakery just down the road in Bethlehem, we now offer singles and multi-packs of sourdough sweet rolls. Yes, you'll see the traditional cinnamon roll; but we're also talking triple chocolate fudge rolls, maple walnut cinnamon rolls, raspberry lemon matcha rolls, and more seasonal offerings. Find them in the Bakery.

## 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.

# 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](http://nhyouth.org)



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

## 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](http://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](http://www.littletoncoop.com/art)