

Whole Seedless Watermelon
\$3.99





48 oz Tillamook Ice Cream
\$4.99




32 oz Brown Cow Whole Milk Yogurt
\$2.99

PRODUCE

Whole Seedless Watermelon	\$3.99
 Small Axe Farm Baby Lettuce, 7 oz, Organic	\$3.99
Northwest Dark Red Cherries	\$2.99/lb
Limes	3/\$1
 Cotton Candy Grapes, Organic	3.99/lb
 Hass Avocados, Organic	4/\$5
 Meadowstone Basil, 0.2 lb	\$3.99





BAKERY

Central Bakery Port Muffins, 6 pk	\$4.99
Bisou Sweet Lemon Shortbread Cookies, 6 pk	\$4.99
 Cracked Wheat Bread, 18.25 oz	\$2.49

BEER & WINE

Wachusett Brewing Company, 12 pk	\$14.99
Rossino Rose or Soave, 750 ml	\$7.99
J. Lohr Wines, 750 ml	\$15.99
Smuttynose Brewing Company, 12 pk	\$17.99

REFRIGERATED

 Brown Cow Whole Milk Yogurt, 32 oz	\$2.99
 Rise Brewing Co Nitro Cold Brew Coffees, 2/\$4 7 oz	
Oatly Oatmilk, 64 oz	2/\$6
Food Club Cheese Bars & Shreds, 8 oz	2/\$4
 Cabot Cheese Slices & Cuts, 7-8 oz	\$2.99
Reddi Wip Cream, 6.5 oz	\$2.99
 Bizzy Cold Brew Coffee, 48 oz	\$5.99

MEAT

SERVICE COUNTER: 7AM-7PM DAILY

 Boneless Top Round Steak	\$5.99/lb
Chicken Tenders	\$3.79/lb
 Top Round Roast	\$5.59/lb
Boneless Pork Sirloin Roast	\$1.99/lb
Pork Cutlets	\$2.59/lb
 North Country Sausage, 12-16 oz	\$6.59


SEAFOOD

SERVICE COUNTER: 7AM-7PM DAILY

Fresh Steelhead Fillets	\$11.99/lb
Grindstone Smoked Northern Shrimp or Bay Scallops, 6 oz	\$9.99
SeaBest 16-20 EZ Peel Raw Shrimp, 1 lb	\$7.99

DELI

SERVICE COUNTER: 7AM-7PM DAILY

Philly Steak or Pepperoni Calzones	\$2.99
New England Traditions Virginia Baked Ham	\$4.99/lb
Boar's Head Mozzarella Cheese	\$4.99/lb
 Cranberry Walnut Green Salad	\$5.99

BEAUTY & WELLNESS

Lily of the Desert Aloe Vera Juice, 32 oz	\$5.99
Giovanni Shampoos & Conditioners, 13.5 oz, Smoothing Castor Oil	\$6.99
Flora Flax Oil, 8.5 oz	\$9.99

FEATURED LOCAL ITEM

Small Axe Farm is an organic, no-till, off-grid, regenerative market farm located on a hillside in Barnet, VT. Family owned and operated, the farm also serves as a teaching venue for new farmers who want to learn techniques in farming and homesteading.










7 oz Barnet VT Small Axe Farm Baby Lettuce
\$3.99



GROCERY

 Woodstock Pickles, 24 oz Select Varieties	\$3.99
Clif or Luna Nutrition Bars, 1.69-2.4 oz	4/\$5
Vita Coco Coconut Water, 33.8 oz	\$2.99
Food Club Mayonnaise, 30 oz	2/\$5
General Mills Cheerios, 8.9-10.8 oz	\$3.49
Bumble Bee Tuna Solid White in Water or Oil, 5 oz	2/\$3
Gulden Spicy Brown Mustard, 12 oz	\$1.99
Kraft BBQ Sauce, 17.5-18 oz	2/\$4
McCormick Marinades, .87-1.25 oz	2/\$3
Filippo Berio Olive Oil, 25.3 oz	\$9.99
Pam Cooking Spray, 5-6 oz	\$3.49
Lay's Potato Chips, 7-8 oz	2/\$7
Stacy's Pita Chips, 6.75-7.33 oz	2/\$7
 Bionaturae Tomatoes, 24-28.2 oz	2/\$7
Gimme Seaweed Snacks, .32-.35 oz	2/\$4
Green Mountain Gringo Salsa, 16 oz	\$4.49
Kashi Cereal, 12.3-18 oz Select Varieties	\$6.49
 Blue Diamond Almond Breeze Almondmilk, 32 oz	2/\$5
Liquid I.V. Hydration Multiplier Drink Mixes, 10 pk	\$8.99
Tru Earth Laundry Detergent Strips, 32 ct	\$11.99
Scott Bath Tissue, Single Roll	\$1.29



BULK FOODS

  Grandy Organics High Antioxidant Trail Mix	\$9.99/lb
  Grandy Organics Dark Chocolate Sea Salt Granola	\$8.99/lb
 Lotus Foods Jasmine Rice	\$2.99/lb
 Chia Seeds	\$2.99/lb
 Raw Almonds	\$7.99/lb
Dark Chocolate Coconut Chews	\$11.99/lb





Did you know? you can bring your own clean jar or container to the Bulk Department to fill (and refill!) with whatever you like! Not only does it save money, it also keeps packaging out of the landfill.

FROZEN

 Tillamook Ice Cream, 48 oz	\$4.99
Birds Eye Steamfresh Vegetables, 10 oz Select Varieties	5/\$5
Haagen Dazs Ice Cream, 14 oz	\$4.99
Gardein Plant-Based Proteins, 14-16.64 oz	\$7.49
Beyond Meat Plant-Based Sausage, 14 oz	\$7.49
 Alden's Frozen Novelties, 9-14 oz	\$5.49

SPECIALTY CHEESES

 Maplebrook Fresh Mozzarella Balls, 8 oz	\$4.99
Eiffel Tower Brie, 7 oz	\$4.99
Dodoni Halloumi Grilling Cheese, 7.9 oz	\$6.99
 VT Farmstead Maple Cheddar, Tilsit, Cranberry or Blueberry Windsordale, 7 oz	\$6.99

CHEESE OF THE WEEK

Vault No. 5



Vault No. 5 is a truly delicious and wildly successful collaboration between Cabot Creamery, one of the oldest farm cooperatives in New England, and the cheesemakers at Jasper Hill Farm in Greensboro, Vt. Made at the Creamery and aged in the Cellars at Jasper Hill, Vault No.5 is a cross between a cheddar and an Alpine-style cheese - an irresistible savory/sweet combo.

A pasteurized cow milk cheese, Vault No.5 is coated with lard, brushed and turned while aging, which allows the cheese to form a natural rind around the golden, dense and slightly crumbly paste. Aged for 8-12 months, Vault No.5 develops a complex, balanced, flavor profile; sweet and nutty, tangy and earthy with notes of pineapple, brown butter and salty, toasted caramel. Vault No.5 pairs nicely with malty brown ales, dark lagers, bold red wines or dry apple cider, is perfect for mac and cheese, makes a mean grilled cheese sandwich and is excellent on a burger.

Save \$2/lb from July 18- July 24

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

**ORGANIC
FAIR TRADE
COOPERATIVE**



750 mL,
Select Varieties
**Riojana
Wines**

\$7.99

Save 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

Fri Jul 18: Veterans Discount Day
Fri Jul 18: Veterans Cookout @11AM-1PM
Sat Jul 19: Free Tasting: Sap House Meadery (21+) @2-4PM
Mon Jul 21: Littleton Co-op Board Meeting @5PM (RSVP)
Thurs Jul 24: Sip & Listen: Wine, Cheese, and the North Country Chamber Players @5-6PM (Waitlist)
Sat Jul 26: 15% OFF BEER! Details TBA
Sat Jul 26: Summer Brewfest 11:30Am-4PM
Thu Jul 31: Renee Rows the Atlantic Presentation @5PM

AUGUST IS EAT LOCAL MONTH!

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

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.

Summer Brewfest is Back



Saturday July 26 - 2 Sessions!

Nothin' says summer like a cold beer in hand. Now multiply that by 12 local breweries pouring out free samples, plus a discount on all the beer in the store - and you've got Littleton's best summer celebration! Tickets are not required to come have a taste, but you must be 21+ with ID, for obvious reasons. Schedule below:

Session 1 - 11:30AM - 1:30PM

Moat Mountain Brewing Co, Rek-lis Brewing Co, Schilling Beer Co, Woodstock Inn Brewery, & Rhythm Cider

Session 2 - 2PM - 4PM

Wildbloom Beer, Athletic Brewing Co., Kettlehead Brewing Co. Lawson's Finest Liquids, & Tuckerman Brewing Co.

MORE FROM YOUR STORE

A Very Tasty Local Collaboration



Big beer news: we're working on a very special collaboration with our friends at Rek-Lis Brewing Company. You thought we were just stocking cans and scanning groceries, but we've actually been throwing grain, tasting hops, and cooperating with Bethlehem's favorite brewery, too. Because of this, the limited release beer seemed to name itself: COOPERATE!

This is the first Rek'-lis beer brewed by community members, sourcing all of its ingredients within a 100 mile radius so it's all local: hops, grain, berries, and of course, helpers. If you're ready to get your hands on this beer, you're not the only one - we're currently putting the finishing touches on Cooperate! and it will be ready very soon, just in time for a very special beer-centric event this month here at the co-op.

PRINCIPLES IN ACTION

#5: Education, Training, & Info



Last week our July Partner, the Boys & Girls Club of the North Country, stopped by for a behind the scenes tour. It was so much fun showing these future Cooperators around the store!

Becky, our Community Outreach Coordinator, led a dozen BGCNC campers through the co-op to learn more about how food travels from local farms to their plates. Everyone loved taking photos with "Cooper" (the unofficial Co-op mascot) and saying hi to employees below from our upstairs office loft.



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. More: littletoncoop.com/about

FRESH, NEW, & FUN

Nitro Cold Brew & 'Booch On Tap



Our on-tap drink options got an upgrade! Two taps are dedicated to KIS (Keep it Simple) Kombucha, a local company out of Groton, VT. The other two are serving up locally-brewed nitro cold brew coffee, as well as nitro lemonade. The lemonade's been a hit with our staff, because the nitrogen bubbles give it a foamy-yet-tart taste and smooth finish.

Delicious Reinvented



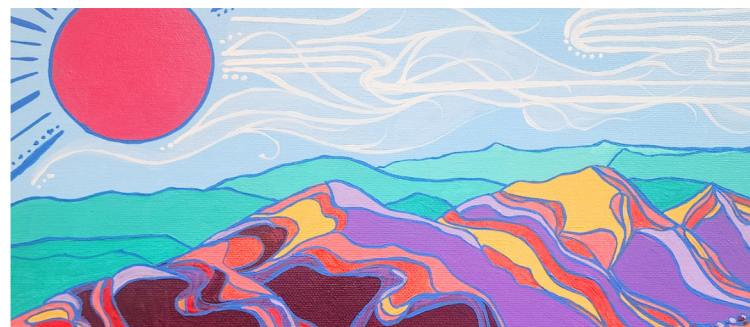
What is "delicious reinvented" about Mavericks new sandwich cracker snack packs? What parents are sure to love is that Mavericks has taken a nostalgic childhood favorite snack and added some actual health benefit to them -- namely 8 grams whole grains and no preservatives. Find Peanut Butter and Cheddar sandwich snack packs in Aisle 4.

New Santa Cruz Flavors



Santa Cruz Organics, a name synonymous with summer drink sipping, is back with zesty new flavors for you, including Pomegranate Lemonade, Cranberry Lemonade, and Cherry Limeade. Chill and drink as-is, or use as a base for a cocktail or mocktail! Find them in Aisle 8.

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!

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



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

CO-OPPORTUNITIES

Have Fun at Work



We're looking for clerks for our Meat & Seafood Team! You'll be part of a dynamic, busy crew, helping our customers with counter service and answering questions about quality, freshness, sustainability, and serving tips. A love for local food is a big plus! Learn more and apply today:

www.littletoncoop.com/jobs

Free Space for Artists



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