

Meadowstone Farm Cucumbers

4/\$5

local

5 oz Popzup Popcorn

\$3⁹⁹

local



32 oz Select Varieties
Stonyfield Greek Yogurt

2/\$7

local

0.2 lb
Meadowstone Farm Basil

\$3⁹⁹

local

Organic
Small Axe Farm Heirloom Tomatoes

\$3⁹⁹ Lb

local

5.3 oz
Cabot Cheese Slices & Cuts

2/\$5

local

16 oz
Walpole Creamery Ice Cream

\$4⁹⁹

local

New England Sweet Corn

12/\$6

Avocados 99¢

8 oz
Maplebrook Farm Feta

\$3⁹⁹

local

8-16 oz
White Mt Forager Chaga Tea

20% OFF

local

DELI

24 oz
Joe's Kitchen Soup

\$6⁹⁹

Misty Knoll Ground Turkey

\$9⁹⁹ Lb

local

16 oz
Twin Pines Granola

\$7⁹⁹

local

FROZEN

13-17 oz
Newman's Own Pizza

\$6⁹⁹

DELI

North Country Sausage, Peppers & Onions

\$5⁹⁹ Lb

Sirloin Steak Tips

\$14⁹⁹ Lb

local

25 oz
Produced in NH
One Ten Olive Oil

\$16⁹⁹

local

BAKERY

26 oz
Abigail's Millet & Brown Rice Loaf

\$6⁹⁹

local

BULK

Organic
Grandy Organics Keto Power Mix

\$9⁹⁹ Lb

local

BULK

Pour Your Own!
Northwoods Apiaries Honey

\$4⁹⁹ Lb

local

Produced in NH
Hermit Woods Wines

25% OFF

local

12 pk
Tuckerman Brewing Co.

\$14⁹⁹

local



Round Up at the Register this August to Support Above the Notch Humane Society!

43 Bethlehem Rd.
Littleton, N.H.

Open Daily 7 AM - 9 PM
Deli & Meat: 7 AM - 7 PM

(603) 444-2800
LittletonCoop.com





Meadowstone Farm Cucumbers
4/\$5



5 oz Popzup Popcorn
\$3.99



32 oz Select Varieties Stonyfield Greek Yogurt
2/\$7

PRODUCE

local	Meadowstone Farm Cucumbers	4/\$5
local	Meadowstone Farm Basil 0.2 lb	\$3.99
USDA organic local	Small Axe Farm Heirloom Tomatoes	\$3.99/lb
	Avocados	99¢
	Sweet Corn, New England	12/\$6
	Blueberries, 1 Pint	2/\$5
	Cantaloupe	2/\$4
	Honeydew Melon	\$3.99

BAKERY

local	Abigail's Millet and Sweet Brown Rice Loaf, 26 oz	\$6.99
	Original Bagels, 6 pk, Select Varieties	\$2.99
	Stonefire Artisan Flatbread, 2 pk	2/\$5

BEER & WINE

local	Tuckerman Brewing Company, 12 pk	\$14.99
local	Hermit Woods Wines, Produced in NH	25% OFF
local	Stoneface Brewing Co. IPA and Full Clip, 4 pk	\$13.99
	Pask Sauvignon Blanc, 750 ml	\$8.99

REFRIGERATED

local	Stonyfield Greek Yogurt, 32 oz, Select Varieties	2/\$7
local	Cabot Cheese Slices & Cuts, 5.3 oz	2/\$5
	Daisy Sour Cream Squeeze, 14 oz	\$2.49
USDA organic	So Delicious Coconut Milk, 64 oz	\$4.99
	Meyenberg Goat Milk Kefir, 32 oz	\$7.39
	Tofurky Plant-Based Deli Slices, 5.5 oz	\$3.99

MEAT

SERVICE COUNTER: 7AM-7PM DAILY

local	Sirloin Steak Tips	\$14.99/lb
local	Misty Knoll Ground Turkey	\$9.99/lb
local	North Country Sausage, 12-16 oz	\$5.99
local	VT Smoke & Cure Pepperoni, 6 oz	\$7.99
	Pork Tenderloin	\$2.99/lb
	Boneless Chicken Breast	\$2.99/lb

SEAFOOD

SERVICE COUNTER: 7AM-7PM DAILY

	Fresh Wild Skinless Maine Haddock	\$12.99/lb
	Grindstone Neck of Maine Smoked Bay Scallops or Northern Shrimp, 6 oz	\$10.99
	Schooner Crunchy Clam Strips, 10 oz	\$4.99

DELI

SERVICE COUNTER: 7AM-7PM DAILY

local	Joe's Kitchen Soups, 24 oz	\$6.99
local	North Country Sausage, Peppers, and Onions	\$5.99/lb
CO-OP MADE!	Boar's Head Smokemaster Ham	\$6.99/lb
	Boar's Head Mild Provolone Cheese	\$4.99/lb
	Red Dill Potato Salad	\$3.99/lb

FEATURED LOCAL ITEM



16 oz Made in NH Walpole Creamery Ice Cream
\$4.99


At Walpole Creamery, they make their natural ice cream "from cow to cone", starting with fresh milk from the Jersey Cows at Crescent Farm just down the road from their facility. This makes their Sweet Cream base richer and creamier without artificial additives. It's like a throw-back to an era when each batch of ice cream was made the same day from fresh, natural ingredients. Try it and taste the difference!



GROCERY




	Popzup Popcorn, 5 oz	\$3.99
	White Mountain Forager Chaga Tea	20% OFF
	Twin Pines Granola, 16 oz	\$7.99
	One Ten Olive Oil, 25 oz	\$16.99
	Poland Spring Sparkling Water, 33.8 oz	99¢
	Quaker Life Cereal, 13 oz	\$3.49
	Barilla Pasta, 12-16 oz Select Varieties	3/\$4
	Near East Couscous & Rice Pilaf, 5.3-6.8 oz Select Varieties	2/\$3
	Food Club Grated Parmesan Cheese, 8 oz	\$2.99
	Kraft Mac & Cheese Dinner, 7.25 oz	4/\$5
	El Paso Taco Dinner Kits, 8.8-12.5 oz, Select Varieties	\$2.99
	Motts Applesauce, 6 pk	2/\$5
	Rotel Tomatoes, 10 oz	2/\$3
	Heinz Ketchup Squeeze, 38 oz	\$4.99
	Morton Salt, 26 oz	\$1.99
	Marshmallow Fluff, 7.5 oz	2/\$3
	Green Mt Gringo Yellow Corn Tortilla Strips, 8 oz	\$2.49
	Green Mt Gringo Tortilla Strips, 8 oz, Select Varieties	\$2.99
	Blue Diamond Nut Thins, 4.25 oz	\$2.99
	Blue Diamond Almonds, 16 oz, Select Varieties	\$6.99
	Bear Naked Granola, 12 oz, Select Varieties	\$3.99
	Lay's Potato Chips, 7-8 oz	2/\$7
	Koyo Ramen, 2-2.1 oz	5/\$6
	Annie's Dressings, 8 oz, Select Varieties	2/\$8
	Late July Tortilla Chips, 7.5-8 oz, Select Varieties	\$3.99
	Epic Meat or Seafood Snacks, .8 oz	2/\$3
	The Good Crisp Potato Chips, 5.5 oz	2/\$6
	Chocolove Chocolate Bars, 2.9-3.2 oz	2/\$6
	Good Time Health Earth Coffee, 2.4 oz	\$5.99
	Good Time Health Earth Tea, .6 oz	\$3.99
	Ecos Dish Soap, 25 oz	\$3.79

SPECIALTY CHEESES


	Maplebrook Farm Feta, 8 oz	\$3.99
	Kerrygold Irish Cheddar, 7 oz	\$6.49
	Boursin, 5.2 oz	\$5.99

DON'T MISS THIS WEEK'S DEAL!

BULK FOODS

	Northwoods Apiaries Pour-Your-Own Honey	\$4.99/lb
	Grandy Organics Keto Power Mix	\$9.99/lb
	Vitamin C Fruit Slices	\$9.99/lb
	Honey Roasted Peanuts	\$2.99/lb
	Turkish Apricots	\$7.99/lb
	Dark Chocolate Sea Salt Caramels	\$10.99/lb

FROZEN

	Walpole Creamery Ice Cream, 16 oz	\$4.99
	Newman's Pizza, 13-17 oz	\$6.99
	Wyman's Frozen Fruit, 3 lb, Select Varieties	\$9.99
	McCain Beer Onion Rings, 14 oz	\$3.99
	Kemps Frozen Yogurt, 48 oz	2/\$7
	Lactaid Ice Cream, 32 oz	\$4.49

BEAUTY & WELLNESS

	Natural Factors Vitamin C Chew Tabs, 500mg, 90ct, Select Varieties	\$9.99
	Mrs Meyers Liquid Hand Soap, 12.5 oz, Select Varieties	\$3.99
	Tom's of Maine Whole Care Toothpaste, 4 oz, Select Varieties	\$4.99

CHEESE OF THE WEEK

Cotswald



Ah, Cotswold, a beautiful English cheese named after the beautiful English countryside of the Cotswolds. A distinctive golden yellow/orange orb speckled with green, Cotswold is a pasteurized cow milk, Double Gloucester cheese infused with chives and green onions. Known as a "pub cheese" in England (perfect to pair with our fine selection of brews from the British Isles),

Cotswold has a smooth, creamy paste and a bright, bold cheddar-like flavor with tangy oniony notes. An excellent melting cheese, Cotswold is delicious on burgers, in omelets or mac and cheese, makes a beautiful addition to a cheese board and is perfect with your favorite pint.

Save \$2/lb from Aug 8-Aug 14

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





*NEED A CUSTOM CHEESE PLATTER FOR YOUR NEXT PARTY OR EVENT?
CHECK OUT WWW.LITTLETONCOOP.COM/CUSTOM*



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

August is Local Food Month!

Fri Aug 15: Cider Sampling w/Carlson Orchards@3-6PM (21+)
Fri Aug 15: Meet the Artist - Emily Royal @5-7PM
Sat Aug 16: Local Food Celebration @12-3pm
Sat Aug 16: Member Appreciation Day
Mon Aug 18: Board Meeting at the Co-op! @5PM (RSVP)
Mon Sep 1: Labor Day - we're open!
Fri Aug 5: Senior Member Discount Day

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

Member Appreciation Day



Saturday August 16 - All Day!

The next Member Appreciation Day is coming up, and it's also our Local Food Celebration! All Co-op Members SAVE 10%* on eligible items all day long, and if you swing by between 12 and 3 we'll also have lots of yummy local samples set up around the store so you can get your snack on.

Meet the Artist: Emily Royal



Friday August 15 @5-7PM FREE

Emily Royal is a Littleton-based visual artist whose creative 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 influence the colors, patterns, and overall feeling of her work.

Emily's colorful and intricate artworks will be on display in the Co-op Cafe through August, and are available for purchase through the Co-op. Come meet her in person on August 15, enjoy some light refreshments, and take a peek at her collection of works on the wall!



Want More Events??

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

MORE FROM YOUR STORE

Local Food Celebration



Saturday August 16, 12-3 PM FREE

August is Local Food Month, and one of the best times of the year to shop at the Co-op! It's peak season for many local farms, and every day we get fresh new produce, meats, cheeses, wines, craft beers, bakery items, and more.

We're celebrating this local bounty with some free tastings and samples from some of our favorite vendors. Sample some of the best flavors our region has to offer while you browse the store - maybe it will inspire you to try something new!

(Plus it's Member Day, which is a great opportunity to get a sweet discount on the local items you love)

Six Ways to Eat Local Food

Shop at the Co-op!

Of course we put this one first, but with good reason! Littleton Food Co-op carries hundreds of local products on our shelves. We pay local farmers and producers a fair price, and pass that deal on to you. This supports our local economy and puts fresher, more delicious food on your plate at a great price - everybody wins!

Visit the Farmer's Market

We're partial to Littleton Farmer's Market, but there are many markets in our region featuring farms and small businesses. It's a great way to meet the people who grow and make your food.

Grow Your Own

Whether you have a green thumb or want to dabble with a few pots of herbs on a windowsill, gardening can be incredibly rewarding. There is nothing more local than your own backyard. Check out the free Seed Library in our foyer to get started.

Pick Your Own

Look for local farms that offer U-Pick fruit and veggies. It's not only a fun outing, but also a great way to get a good close up of how your food is grown. And you can come home with a bushel of goodies!

Sign Up For a CSA

This is a great way to boost local farms - when you sign up for a Community Supported Agriculture (CSA) membership, the farm you choose gets an early season financial boost, and you get fun boxes of local items all season long.

Eat What's In Season

Eating locally means having a new awareness of what grows in your region, and when. You'll find a new appreciation for the food on your plate when you know where it comes from.

FRESH, NEW, & FUN

Look For the Local Signs



The next time you're in the Co-op, look for the green "local" tag on the shelf!

One of the best things about being a community-owned grocery store is our ability to stock lots of items made, grown, and produced locally. Not only does it set us apart because we have all kinds of different and interesting things on our shelves, but it also supports our mission to be a catalyst for a thriving local economy. Having great relationships with local producers has also come in handy when our conventional suppliers have been out of stock, because we have the ability to pivot right to a local supplier and fill the gap. These are just a couple of great reasons we consider ourselves "Local As Heck!"

Refreshing Onomatopoeia



Add a little sparkle to your boring old water bottle! Plink! fizzy electrolyte drink tablets have no artificial colors or flavors, no sugar alcohols, and can be "plink-ed" into any water to create a delicious, hydrating, fizzy drink. Pomegranate Berry, Watermelon, and Pineapple Grapefruit are all now available in aisle 9.

Sip on Woodstock Lemonade



Our friends at Woodstock Brewing Company have debuted a new non-alcoholic lemonade! You might be thinking: what does a brewery know about making anything but beer? Everyone who's ever tried Woodstock's K&M rootbeer will tell you they know how to make the best version of any beverage. Try a refreshing sip for yourself today! Find it in a 6pk in Aisle 9.

Let's COOPERATE!



Have you tried our new ultra-local, strawberry wheat collab brew? Cooperate! is an easy sipping summery ale that represents the Co-op and our love of local food. It's also the first rek'-lis beer brewed by community members, and the main ingredients are local, too! This *very* limited release is flying off the shelves, so swing by the co-op to get some!

YOUR CO-OP COMMUNITY

Round Up to Help Local Pups!



Round up at the register this August to support Above The Notch Humane Society!

Based in the White Mountains, AtNHS is a non-profit no-kill organization providing assistance to stray and surrendered dogs via food, shelter, socialization, and veterinary care. They also assist with animal neglect and abandonment situations as well as searches for lost dogs and providing education to the community on animal related issues. This year, ATNHS will be partnering with the Littleton Emergency Animal Hospital and building their own animal shelter. All funds donated to ATNHS go directly to supporting animals of the North Country; the shelter is run solely by volunteers. Learn more: atnhs.org



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

CO-OPPORTUNITY

Have Fun at Work



Do you love serving your community? Do you want to spend your day with a great group of people who believe food can make the world a better place? 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!

We are excited to announce that we have new opportunities on our Perishable Grocery team and Deli team. In exchange for your dedication to making our store better, we offer you a sweet set of benefits, including paid time off, wellness programs, and a sweet store discount. Let's get to work – apply to the Co-op today!

www.littletoncoop.com/jobs



COMMUNITY BOARD



Upcoming events, volunteer opportunities, fun stuff!

AUGUST IS EAT LOCAL MONTH - WE LOVE LOCAL FOOD!

LOCAL FOOD CELEBRATION

(And Member Appreciation Day!)

Local as Heck!

SATURDAY AUGUST 16
12 - 3 PM



**FREE Samples, Tastings,
& Raffle!**

43 Bethlehem Rd.
Littleton, N.H. **Open Daily**
7 AM to 8 PM (603) 444-2800
LittletonCoop.com



Farmers Market Tour

Sponsored by NH Food Bank, Cooking Matters®
& Littleton Farmers Market

Join UNH Extension for a **FREE** farmers' market tour
and receive a \$10 market voucher for participating.

We will discuss:

- Shopping & Budgeting Tips
- Reading Food Labels
- Purchasing Local Produce with SNAP & Granite State Market Match
- Much more!

Date: Sunday, August 17, 2025

Time: 10:30 am - 12:00 pm

Contact: Heidi Barker
heidi.barker@unh.edu
603-788-4961

Location: Littleton Farmers Market
77 Riverglen Lane
Littleton, NH 03561

Register using this link - <https://bit.ly/40aFEJd> or Scan the QR code to register





Adventure Backpacks Available for Checkout!



Swing by the Franconia Library and check out a backpack for a whole week! Each pack is themed and has lots of fun tools and activities inside to help you and your kiddos find hours of adventure outdoors.

Please call Abbie Greenleaf Library for more info at (603) 823-8424.

August @ The Colonial

08/01 - 08/06	Feature Film: Don't Let's Go to the Dogs Tonight
08/02	Science On Screen: Interstellar with Guest Speaker
08/06	KIDS! @ The Colonial: Sandglass Theater's "OMA"
08/07	WMJFF: Midas Man with Guest Speaker
08/08 - 08/13	Feature Film: Bad Shabbos
08/10	White Mountains Cinema Camp World Premiere
08/13	KIDS! @ The Colonial: Patchwork Players Present: Somebody's Got Your Back: Celebrating Disney Sidekicks
08/14	Reel Outdoors: Anytime
08/15 - 08/20	Feature Film: Sorry, Baby
08/16	Terrance Simien & The Zydeco Experience LIVE!
08/21	WMJFF: Daniel with Guest Speakers
08/22 - 08/27	Feature Film: Sister Midnight
08/23	Comedian Emma Willmann LIVE!
08/28	50th Anniversary Classic: Monty Python & The Holy Grail
08/29	Spotlight Film: Lost Nation
08/30 - 09/03	Feature Film: Eddington



BethlehemColonial.org





THURSDAY
AUGUST 14TH, 2025
WHISKERS AND WINGS 2025!
Applebee's
Second Chance
animal rescue
"see care when there's no one there"



Visit Littleton Applebee's on Thursday, August 14 from 4 PM to 9 PM for a night of fun, family, friends, and fundraising! Visit Applebee's at 582 Meadow Street with an approved flyer (available at the shelter or on our website), and Applebee's will donate 15% of your bill to Second Chance! Please stop by the shelter for a flyer, scan the QR code, or visit www.secondchancear.org

(Must present the approved flyer to your server at the time of order. 15% donation excludes tax and gratuity. Valid on dine-in and to-go orders, not valid on delivery.)

NORTH COUNTRY PRIDE AND THE PLACE ABOVE THE NOTCH PRESENT

SILENT DISCO






THURSDAY AUGUST 14

7PM-9PM

GAZEBO PARK, BETHLEHEM, NH





THE GALLERY AT
WREN
BETHLEHEM, NH

Artist Talk with Robert Chapla
in The Gallery at WREN

Join us for a thought-provoking discussion about Robert Chapla's creative process and the current gallery exhibition:

Colorful Edge of Soul
Sunday, August 10 at 2 pm



This exhibition is generously sponsored by Littleton Chevrolet. The Adair Inn is the year-round sponsor of the Gallery at WREN.

LITTLETON Chevrolet **Adair** **The Neil & Louise Tillotson Fund** **ARTS**

WREN's programs are funded in part by the NH Charitable Foundation's Neil and Louise Tillotson Fund, and by the NH State Council on the Arts.

Get AHEAD, Enroll In
SECRETS OF HOMEBUYING

Join Our Next Virtual Class!

- Sat., Aug. 9th & Sun. Aug. 10th
- 8:00am - 11:00am
- Virtual Via Zoom
- \$49.00 per household

AHEAD
American Home Education & Development

REGISTER TODAY! > Homesahead.org or 603-444-1377



IT'S TIME TO ENROLL!



School Year 2025-'26 applications are open

nhyouth.org