



Weekly Specials

Fri Jan 19 — Thu Jan 25, 2024

Saturday January 20th 2024 is Member Appreciation Day!

**Honeycrisp
or Cosmic
Crisp Apples**

69¢



**Top Round
Oven Roast**

**\$3⁹⁹
Lb**



4.6 oz
**Lesser Evil
Popcorn**

2/\$5

(FRI JAN 19 IS NATIONAL POPCORN DAY!)

PRODUCE

Cotton Candy or Candy Dream Grapes	\$3.99/lb
Sweet Potatoes	99¢/lb
Cara Cara Oranges	99¢
Broccoli Crowns	\$2.99/lb
Baby Peeled Carrots, 1 lb	2/\$5
Pineapple	2/\$5
Mini Seedless Cucumbers, 12 oz	2/\$6
White Potatoes, 5 lb Bag	2/\$5

BEER & WINE

Zorvino Z Labs Wines, 375 ml	\$12.99
Mark West Pinot Noir, 750 ml	\$9.99
Samuel Adams Just The Haze NA Beer, 6 pk	\$2 OFF
Kit Brewing NA Beers, 6 pk	\$2 OFF

BAKERY

Chabaso Ciabatta, 16 oz, Select Varieties	\$2.99
Table Talk 8" Blueberry Pie, 24 oz	\$6.49
CO-OP BAKED Onion Pocket Rolls, 4 pk	\$2.99

BULK FOODS

Grind-Your-Own Almond Butter	\$12.99/lb
Milk Chocolate Raisins	\$4.99/lb
Raw Pumpkin Seeds	\$5.99/lb
Raw Cashews	\$9.99/lb
Red Lentils	\$1.99/lb
Grandy Organics Original Coconola	\$9.99/lb
Sushi Rice	\$3.99/lb
Back Bay Snack Mix	\$4.99/lb

SPECIALTY CHEESE

Eiffel Tower Brie, 7 oz	\$4.29
VT Farmstead Maple Cheddar, Tilsit, Cranberry or Blueberry Windsordale, 7 oz	\$1 OFF
Bel Gioioso Fresh Mozzarella Balls, 8 oz	\$3.99

MEAT

Top Round Steak	\$4.49/lb
Top Round Oven Roast	\$3.99/lb
Robie Farm Burger	\$8.59/lb
Bone-In Pork Shoulder Steak	\$2.99/lb
Bone-In Chicken Thighs	\$1.39/lb
North Country Sausage, 12-16 oz, Select Varieties	\$5.99
Chicken Drumsticks	59¢/lb
Boars Head Beef Hot Dogs, 14 oz	\$6.59

SEAFOOD

Wild Swordfish, Previously Frozen	\$10.99/lb
Smoked Whitefish Salad	\$11.59/lb
Luke's Garlic & Herb Lobster Cake Bites, 16 oz	\$13.99

DELI

Boar's Head Pepper Jack Cheese	\$4.99/lb
Boar's Head Blackforest Turkey Breast	\$7.99/lb
Finlandia Imported Swiss Cheese	\$5.99/lb
New England Traditions Rare Roast Beef	\$8.99/lb
CO-OP MADE Quinoa Salad	\$7.99/lb









**HEY! SATURDAY JANUARY 20
IS MEMBER APPRECIATION DAY!**

INSIDE: Fresh fun & new items this week;
new podcast episode; our Partner of the
Month; upcoming events (including a Board
meeting!) and MORE.

Also, we're excited about grapes & popcorn.



GROCERY

Coco Goods Coconut Creamer, 16.9 oz	2/\$5
 Silly Cow Cocoa, 16.9 oz	\$5.99
Hammond Caramels, .75 oz	3/\$4
Made Good Crunchy Oat Bites, 4.25 oz	2/\$7
Savor by Suzie Chocolate Pretzels, 5 oz	\$3.99
NEW! Street Kitchen Spring Roll Kit, 5.1 oz	2/\$7
Laurel Hill Salsa, 16 oz	\$4.29
IQ Protein Bars, 1.6 oz	2/\$3
Kettle Brand Potato Chips, 13 oz	2/\$8
 R.W. Garcia Corn Chips, 7.5-8.5 oz	2/\$8
Love Good Chocolate Thins, 96gm	\$4.49
Salada Green Tea, 40ct	\$3.49
Food Club Raisin Bran, 18.7 oz	\$2.59
Bob's Red Mill Granola, 11 oz	\$4.99
 Cabot Mac & Cheese Cups, 4ct	\$6.99
Old El Paso Dinner Kits, 8-13 oz	2/\$6
Dole Fruit Cups, 4 ct	2/\$5
 Amy's Soup, 14-15 oz, Select Varieties	\$3.49
Food Club Mayonnaise, 30oz	\$3.99
Morton's Salt, 26 oz	\$1.79
Filippo Light Olive Oil, 16.9 oz	\$7.99
Food Should Taste Good Tortilla Chips, 5.5 oz	\$2.99
Xochitl Tortilla Chips, 16 oz	\$4.49
 Blue Diamond Almonds, 16 oz	\$6.99
Back to Nature Crackers, 4-9 oz	2/\$6
 Lesser Evil Popcorn, 4.6 oz	2/\$5
Simply Done Bath Tissue, 12rl	\$9.99

WELLNESS

Honey Gardens Apiary Elderberry Immune Boost Drink, 10 oz	2/\$6
Acure Body Wash, 8 oz, Select Varieties	\$4.99
Only What You Need Protein RTD Shake, 12 oz, Chocolate	2/\$6


Subscribe!

Get this flyer in your email every Thursday - just sign up online! (We promise we won't spam you)





www.LittletonCoop.com

FROZEN

Saffron Road Entrees, 10 oz	\$3.99
Quorn Plant Based Protein, 10-12 oz	\$4.29
Pictsweet Air Fry Vegetables, 11-14 oz	\$2.99
Newman's Own Thin Crust Pizza, 6.99	\$6.99
Wild Mike's Pizza, 40.25 oz	\$8.99
Friendly's Ice Cream, 48 oz	\$3.99
 Cascadian Farm Fruit, 8-10 oz Select Varieties	2/\$7
Dr. Praeger's Veggie Burgers, 8-10 oz Select Varieties	2/\$7

REFRIGERATED

Harmless Harvest Coconut Smoothie, 10 oz	2/\$6
Nasoya Super Firm Tofu, 16 oz	2/\$6
Nasoya Silken Tofu, 16 oz	2/\$5
 Stonyfield Yogurt, 32 oz, Select Varieties	\$2.99 <small>WITH COUPON</small>
 Health-Ade Kombucha, 16 oz	2/\$4



LITTLETON
**food
co-op**

This Week's Flyer:


- 7 Local Items
- 1 New Items
- 13 Organic Items
- 2 Cooperatively-Made Items

Sales & Discounts:

Discounts apply to eligible items only, and standard restrictions apply. Have a question? Come see the friendly folks at our Service Desk for details.

43 Bethlehem Rd.
Littleton, N.H.

Open Daily
7 AM to 8 PM

(603) 444-2800
 LittletonCoop.com

THE WEEKLY RADISH

January 19 - January 25, 2024

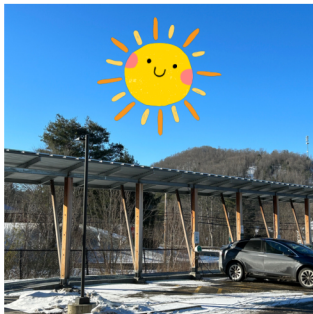
MORE FROM YOUR STORE



Your favorite podcast is back for the new year! That's Rad is a podcast cooperatively produced right here at the Co-op and hosted by our very own Anastasia. She's back with a new look and new energy to find the stories you want to hear. For the first episode of 2024, she's sitting down with Kara of Maple Medicine, the proprietor of a beloved brand found in our wellness department. Kara and Anastasia discuss how to stay well this winter and the surprising pancake topping (!!) that can help us do that. Listen on our website, or wherever you listen to podcasts!

-----> www.littletoncoop.com/podcast <-----

Solar Powered Co-op



Did you know that your favorite cooperative uses solar energy? We have a neat array of solar panels on our roofline and electric car charging stations. We don't get as much sun in the Winter, of course, but on average we generate enough power throughout the year to keep our energy-efficient lights on and our computers running.

littletoncoop.com/sustainability

Check Out the Co+op Deals App!



Event Calendar

LittletonCoop.com/Events

- Fri Jan 19: National Popcorn Day :)
- Sat Jan 20: Member Appreciation Day
- Sat Jan 20: Meet the Solarize North Country Team @12-2pm
- Mon Jan 22: Co-op Board Mtg @5pm; Zoom & In Person (RSVP)
- Mon Jan 22: Lunch & Learn w/ Food & Ag Council on Zoom @12pm
- Wed Jan 24: National Peanut Butter Day - Flash Sale TBA!!
- Sat Jan 27: Perennial Seed Starting Seminar @1-2:30pm (FULL!)
- Sunday February 4: It's National Snack Day!! :)
- Monday February 5: Senior Member Discount Day

Check out our full event page online! To RSVP for an event, visit our website at www.littletoncoop.com/events. Questions? Send us an email: info@littletoncoop.org



Member Appreciation Day



Sat Jan 20, All Day

The next Member Appreciation Day is coming soon! All Co-op Members Save 10%* on eligible items, all day long. It's a great time to stock up your pantry, try something new, or splurge on a little treat because you deserve it. Grab your grocery lists and get here early for the best selection!

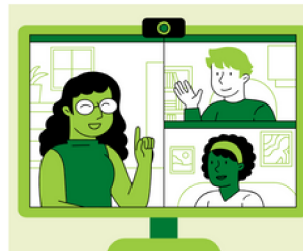
Solarize the North Country



Sat Jan 20 @12-2pm, Free

Ever thought about adding solar panels to your home, or figuring out ways to save money and be more sustainable? Come by the Co-op Cafe and meet with the team that's empowering North Country neighbors to make the most of solar energy, and get your questions answered by industry experts!

Come to A Board Meeting :)



Members Welcome!

Mon Jan 22 @5pm, Zoom & In-Person!

All Members are invited to come and learn more about how the co-op is run by folks just like you. The meeting will be held at 5pm, with the option to join us upstairs in the Co-op breakout room or online on Zoom. Please email info@littletoncoop.org to RSVP and receive the meeting link. See ya there!

B.O.D.

Deb Rossetti-Sullivan, Pres.
Timothy Healey, Vice Pres.
Vanessa Robbins, Secretary
Sam Brown, Treasurer
Kirsten Scobie, Director

Danielle Shaw, Director
Penny Keeler, Director
Mitra Karimian, Director
Jim White, Director

Contact: board@littletoncoop.org

FRESH, NEW, & FUN

Cotton Candy Grapes Are Here



Cotton Candy and Candy Dream grapes have arrived! These grapes really do taste like spun sugar - juicy sweet with just a hint of vanilla and caramel. They are non-gmo and are only in season for a brief period, and we have limited quantities in our produce department. Plus they're on special this week - come & get 'em!

Happy Popcorn Day



Friday is National Popcorn Day, and we are sooo ready! Have you ever noticed how many local popcorn producers we have here at the Co-op? Tons! Cabot, Little Lad's, Pop Zup, Maple Harvest, and more - cooperators sure do love their popcorn. Pick up a bag (or two) to celebrate :) PS: What's your favorite popcorn flavor and/or topping??

Tierra Farm is Back in Bulk



Our Bulk Department is known for having some of the best quality nuts and wholesome snacky-snacks around, and now it just got easier to grab & go! These tasty crunchy premium nuts are not only organic, but are now available in convenient plastic-free compostable resealable packaging, so you can feel good about your latest snack attack.

Not a Member Yet? Join Today!

Learn more, buy shares, start a new account:
www.littletoncoop.com/membership

Lower Price on VT Coffee



We recognize that everyone needs a little pick me up this time of year, so we've put a new low price on our favorite Vermont Coffee Company blends. That's \$14 or less for high quality coffee, roasted right here in New England. How can you not pour a second (or third) cup knowing you're now saving everyday??

YOUR CO-OP COMMUNITY

Round Up!



Round Up this January to support local recreation trails!

The goal of Bethlehem Trails Association is to promote an active lifestyle through their network of human-powered recreation trails. BTA came together when individual Bethlehem residents all realized they wanted to see a network of trails through their mountain community. Their trails are evolving every season through the help of volunteers, so if you've ridden before, there's still something new to be seen!

\$5,599.42 for NE Disabled Sports!



Our December partners from New England Disabled Sports stopped by to take a pic with the Big Check! With your help, \$5,599.42 went to giving athletic and recreation opportunities to folks of all abilities in the North Country. Thank you to our members for rounding up, and thank you to NEDS for all of their important work!

Lunch & Learn

WITH THE NORTH COUNTRY FOOD & AGRICULTURE COUNCIL!



The Co-op, UNH, and local food leaders are proud to introduce a new series, Lunch and Learn, presented by the North Country Ag & Food Council. Lunch and Learn is designed to bring topics surrounding different parts of our food system to the table. Folks from all walks of life are able and encouraged to join-- your voice matters! The first event is next Monday, January 22nd, at 12 noon on Zoom. More information and signup: <https://extension.unh.edu/event/2024/01/north-country-ag-food-council-lunch-learn>



SCAN ME!

The 8 Cooperative Principles

1. Voluntary and Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy and Independence
5. Education, Training, and Information
6. Cooperation among Cooperatives
7. Concern for Community
8. Diversity, Equity and Inclusion