



**Weekly Specials**

**Fri Jan 26 — Thu Feb 01, 2024**

**BUY ONE - GET ONE FREE DEALS THIS WEEK:**



1 Pint  
**Blueberries**  
**2/\$6**



24 oz  
**Against the Grain Pizzas**



28 oz  
**Organic Muir Glen Tomatoes**



## PRODUCE

Blueberries, 1 Pint	2/\$6
Red or Green Seedless Grapes	\$2.99/lb
Peelz Blood Oranges, 2 lb Bag	\$3.99
Avocados, Organic & Fair Trade	99¢
Peelz Lemons, 2 lb Bag	\$3.49
Red Grapefruit	4/\$5
Russet Potatoes, 5 lb Bag	2/\$5
Clementines, 3 lb Bag	\$4.99

## BEER & WINE

Athletic Brewing Company, 12 pks	<b>\$2 OFF</b>
Zero Gravity Brewery, 12 pks	<b>\$2 OFF</b>
Bread & Butter Wines, 750 ml	\$12.99
Apothic Wines, 750 ml	\$11.99

## BAKERY

Nashoba Brook Rosemary Garlic Bread, 20 oz	\$4.99
Kings Hawaiian Sweet Rolls, 12 Ct	\$3.99
Honey Mama's Cocoa Truffle Bar, 2.5 oz	\$3.99

## BULK FOODS

Raw Almonds	\$4.99/lb
Magical Mystery Trail Mix	\$9.99/lb
Semi-Sweet Chocolate Chips	\$4.99/lb
Grandy Organics Apple Crisp Granola	\$7.99/lb
Lotus Volcano Rice	\$3.99/lb
Carob Peanuts Clusters	\$6.99/lb
Energy Power Mix	\$8.99/lb

## SPECIALTY CHEESE

Boursin, 5.2 oz	\$5.49
Bel Gioioso Parmesan, Fontina or American Grana, 8 oz	\$5.49
Grafton Village Cheddar, 8 oz	<b>\$1 OFF</b>

## MEAT

Sirloin Tip Steaks	\$9.99/lb
Sirloin Tip Roast	\$4.29/lb
Chicken Thighs, Boneless & Skinless	\$1.99/lb
Misty Knoll Ground Turkey	\$8.99/lb
North Country Smokehouse Kielbasa, 16 oz	\$6.99
Our Best Meatballs 32oz Select Varieties	\$9.99
Boars Head Stack Pack Butcher Cut Bacon	\$6.99/lb

## SEAFOOD

Fresh Arctic Char	\$12.99/lb
Clam Shack Clam Chowder or Lobster Bisque, 18 oz	\$9.99
Gourmet Stuffed Clams, 5 oz	\$2.39

## DELI

Boar's Head Deluxe Ham	\$6.99/lb
Boar's Head Smoked Gouda Cheese	\$5.99/lb
New England Tradition Chicken Breast	\$5.99/lb
Cabot Mild or Sharp Cheddar Cheese	\$6.99/lb
Beet & Onion Salad	\$3.99/lb



**INSIDE:** New items this week, BOGO Deals, Board Candidates Wanted, Open Mic in the Cafe, local Ice Cream & Milk, #SoupSeason, & More!



## GROCERY

 Muir Glen Tomatoes, 28 oz	<b>BOGO</b>
 Simply Organic Seasoning Packets, 0.5-1.5 oz	<b>BOGO</b>
Reed's Ginger Ale Cans, 4ct	<b>BOGO</b>
Swiss Miss Instant Cocoa, 8 ct	\$1.99
Kellogg's Special K Cereal, 9-12 oz	\$4.29
Barilla Pasta Sauce, 24 oz	2/\$5
Barilla Protein+ or Gluten Free Pasta, 10-15 oz	2/\$5
 Cabot's Reserve Macaroni & Cheese, 11 oz	\$3.49
Mott's Applesauce, 23-24 oz	\$2.29
Heinz Squeeze Ketchup, 38 oz	\$4.99
Food Club Cocktail Sauce, 12 oz	2/\$3
Stacy's Pita Chips, 7.33 oz	\$3.49
Kellogg's Townhouse or Club Crackers, 13.8 oz Select Varieties	\$2.99
 Blue Diamond Nut Thins, 4.25 oz	\$2.99
 Blue Diamond Almonds, 6 oz	\$2.99
Quaker Rice Cakes, 4.5-5.5 oz	\$3.69
Tostitos's Tortilla Chips, 10-13 oz	2/\$8
Late July Tortilla Chips, 7.4-10.1 oz Select Varieties	2/\$6
 Crofter's Premium Fruit Spread, 16.5 oz	\$4.49
 Imagine Chicken Broth, 32 oz	2/\$6
Koyo Ramen, 2 oz	5/\$5
 Annie's Organic Mac & Cheese, 5-6 oz Select Varieties	2/\$6
Food Should Taste Good Tortilla Chips, 5.5 oz	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](http://www.LittletonCoop.com)





## FROZEN

 Against the Grain Pizzas 24 oz	<b>BOGO</b>
Rao's Brick Oven Pizza, 18-21 oz	\$9.99
Edwards Chocolate Cream Pie, 25.5 oz	\$6.99
Klondike Bars, 6ct	\$3.99
Good Humor Novelties, 4-6ct	\$4.29
Talenti Gelato, 1pt	2/\$8
Gardein Plant-based Protein, 8-14 oz	\$4.49

## REFRIGERATED

 Miyoko's Butter, 8 oz	<b>BOGO</b>
Food Club Cheese Bars or Shreds, 8 oz	2/\$4
Daisy Sour Cream, 16 oz	2/\$5
Chobani Yogurt, 5.3 oz Select Varieties	5/\$5
 Organic Valley Large Brown Eggs, 1doz	\$4.49
Oatly Oat Milk, 64 oz	2/\$8
Field Roast Plant-based Sausage, 9-13 oz	\$4.99

## WELLNESS

 Aura Cacia Bath Salts, 2.5 oz Select Varieties	<b>BOGO</b>
 OM Mushroom Gummies, 60ct	\$14.99
The Honey Pot Sensitive Wipes, 30ct	\$7.99



Save big  
at your local food co-op

GET IT ON  
**Google Play**

Available on the  
**App Store**

### This Week's Flyer:


- 8 Local Items
- 1 Fair Trade Items
- 10 Organic Items
- 7 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](http://LittletonCoop.com)

LITTLETON  
**food  
co-op**



# THE WEEKLY RADISH

January 26 - February 01, 2024

## MORE FROM YOUR STORE



Your favorite podcast is back for the new year! **SCAN ME!**  
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](http://www.littletoncoop.com/podcast) <-----

## #Soupseason Savings



Price Drop Alert! Joe's Kitchen Soups are still in the Co-op Deli cooler, now at a lower price! #soupseason is here, and there's no better way to warm up with a bowl of locally made, no sugar added soup from Joe's Kitchen out of Montpelier, VT. And there are enough flavors to try something new for each day of frigid temps we have coming up

## Buy One, Get One Deals



Look for the Orange Circle! This week at the Co-op we have some buy one, get one free deals for some of our favorite items, including frozen pizza, organic canned tomatoes, organic seasoning packets, vegan butter, ginger ale, and even bath salts. These deals are only around for a limited time, so swing in the co-op and look for the BOGO signs!



## Event Calendar

[LittletonCoop.com/Events](http://LittletonCoop.com/Events)

Sat Jan 27: Perennial Seed Starting Seminar @1-2:30pm (FULL!)

Mon Feb 5: Senior Member Discount Day

Sat Feb 10: NOFA-NH Winter Conference

Sun Feb 11: Superbowl Sunday

Wed Feb 14: Valentine's Day

Fri Feb 16: Fish Friday #1

Sat Feb 17: Open Mic in Cafe @3-5pm

Sun Feb 18: Global Recycling Day

**SCAN ME!**



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

## Senior Member Discount Day



**Monday February 5, All Day.**

Co-op Members 65 and over save 10%\* on eligible items all day long, making it a great time to come in and stock up on your pantry essentials, resupply your laundry room or cleaning closet, or just buy something nice for yourself as a treat. Just be sure to let your cashier know that you're eligible!

## Save the Date: Open Mic on Feb 17



**Saturday February 17, 3-5pm**

Free! Everyone is welcome! Come chill out with us in the Co-op Cafe for a presentation of art, poetry, music, spoken word, and more. We're looking for creative folks who want to perform, and also eager listeners who would like to hang out and listen! Interested? Email [info@littletoncoop.org](mailto:info@littletoncoop.org) for more details!!

## Board Candidates Wanted

If you love good food and building community, and you'd would like to help our Cooperative thrive and grow, then consider running for a seat on our Board of Directors!

Our Board plays a critical role in representing the Co-op's Members, by developing and maintaining the vision and long-term viability of the Co-op. The Co-op Board consists of nine Members elected by our voting Members. Each term is three years, and every year we elect (or re-elect) three Board Directors.

Applications to become a Candidate in our annual Board Election are open year-round, but most of the preparation for our election happens in March and April. The Board Election itself happens in late April and early May each year. Applications are due this year on March 10.

Learn More and Apply Online! [littletoncoop.com/join-board](http://littletoncoop.com/join-board)



# FRESH, NEW, & FUN

## New & Local: Milk and Ice Cream!



Strafford Organic Creamery (VT) is a one-farm, one-family operation dedicated to sustainable agriculture and making the best milk and ice cream on the planet. They are already a big hit at many other co-ops in the region, and now we have it here! We now carry their ice cream, along with two sizes of organic glass-bottled milk.

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

## Cotton Candy Grapes Are Here



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. Come & get 'em!

## What Else Is New?

Foam Brewers Damage Control & Horizon Lines (VT)  
Kettlehead Bruh Double IPA & Lean Mean Machine (NH)  
Schilling Brucius Doppelbock (NH)  
Tuckerman Bretton Woods Klösch (NH)  
Zorvino Dessert Wines (NH)  
Badia Spice Packets  
Cascade Granola Bars  
Jasberry Rice Superfood  
Mavuno Chocolate Candies

Mezcla Vegan Protein Bars  
Nancy Lee Spices  
Seed & Mill Tahini Squeeze Bottle  
Smart Chicken Nuggets  
Feel Good Food Pancake Bites  
Puravida Frozen Bowls  
Strafford Ice Cream & Milk  
Oak Leaf Wines  
Hand in Hand Body and Hair Care  
Humble Bamboo Toothbrushes  
Giovanni Hairbrushes  
Earthwise Insulated Tote Bags  
Valentine Candy in Bulk

**Our Vision:** Our Co-op is a catalyst for cultivating a vibrant community and regional economy.

**Our Mission:** To provide a community-owned marketplace that supports local and promotes healthy choices for people and planet.

# YOUR CO-OP COMMUNITY

## Round Up for BTA!



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!

## YOUR Community-Owned Market!

Here are some of the local organizations we've partnered with and supported over the years:

