



1 Pint
Meadowstone Farm Cherry Tomatoes
\$3.99

local



Chicken Leg Quarters
99¢ Lb



4.25-5 oz
Kettle Brand Chips
2/\$5

PRODUCE

local Meadowstone Farm Cherry Tomatoes, 1 pint	\$3.99
Lemons	3/\$1
Bartlett Pears	69¢
Cosmic Crisp Apples	69¢
local Joe's Brook Farm Beefsteak Tomatoes	\$3.99/lb
USDA Cauliflower, Organic	\$2.99
Yellow Potatoes, 5 lb	2/\$6
Thomcord Grapes, 16 oz	2/\$6
Whole White Mushrooms, 8 oz	2/\$4

BAKERY

Buttermilk Biscuits, 6 pk	\$2.99
CO-OP BAKED Chocolate Chip Cookies, 12 pk	\$3.49
Stonefire 8.5" Pizza Crust, 4 pk	\$2.99

BEER & WINE

Samuel Adams Brewery, 12 pk	\$14.99
NEW Rossino Non-Alcoholic Prosecco, 750 ml	\$9.99
local Kettlehead Brewery, 4 pk	\$2 OFF
fair trade Riojana Malbec or Chardonnay, 750 ml	\$8.99
Pask Sauvignon Blanc, 750 ml	\$9.99

REFRIGERATED

GT's Kombucha, 16 oz, Select Varieties	2/\$5
local Brown Cow Whole Milk Yogurt, 5.3 oz	5/\$5
local Cabot Cheese Bars & Shreds, 8 oz, Select Varieties	2/\$6
Planet Oat Creamer, 32 oz	\$2.99
Reddi Wip Creamer, 6.5 oz	\$2.99
Hood Cottage Cheese, 16 oz	\$2.79
Buitoni Stuffed Tortellini, 20 oz, Select Varieties	\$6.99
Chobani Oatmilk, 52 oz	\$4.49
Ithaca Hummus, 10 oz	\$3.99

MEAT

SERVICE COUNTER: 7AM-7PM DAILY

Chicken Leg Quarters	99¢/lb
Boneless Chuck Pot Roast	\$5.99/lb
Pork Tenderloin	\$2.99/lb
Boneless, Skinless Chicken Thighs	\$2.99/lb
Colvard Sausage Links, 1 lb	\$9.59
local North Country Cob Smoked Bacon, 16 oz	\$8.99

SEAFOOD

SERVICE COUNTER: 7AM-7PM DAILY

Fresh Faroe Island Salmon	\$13.99/lb
Johnny Tempura or Popcorn Shrimp, 8 oz	\$6.99

DELI

SERVICE COUNTER: 7AM-7PM DAILY

Boar's Head Deluxe Roast Beef	\$9.99/lb
Boar's Head Imported Swiss Cheese	\$6.99/lb
Asian Sesame Noodle Salad	\$3.99/lb
Broccoli Salad	\$5.99/lb
Cobb Salad	\$6.99

BACK TO SCHOOL BOGO DEALS!

on sale now!



woman-owned



Buy One, Get One **FREE**



Buy One, Get One **FREE**



Now Until Sep 2! More BOGO Savings Online:
www.deals.coop/littleton-food-co-op/home

GROCERY

Kettle Brand Potato Chips, 4.25-5 oz	2/\$5
Vita Coco Coconut Water, 33.8 oz	\$2.99
 Amy's Soup, 13.65-14.7 oz	2/\$6
Clif Nutrition Bars. 2.4 oz	4/\$5
Fever Tree Mixers, 4 pk	\$4.79
Kellogg's Cereal Special K, 9.36-12.10 oz	\$3.99
Prince Pasta, 12-16 oz, Select Varieties	4/\$5
Knorr Pasta & Rice Sides, 4.3-5.7 oz	5/\$5
Progresso Soups, 18-19 oz, Select Varieties	2/\$4
Bush's Baked Beans, 22-28 oz	\$2.69
Hidden Valley Ranch Dressing, 16 oz	\$4.29
Hellmans Mayonnaise, 15-30 oz	\$5.49
Heinz Ketchup Easy Squeeze, 20 oz	\$2.99
Bookbinder's Cocktail & Tartar Sauce, 9.5-10.5 oz	\$2.29
Vlasic Pickles, 16-24 oz, Select Varieties	2/\$5
Betty Crocker Cookie Mix Pouches, 17.5	2/\$5
Jell-O Gelatin & Pudding Mix, .3-3.9 oz	4/\$5
Nabisco Crackers Family Size, 12.5-20.5 oz	\$3.99
Lay's Potato Chips. 7-8 oz	BOGO
Kashi Cereal, 12.3-18 oz, Select Varieties	\$5.69
Clif Builders Protein or Nut Butter Bars, 1.76-2.4 oz	2/\$4
Yogi Tea, 16 ct	2/\$8
Divine Chocolate Bars, 3 oz, Select Varieties	2/\$7




Look for the purple tag on the shelf! Co-op Basics offers everyday low prices on many popular grocery and household items. From milk to beef to cereal, you'll find value-priced brands and low prices on some old favorites.

BULK FOODS

Energy Power Mix	\$7.99/lb
All Natural Zoo Animals Fruit Snacks	\$6.99/lb
 Raw Cashew Pieces	\$7.99/lb
 Grind Your Own Almond Butter	\$12.99/lb
Blueberry Yogurt Pretzels	\$6.99/lb
 Quick Oats	\$1.99/lb




FROZEN

Green Giant Vegetables, 10 oz	3/\$5
Stouffer's Lean Cuisine Entrees, 9-11 oz	2/\$5
Breyers Ice Cream, 48 oz	\$4.99
Hood Ice Cream, 48 oz, Select Varieties	\$3.49
Haagen Daz Ice Cream, 14 oz	\$3.99
Amy's Burritos, 5-6 oz, Select Varieties	3/\$10
 Cascadian Farm Frozen Fruit, 28-32 oz	\$12.99

BEAUTY & WELLNESS

Grandpa's Soap Co Pine Tar Shampoo or Conditioner, 8 oz	\$5.99
South of France Hand & Body Cream, 8 oz, Select Varieties	\$5.99
 OM Mushroom Master Blend Gummies, 56 ct	\$14.99

SPECIALTY CHEESES

 VT Farmstead Brie, 6.5 oz	\$7.99
BelGioioso Fresh Mozzarella Balls, 8 oz	\$3.99
Natural Valley Goat Cheese, 8 oz	\$7.99

CHEESE OF THE WEEK

Alfred Le Fermier



Oh Canada! Our dear neighbor to the north is known for poutine, polar bears, maple syrup, the Royal Canadian Mounties, and the beloved Anne of Green Gables. It is also home to Alfred Le Fermier, the cheese that took First Place Best of Show at the 2025 American Cheese Society Competition. This award-winning cheese is crafted at Fromagerie La Station, an organic

dairy farm located in Compton, Quebec. Alfred Le Fermier is a pressed, cooked farmstead cheese made with organic, raw cow's milk. Aged for 8-10 months on wooden planks, this Alpine-style cheese develops a distinctive yellow-orange rind and a semi-firm, supple texture. The flavor profile is complex and well-balanced; fruity, herbal and woody with subtle caramel and hazelnut notes. An excellent melter, Alfred Le Fermier is perfect for fondues, gratins, baked pasta dishes and grilled cheese sandwiches, is ideal for a cheese board and pairs well with medium bodied red wines and brown ales. Enjoy!

Save \$2/lb Aug 29-Sep 4

(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	 Inclusive 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 Aug 29: Free Wine Tasting w/ Rossi Imports @3-5pm
Mon Sep 1: Labor Day - We're open 7AM-9PM
Fri Sep 5: Senior Member Discount Day
Fri Sep 5: Co-op Kitchen Cooking Demo @11:30AM - Free!
Sun Sep 7: **Fall Hours Begin - Open 7AM-8PM Daily**

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

Senior Member Discount Day



Friday September 5 - All Day
On the fifth of each month, all Co-op Members 65 and over save 10% on eligible items. It's a great time to come in and stock up on your grocery basics, splurge on a treat for yourself, or put a few extra things in your cart to pass along to a food pantry or animal shelter. Thank you for being a co-op member!

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

Co-op Kitchen Cooking Demo



Friday September 5 @ 11:30AM
It's time for another Co-op Kitchen Cooking Demo! Chef Will is taking to the Cafe to showcase a one of the special dishes in his extensive repertoire. In the Deli, Will is known for his quick-witted humor and excellent knife skills, so we're excited to see him come alive in the Cafe! Free, all are welcome.

Free Prosecco Tasting



Friday August 29 @ 3-5 PM
We always love when Simon and Pamela Rossi come to the co-op to host tastings, because it's like having a little soiree in the wine aisle. This time they have something really new and exciting: their very own non-alcoholic prosecco! They are thrilled to bring this to us from their winery in Italy - come by and try a sip!

Partner of the Month Fair

Saturday September 20 @12-3 PM

It's almost time to pick our 2026 Partners! Come by the co-op and meet the 25 local organizations that are in the running for next year's Partner of the Month Program. There will be lots of friendly faces, great resources & information, and usually some fun stickers and swag, yippee! If you're a member, you'll have an opportunity to cast your vote and pick the non-profits you'd like to "Round Up" for at the registers next year. See you there!

MORE FROM YOUR STORE

Local Highlight: Weekend Kickback



What are your plans for Labor Day weekend? Consider closing out summer and Eat Local Month by hanging out with some great local food! BBQs are a common weekend celebration, and we suggest firing up some Robie Farm local beef burgers. And you can round out the plate with some colorful grilled local veggies from the Produce Dept. If family and friends can't make it for a gathering, at least take a moment to do a cheers to a great summer - we suggest a can of Wildbloom Beer, or Woodstock's new lemonade for the non-drinkers. If all else fails, chillin' on the couch with some Wrap City chips (2 bags per person should be enough??) is a completely valid option.

New Podcast Episode



We're on a podcast road trip, talking to Co-ops around the country! On this episode, Anastasia has "stopped" at PCC Community Markets in Seattle, WA to talk with their Director of Purpose, Mike Wenrich. PCC is the country's largest consumer food co-op with 16 store locations and over 118,000 member-owners. The discussion centers around how PCC acts on the first two pieces of the infamous triple bottom line: people, planet, and profit. Mike leads Anastasia through many PCC initiatives, including their efforts to protect the Puget Sound, their local and state public policy backings, and their unique program pairing food access organizations with local farms. Listen wherever you find podcasts or on our website.

Listen Online: LittletonCoop.com/Podcast

FRESH, NEW, & FUN

Thanks for Supporting Local Food!



Thank you all for celebrating Eat Local Month at the Littleton Co-op with us this August! Whether you came on the Robie Farm tour, purchased a locally produced food at the Co-op, or shared one of our posts on social media, know that you made a difference in our local food system.

If we were to make one social media post a day about all of the local producers we work with at the Co-op, it would take over six and a half months - that doesn't help the perception that eating local food is complicated!

To make local food more digestible (pun intended), we took the month to highlight some local producers and their creations into suggested use categories. Now, all of our 2025 highlights live on our website in case you missed a week. Of course, you don't have to follow our suggestions -- we always love hearing about how you celebrate local food!

www.littletoncoop.com/eat-local-month-2025

New Local Jewelry



Little Snail Nook earrings are one-of-a-kind resin and wire pieces inspired by nature and life's cozy moments. Styles range from preserved pressed flowers to dangly cat charms. They're perfect for someone (maybe you?) who won't leave the house unless their jewelry matches their perfectly funky-style outfit.

Dubai Chocolate



Have you hopped on the Dubai chocolate trend yet? Now we have and you can, too! This rich style of chocolate went viral on social media in 2025 with a unique combination of chocolate, pistachio, and crispy knafeh (shredded puff pastry). We now have single Dubai chocolate bars and boxes of mini Dubai chocolate cones. Fancy!

SALE!

DECOMPOSITION NOTEBOOKS & PENS

20% OFF

Sale valid through 9/1/2025.



YOUR CO-OP COMMUNITY

Round Up for Local Film & Art!



Round up at the register this September to support The Colonial Theatre in Bethlehem!

The Colonial Theatre is the home of arts, film, music and culture in New Hampshire's North Country. Located in the heart of The White Mountains in Bethlehem, New Hampshire, the historic Colonial Theatre is one of the oldest continuously operated movie theaters in the country.

Now, after a series of renovations and improvements, the 300-seat Colonial offers state-of-the-art digital projection and surround sound for independent and world cinema, hosts Grammy award-winning performing artists, family entertainment, and community events from May through October— including lots of fun and educational events with us at the Co-op!

Learn more about the Colonial on their website and check out their listings of upcoming shows and events:

www.bethlehemcolonial.org

PRINCIPLES IN ACTION

#6: Cooperation Among Cooperatives



CALLING ALL GREATER BOSTON RESIDENTS AND VISITORS: Our fellow cooperators at the Dorchester Food Co-op could use some love. Boston's only worker and member-owned food co-op could face closure in two months without an increase in sales. Back before the store opened, DFC came on the Littleton Co-op podcast to talk about the importance of having a food co-op in their historically underserved neighborhood. Take a visit! Share a social media post! Spread the word! Learn more: www.dorchesterfoodcoop.com



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