



**Acorn,
Butternut, or
Spaghetti
Squash**

**69¢
Lb**



**Organic
Steel Cut
Oats**

**99¢
Lb**



**16 oz
Teddie
Peanut
Butter**

\$2.99

PRODUCE

Acorn, Butternut, or Spaghetti Squash	69¢/lb
Navel Oranges, 3 lb	\$3.99
Bartlett Pears	99¢
Honeycrisp Apples	99¢
Lemons	2/\$1
Mangoes	99¢
Cara Cara Oranges, 3 lb	\$4.99
Red Seedless Grapes	\$1.99
Seneca Apple Chips, 2.5oz, Select Varieties	2/\$4

BAKERY

Chocolate Chip Cookies, 12 pk	\$3.99
White or Cracked Wheat Bread, 18.25 oz	\$2.49
Central Bakery Portuguese Muffins, 6 pk	\$5.49

BULK FOODS

Steel Cut Oats	99¢/lb
Chocolate Covered Cranberries	\$8.99/lb
White Popcorn	\$1.99/lb
Raw Cashew Pieces	\$5.99/lb
Chia Seeds	\$3.99/lb
Diced Sweetened Pineapple	\$4.99/lb

SPECIALTY CHEESE

Natural Valley Goat Cheese, 8 oz	\$7.49
VT Farmstead Fat Tire, Voodoo Ranger or Cheddy Topper, 7 oz	\$1 OFF
VT Farmstead Brie, 6.5 oz	\$8.99

WELLNESS

Only What You Need Protein Drink, 12 oz, Chocolate	2/\$5
South of France Bar Soap, 6 oz, Select Varieties	2/\$5
Michael Roger Decomposition Notebooks, Select Varieties	25% OFF

MEAT

SERVICE COUNTER OPEN 7AM-7PM DAILY

Boneless Skinless Chicken Breasts	\$2.99/lb
Boneless Pork Shoulder Roast	\$2.59/lb
Boneless Tip Roast	\$4.99/lb
Porterhouse Steak	\$10.99/lb
Bilinski's Chicken Sausage, 12 oz	\$7.99
Black River Northeast Raised Ground Beef, 16 oz	\$9.99
Nippon Yakiniku Sauce, 14.6 oz	\$5.59
Vt Smoke & Cure Meat Sticks, 1 oz	3/\$5

SEAFOOD

Wild Yellowfin Tuna, previously frozen	\$8.99/lb
Blue Circle Salmon Happy Fish, 7.5 oz	\$4.59
Johnny Popcorn Shrimp, 8 oz	\$7.59

DELI

SERVICE COUNTER OPEN 7AM-7PM DAILY

Farmers & Cooks Uncured Ham	\$9.99/lb
Cabot Pepper Jack Cheese	\$5.99/lb
Four Bean Salad	\$3.99/lb

BEER & WINE

Samuel Adams, 12 pk	\$14.99
LaMarca Prosecco, 750 ml	\$9.99
Iron Furnace Brewing, 4 pk	\$2 OFF
Schild Shiraz, 750 ml	\$9.99





What's up with the **BOLD** items? These are our special features for the week, offered at an exclusive price!



GROCERY

Teddie Peanut Butter, 16 oz	\$2.99
LaCroix Sparkling Water, 12 pk	2/\$8
 Blue Diamond Nut Thins, 4.25 oz	2/\$5
Clif Bars, 2.4 oz	4/\$5
Post Great Grain Cereal, 15.5-16 oz	\$4.79
Quaker Instant Oatmeal, 9.3-12.10 oz	\$3.79
Newman's Own Pasta Sauce, 24 oz	\$2.99
Barilla Gluten Free Pasta, 12 oz	\$2.99
Food Club Grated Parmesan, 8 oz	\$2.99
B&M Baked Beans, 16 oz	\$1.79
Ghirardelli Brownie Mix, 18-20 oz	\$2.99
 Blue Diamond Almonds, 6 oz	\$3.19
Montebello Pasta, 16 oz	2/\$7
Mike's Mighty Good Ramen, 1.6-2.4 oz	2/\$4
 Nature's Path Cereal, 9.5-14 oz, Select Varieties	\$3.79
McCormick Seasonings, .81-1.25 oz, Select Varieties	2/\$5
Wishbone Dressing, 15 oz	2/\$5

FROZEN

 Cascadian Farm Frozen Vegetables, 10 oz, Select Varieties	2/\$5
Breyer's Ice Cream, 48 oz	\$3.99
Wyman's Berries, 3 Lb, Select Varieties	\$10.99
Eggo Waffles & Pancakes, 10.5-15 oz	\$2.79
Brigham's Ice Cream, 32 oz	\$4.49
 Cascadian Farm Frozen Fruit, 3 Lb	\$12.99

REFRIGERATED

Lifeway Lowfat Kefir, 32 oz, Select Varieties	\$2.99
 Kevita Kombucha, 15.2 oz	2/\$4
 Green Mountain Creamery Yogurt, 32 oz	\$4.99
Daisy Sour Cream, 16 oz	\$2.29
Chobani Oatmilk, 52 oz	\$4.49
Field Roast Plant-Based Sausage, 9.3-12.95 oz	\$4.99
Silk Almondmilk, 64 oz	\$3.99
Ithaca Hummus, 10 oz	\$3.99



Update Your Info, Please!

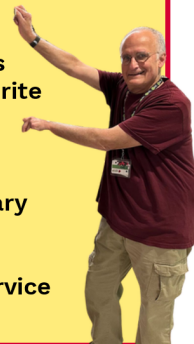
It happens to the best of us: you move, finally shed that embarrassing old email address, or upgrade to a new phone and number.

You'd be shocked at the number of folks who come every week and have no idea their info is missing or wrong. This also means we can't reach out for important member updates, voting access, or even valuable patronage rebates. Are you one of those shoppers? Don't let it be!

We're also putting on a little contest for our cashiers to see who can get the most members to update their information! Help out your favorite cashier and take 30 seconds to update your email, phone number, and mailing address.

But remember, you must be listed as the primary member to make changes to an account.

Email info@littletoncoop.org or stop by the Service Desk to update your information. Thanks!



Fantastic Fall Savings!

SCAN FOR PREVIEW!



Save over \$105 with our September & October Coupons \$\$\$
Find them right on the shelf when you shop at Littleton Food Co-op!



This Week's Flyer:

- 7 Local Items
- 10 Organic Items
- 4 Cooperatively-Made Items
- 0 Fair Trade 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.

Open Daily
7 AM to 8 PM
Deli & Meat: 7am-7pm

43 Bethlehem Rd.
Littleton, N.H.

(603) 444-2800
LittletonCoop.com

THE WEEKLY RADISH

Friday September 6 - Thursday September 12, 2024

Event Calendar LittletonCoop.com/Events

Thu Sep 5: Senior Member Discount Day
Fri Sep 6: Free Tasting: Rhythm Cider @3-5pm (21+)
Sat Sep 7: Pavilion Artist - By the Moon Rabbitry
Sun Sep 8: Hours Change: Open 7am-8pm Daily
Sat Sep 14: 2024 Partner of the Month Fair @12-3pm
Sat Sep 14 - Sept 28: POM Voting Open for Members
Sat Sep 21: Co-op Board of Directors Retreat
Sat Sep 21: Member Appreciation Day
Sat Sep 21: Community Mural Painting @ 10am-12pm
Sat Sep 21: Meet and Greet the Artist - Andrew Purba @ 1-3pm
Sat Oct 5: Senior Member Discount Day
Sat Oct 5: Pavilion Artist - Adhi Two Owls

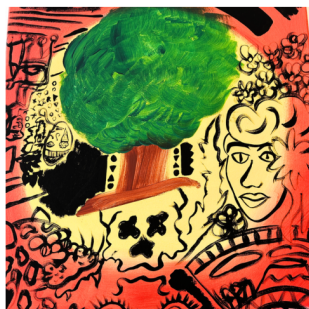
To RSVP for an event, visit our website:
littletoncoop.com/events, or email info@littletoncoop.org

Many Hands Make A Mural



Saturday September 21 @10a-12p
We're partnering with NOCO Mural Project to create a painting made from many handprints, all coming together to form a beautiful image. This is open to folks of all ages and art abilities; absolutely no skills are required to participate. Come as you are, whenever you can -- stop by for two minutes or to hang for two hours!

Meet the Artist: Andrew Purba



Saturday September 21 @1-3pm
Now in the Co-op Cafe Gallery for September & October: Andrew Purba! Andrew is a passionate local artist who has been creating since age 6, and his paintings will be available for sale through the co-op. Stop by the opening reception on the 21st for light refreshments, and a chance to ask the artist about his creative process.

FREE Cider Tasting - Rhythm Cider



Friday September 6 @3-5pm
What's more fall flavored than fresh cider? Come get a taste this weekend and try some of the finest local cider around, made from premium fruit right in Lincoln NH. Rhythm might be in their name, but creativity is the key to their award winning brews, which range from dry to semi sweet to rich & robust. Come try some on Friday!

HELP US PICK THE 2025 PARTNERS!

Voting is Open September 14-28, 2024



Partner of the Month Fair: Saturday September 14 @12-3pm

Join us for the official kick-off for the 2025 Partner of the Month election at Littleton Co-op! We have thirty six (!!) incredible organizations running this year, and we need YOUR help choosing ten of them to be our official 2025 Partners.

On September 14, swing by the Co-op between 12-3 pm and meet some of the local non-profit candidates for our 2025 Partner of the Month program. This is your opportunity to meet them in person, learn about the important work they do in our community, and get ready to make an informed vote.

September 14 is also when voting opens to all Members!

Cast your ballot and help us pick ten Partners for 2025. Keep an eye on your email for the special link and password to use Simply Voting. We'll also have paper ballots in the store.

Questions about the application process or how we select our partners? Please visit:

littletoncoop.com/about/partnerofthemoth

Here Are the Candidates:

Above the Notch Humane Society	Boys and Girls Club of the North Country
Bethlehem Elementary School	The Cohos Trails Organization
PTA	Disabled American Veterans of the North Country
The Colonial Theatre	Franconia Children's Center
Cross NH Adventure Trail	Friends of the Frost Place
Friends of Dog Mountain	Gale River Cooperative
Friends of Remich Park	Preschool
Forest Society North at the Rocks	Littleton Dog Park
Heartwood Public Charter School	Littleton Studio School
Littleton Historical Museum	The Loading Dock
Lisbon Area Historical Society	North Country Alliance for Balanced Change
Mt Eustis Ski Hill	North Country Beekeepers Association
NOCO Mural Project	North Country Community Radio
North Country Peer Support Center	NH Farm to School
North Country Health Consortium	Ryan's Case for Smiles
Outdoor Adventuring for Good	Stable Connections
Second Chance Animal Rescue	Theatre UP
Taproot Farm and Education Center	White Mountain Science Inc
Tontem Farm and Sanctuary	
Adaptive Sports Partners	

WHAT'S NEW

Orange Wine's A Winner



Orange wine is actually white wine, but its orange color comes from extended contact with the grape skins and seeds during winemaking. However, its taste is more often compared to that of a dry red, often having a bold, honeyed aroma with notes that can include, of course, dried orange rind. Come find our new orange wine varieties in the Wine Aisle!

New Month, New Menu



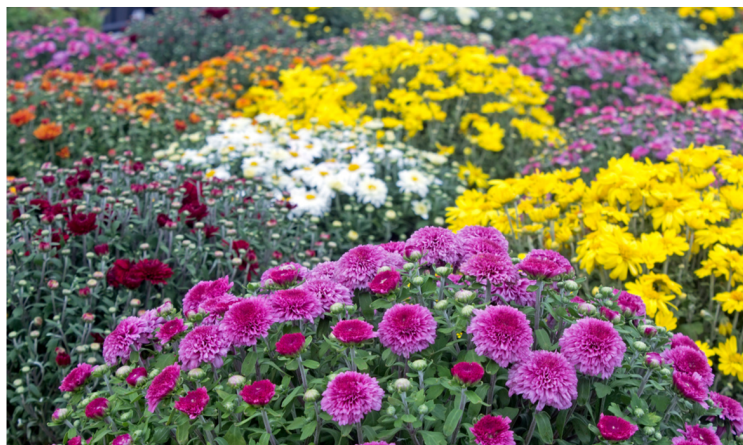
Our Deli lunch menu just got a major facelift! We have a fresh selection of hot sandwiches for September, plus the Deli is introducing Daily Lunch Specials! Every day we're featuring a customer-favorite specialty sandwich. Meatball Sub Monday, anyone?? Check out the full menu on our website: littletoncoop.com/deli-menu

Gimme A Yeehaw for Chocolate



New to our chocolate lineup: bars and nut clusters from Wild West Chocolate. These have zero sugar added, and are sweetened only with organic fruit. They're also gluten free, vegan (dark chocolate and oat milk chocolate!), and are made with fair trade practices. Available in simple or more unique flavors there's an option for everyone to go wild over 🤠

Fall Plants Are Here!



Everyone's favorite fall plants from Claussen's Greenhouse are starting to arrive! With the slight chill in the air, we know some people are all ready to transition their homes into ~fall mode~. And nothing is more fitting, or beautiful, than the variety of mums, kale plants, and other beauties we have in the pavilion. These full, healthy potted plants are budding now and will be blooming just like the photo above very soon. They also sell quickly, so come get one (or two) before they're gone!

YOUR CO-OP COMMUNITY

Round Up for New Beginnings



Round Up this September to support The Center for New Beginnings!

Located in Littleton, the Center for New Beginnings provides counseling and mental health services to families and individuals of all ages. Their safe, welcoming, respectful, and confidential environment allow patients to explore their mental health needs and challenges with a licensed professional. They offer a wide range of services, including child and adolescent services, adult counseling services, substance abuse treatment, victims services for children, adults, and families, and emergency services. Learn More: www.centerfornewbeginnings.org



Not a Member Yet? Join Today!
www.littletoncoop.com/membership

A Big Check for Local Heroes



Our July Partner, The Pemi Search & Rescue Team, has been busy scaling mountains and conducting rescues this summer, so we were super excited to steal a moment of their time to present them with a check for \$5,750.80. All of this money came straight from you, our incredible members and customers! Keep rounding up - your small change makes a big difference.

Counting Birds & Bears in Bethlehem



Calling all amateur wildlife observers! Bethlehem's Conservaton Commission has invited the public to help update their Natural Resource Inventory. Download the iNaturalist App and submit your photos of plants and wildlife in town by September 15. Questions? Reach out to conservationscommision@bethlehemnh.org.