



VT Organic
**Joe's Brook
Farm Red or
Yellow Onions**

\$1.79
Lb



24 oz
**Bove's
Pasta
Sauce**

\$2.99



16 oz
Organic
**Bionaturae
Pasta**

2/\$4

PRODUCE

Joe's Brook Red or Yellow Onions, VT Organic	\$1.79/lb
Joe's Brook Spring Mix, 8 oz, VT Organic	\$4.99
Pink Lady or Cosmic Crisp Apples	79¢
Acorn, Butternut, or Spaghetti Squash	79¢/lb
Clementines, 3 lb	\$5.99
Mammoth Mangoes	2/\$4
Bartlett Pears	79¢
Red or Green Seedless Grapes	\$2.49/lb

BAKERY

Pumpkin Muffins, 4 pk	\$3.99
Stonefire Artisan Flatbread, 2 pk	2/\$5
Parisian French Baguette	\$2.59

BEER & WINE

Great North Aleworks, 12 pk	\$14.99
Mark West Pinot Noir, 750 ml	\$11.99
Kettlehead Brewing Company, 4 pk	\$2 OFF
Gnarly Head Wines, 750 ml	\$12.99

REFRIGERATED

Blue Diamond Almond Breeze Almond Milk, 59-64 oz	2/\$6
Philadelphia Cream Cheese Bar, 8 oz	2/\$6
Stonyfield Yogurt, 32 oz, Select Varieties	\$4.79
Organic Valley Butter, 16 oz	\$8.99
Kozy Shack Pudding, 22 oz	2/\$6
Health-Ade Kombucha, 16 oz	2/\$5
Siggi's Plant-Based Yogurt, 5.3 oz	3/\$5

MEAT

SERVICE COUNTER: 7AM-7PM DAILY

Strip Steak	\$14.99/lb
Bilinski's Chicken Sausage, 12 oz	\$8.59
Top Round Steak	\$6.99/lb
Boneless Pork Cutlets	\$2.59/lb
Chicken Tenders	\$3.59/lb
Our Best Swedish Style Meatballs, 26 oz	\$8.99

SEAFOOD

SERVICE COUNTER: 7AM-7PM DAILY

Fresh Steelhead Trout Fillets	\$11.99/lb
Clam Shack New England Clam Chowder, 20 oz	\$9.99
Clam Shack Lobster Bisque, 20 oz	\$9.99

DELI

SERVICE COUNTER: 7AM-7PM DAILY

New England Traditions Virginia Baked Ham	\$4.99/lb
Chicken Caesar Tortellini Salad	\$5.99/lb
Boar's Head American Cheese	\$4.99/lb
Hans Kisse Egg Salad	\$5.99/lb

FANTASTIC FALL SAVINGS!



Look for the new September / October Co+op Deals Coupons throughout the store! Making a grocery list? Check out the preview online: www.littletoncoop.com

GROCERY







 Bove's Pasta Sauce, 24 oz	\$2.99
 Bionaturae Pasta, 16 oz	2/\$4
Kashi Cereal, 9.7-17.7 oz, Select Varieties	\$3.99
Briannas Salad Dressing, 12 oz	2/\$5
Post Honey Bunches of Oats Cereal, 12 oz	2/\$5
Progresso Bread Crumbs, 15 oz	2/\$5
Kraft Mac & Cheese Dinner, 7.25 oz	4/\$5
Cholula Taco Sauces, 8-12 oz	\$2.99
El Paso Taco Dinner Kits, 8.8-12.5 oz	2/\$6
Cholula Salsa, 12 oz	\$2.69
Cholula Hot Sauce, 5 oz	\$3.49
Ghirardelli Brownie Mixes, 18-20 oz	2/\$7
Lays Potato Chips, 7-8 oz	2/\$7
Popcorners Corn Snacks, 7 oz	2/\$7
Tazo Tea, 15-20 ct	\$4.29
Bobo's Oat Bars, 3 oz	2/\$4
  Grandy Organics Grain-Free Granola, 9 oz	\$6.49
LaCroix Sparkling Waters, 12 pk	2/\$11
Tony's Choclonely Chocolate Bar, 6.35 oz	\$4.99
Mrs. Meyer's Dish Soap, 16 oz	\$3.99
Simply Done Paper Towels, 6pk	\$5.99
Simply Gum, 15 pcs, Select Varieties	2/\$4

Save on Sustainability!




The Co-op's very own Green Team has partnered with the Bethlehem Sustainability Working Group to educate on and promote environmentally conscious buying at the Co-op. Thanks to BSWG support, everyone is eligible for this coupon for \$5 off a purchase of Ingredients Matter Plastic-Free Laundry Soap. Pick up your coupon at the shelf.

BULK FOODS

 Grandy Organics Peanut Butter Coconola	\$9.99/lb
 Northwoods Apiaries Pour-Your-Own Honey	\$4.99/lb
 Garbanzo Beans, Organic	\$1.99/lb
 White Quinoa, Organic	\$2.99/lb
 Black Mission Figs, Organic	\$8.99/lb
 Raw Walnuts, Organic	\$8.99/lb



FROZEN

 Cascadian Farms Frozen Vegetables, 10 oz	2/\$5
Mama Rosie's Ravioli, 19-25 oz	\$4.99
Wyman's Frozen Blueberries, Raspberries, and Mixed Berries, 12-15 oz	\$3.99
Wyman's Frozen Strawberries & Mango Chunks, 15 oz	2/\$6
Talenti Gelato & Sorbetto, 16 oz, Select Varieties	\$3.79
Haagen Dazs Ice Cream, 14 oz	\$4.99
Gardein Plant-Based Protein, 8.1-13.7 oz Select Varieties	\$4.69

BEAUTY & WELLNESS

Kirk's Bar Soap, 4 oz, Select Varieties	2/\$3
Avalon Hand/Body Lotion, 12 oz, Lavender	\$8.99
Hyland's Calms Forte Sleep Aid, 100ct	\$7.99

SPECIALTY CHEESE

 Grafton Village Cheddar, 8 oz	\$5.99
 Maplebrook Farm Feta, 8 oz	\$4.99
Boursin, 5.2 oz	\$5.99

CHEESE OF THE WEEK

Délice de Bourgogne



At Maryland Farm in Ditcheat, Somerset—just 20 miles from the village of Cheddar in England—the Barber family has been making cheese for six generations. They are the oldest surviving Cheddar makers in the world. Barber's 1833 Vintage Reserve Cheddar is crafted from pasteurized cow's milk and aged for a minimum of 20 months. The result is a robust, complex cheese with a

smooth, creamy texture and distinctive bite. Pale gold in color and speckled with crunchy protein crystals, it offers rich, savory flavors balanced by naturally sweet notes. This exceptional Cheddar pairs beautifully with hoppy ales or onion jam, and makes an outstanding grilled cheese sandwich.

Save \$2/lb Sep 12-Sep 18

(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 - 8 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 Sept. 19: Intro to American Sign Language @6PM - RSVP
Sat Sep 20: Member Appreciation Day
Sat Sep 20: 2026 Partner of the Month Fair @12-3PM
Sat Sep 20-Sat Oct 4: Partner of the Month Voting Open
Thu Sep 25: Free NARCAN Training @ 12-1 PM
Thu Sep 25: Make the Friendship Bracelets Party @6-8PM
Fri Sep. 26: Intro to American Sign Language @6PM - RSVP
Note: No Board of Directors Meeting in September

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

Intro to American Sign Language



September 19 or 26 @6PM

ASL is the fourth most widely used language in the United States. This class will include the alphabet, numbers, the most commonly used words and phrases, and medical and emergency signs. Each class is limited to 10 participants, so registration is required. Please sign up online:

www.littletoncoop.com/events

Make the Friendship Bracelets



Thursday September 25 @6-8 PM

FREE! We're hosting a fun lil' craft night filled with friendship bracelets, Paper Rings, and snacks to celebrate a certain blonde pop queen's upcoming album release. We'll provide beads, strings, snacks, non-alcoholic beverages, and great tunes for a great time! Fun for all ages, everyone is welcome :)

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!

September 20th is also when official Partner of the Month voting begins. 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 in 2026 - keep an eye on your email inbox for a link from Simply Voting, or cast a paper ballot at the Fair. See you there!

MORE FROM YOUR STORE

Fall Vibes Have Landed



Calling all pumpkin spice lovers! Your co-op cart is about to get a whole lot more orange. Show your PSL devotion with unexpected finds like pumpkin spice protein cereal, pumpkin popcorn, and hot tea. There's even a pumpkin option for puppy dogs!

For all the pumpkin haters: we've got options for you too, so no one has to miss out on fall. Cozy flavors like apple cider, candy corn, maple caramel, and more are on the shelves. Find fall flavors throughout the store and in the seasonal cafe display.



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

In the Cafe: Liza Kiesler



Our September/October Co-op Cafe Gallery Artist is Liza Kiesler, a painter and landscape designer from Greensboro Bend, VT. Her love for hiking comes through in her paintings of notable places like Zealand Pond, Lonesome Lake, and Alpine Garden. Come immerse yourself in these beautiful landscapes in the Co-op Cafe, now through the end of October!

A Message From The Board

A few months ago, we announced that our current General Manager, Ed King, would retire at the end of this year and that we would soon begin the process of hiring a new GM. Since then, The Co-op's Board of Directors has formed a hiring committee, enlisted the help of an executive talent scout along with a cooperative consulting firm, and has since vetted and interviewed dozens of highly qualified candidates from all over the country.

We're thrilled to announce that we are nearing the end of the search, and we hope to have our new GM here at the Co-op by late Autumn. Please stay tuned in the coming weeks for this important announcement! If you have any questions, please feel free to reach out to the General Manager Search Committee at the email below. Thank you!

GSMC@littletoncoop.org

FRESH, NEW, & FUN

Fall Beers & Ciders Aplenty



We were originally going to choose just one new seasonal beer to highlight... but how do you choose between a cider-donut-cider and a pumpkin ale? Or pit crisp apple notes against barrel-aged maple flavors? So we decided not to choose because we love them all. There are too many marvelous festive fall brews to fit here, so come in and check them out yourself. Most are seasonal or in limited batches, so don't wait. Seasonal N/A beer options are available, too!

We're Craving: Fall Citrus Salad



Summer salads beware: the Co-op Deli team is coming for your leafy crown with their new Fall Citrus Salad! Made in-house, this salad is a blend of spinach, orange slices, apple slices, dried cranberries, walnut pieces, crumbled feta cheese, and scallions. YUM! Don't forget a dressing packet! Find it in the Deli grab-and-go cooler.

Antioxidants Galore



Who said nutrient-dense snacks have to be boring, and can't include chocolate? The new Dark Chocolate Cherry Trail Mix in our Bulk Department is packed full of Thompson raisins, chocolate chunks, walnuts, cranberries, cashew halves, slivered almonds, and dried cherries. Get your dose of antioxidants, fiber, potassium, vitamins, and more!

Rossino Goes N/A



New to the expanding non-alcoholic beverages section is Rossino N/A 0.0%. We're going to say it's prosecco-like to avoid a wine police presence at the Co-op, but think slightly sweet bubbles that feel fancier than soda, but won't leave you feeling fuzzy the next day like traditional wine. Find it on display at the end of Aisle 7.

YOUR CO-OP COMMUNITY

An Update Re: Market Match



The current funding for Granite State Market Match is rapidly dwindling and is expected to be depleted by this fall. Cuts that affect New Hampshire SNAP/EBT healthy eating programs have made it unlikely that there will be any additional funding available prior to May 2026.

To extend this valuable program for as long as possible, the Co-op has decided to implement a \$20 daily benefit cap on all Market Match purchases, effective September 7, 2025. By doing this, it will extend our ability to help as many families and households as possible, for as long as possible. We are all in this together, and it is our hope that families using Market Match will be mindful when using these benefits so there is more for others in need.

Please stay tuned for an update in October; we're working on plans for funding the Co-op Market Match program through the Holiday season. If you have any feedback or suggestions, please don't hesitate to contact us: info@littletoncoop.org

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. Other events include 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



Upcoming events, volunteer opportunities, fun stuff!

NORTH COUNTRY

FARM & HOMESTEAD CONFERENCE



Join us!

Homesteaders,
small-scale farmers and
aspiring growers for a day
of learning, hands-on
demos and community!



Learn more!
extension.unh.edu/north



October 15, 2025

9:00am – 3:30pm | Lancaster Fairgrounds | Register by 10/7/25

Education on backyard livestock, beekeeping, cut flower production, preserving the harvest, uncommon fruits and nuts, and vegetable variety trials. Plus enjoy hands-on activities like chainsaw maintenance, tractor safety, seed saving and shitake log inoculation.

CALEDONIA FOOD CO-OP

Caledonia Food Co-op
invites you to...
a night of delicious local food, live music, dancing,
and a silent auction at the

Harvest Moon Gala

September 20th
5-9 PM

502 Railroad St. in St. J
Get your tickets now!
www.caledoniafood.coop/events
Early bird tix (before Sept. 1st): \$65*
Regular tix: \$75*
*Drink ticket included

Book Sale

September 27th

9-1
Littleton Opera House

LIVE! @ 2025

THE COLONIAL

09/27	Hendrix of the Sahara: Vieux Farka Touré
10/10	GRAMMY® Award Winner: Ruthie Foster
10/24	Rising Country/Rock Stars: Ashes & Arrows

BethlehemColonial.org



**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.**

GOOD MUSICAL MORNING

A MUSIC & MOVEMENT STORYTIME
Thursdays at 10:00 in the
Children's Room



Come enjoy silly songs, dancing, and instruments! No musical ability is required! Kids of all ages are welcome.



a program of
North Country
Health Consortium

WALK FOR RECOVERY MONTH



"Nobody Walks Alone"

This September, join Ask PETRA in raising awareness and support for recovery. Whether you take steps as an individual, gather a team, or sponsor the walk—you'll be helping to shine a light on hope, healing, and community. Sign up to walk, fundraise, or sponsor here:

www.secure.givelively.org/donate/north-country-health-consortium/nobody-walks-alone-challenge-walk-for-recovery-2025


Have you served in the Armed Forces?
Join us for free services such as:

Employment Services	Legal Advice	Housing Assistance
Medical Care	Pension Claims	Mobility Assistance
Food & Clothing	Counseling	And More!


NH VETERAN STAND DOWN

A RESOURCE & SERVICE EXPO FOR FORMER SERVICE MEMBERS
SEPTEMBER 19, 2025 10AM - 2PM

Eversource Energy Park
780 N Commercial St, Manchester, NH 03101



Find more information at www.harborcarenh.org/stand-down



Harbor Care
HOUSING • HEALTHCARE • VETERAN SERVICES

Presented by Harbor Care, in partnership with Eversource, the Dept. of Labor, the VA and dozens of community partners serving those who served.

THE
LOADING
DOCK

COMEDY NITE AT THE LD

THURS SEPT 25 AT 7P, FREE!
35 Mill Street, Suite D, Littleton, NH

Littleton Senior Center Activities

Boost Your Brain and Memory: Thursdays, Sept. 4, 11, 18 and 25 from 1pm to 3pm. UNH will conduct a 4 session virtual watch party about ways to improve your brain health. You will be able to interact and share ideas with others from throughout the state. Space is limited; please call Karin @ (603) 444-6050 to reserve.

Karaoke with Phil: Wednesdays 3 and 17 @ 11. Phil Rivera brings his talent and inspiration each Wednesday. Come and sing along!

Wayne is Back to play his Sax on Tuesday, Sept. 9 @ 11am
Once again we are fortunate to be entertained by Wayne Klingler and his saxophone playing the classic tunes we all remember.

Zentangle with Megg: Wednesday, September 10th and 17th @ 10am. Megg Wright, from Littleton Chamber of Commerce, teaches Zentangle. It is a method of creating intricate, abstract designs using structured, repetitive patterns. It is often described as a form of meditative art promoting relaxation and focus.

Book Club, Tuesday, September 30 @ 12:30 pm: *Little Bee* by Chris Cleve. The lives of a 16 year old Nigerian orphan and a well-off British woman collide. There is magic in how the story unfolds.

THE Co-op Spirit

FREE!



The Co-op Spirit is a colorful, quick, easy to read weekly newsletter that is spreading awareness of the many ways our co-op natural food stores are helping their communities. Subscribe online:
www.co-opspirit.com

Cooperative Principle #7: Concern For Community ♥♥♥♥♥♥♥♥