

Save Everyday with Co-op Basics - Look for the Purple Tag!



Broccoli Crowns
\$1.29
Lb



32 oz, Organic Select Varieties
Stonyfield Yogurt
\$2.99
WITH COUPON



5-5.5 oz Select Varieties
Terra Chips
2/\$5

PRODUCE

Maine Broccoli Crowns	\$1.29/lb
Red or Green Seedless Grapes	\$2.99/lb
Large Navel or Cara Cara Oranges	99¢
Honeycrisp or Gala Apples	99¢
Maine Cauliflower	\$2.99
Zucchini or Summer Squash	\$1.49/lb
Bartlett Pears	79¢
White Potatoes, 5 lb	2/\$5
Baby Peeled Carrots, 1 lb	2/\$4

BAKERY

CO-OP BAKED Ciabatta Rolls, 4 pk	\$2.99
Jessica's Cinnamon Raisin Swirl Bread, 24 oz	\$4.49
CO-OP BAKED Petit Pain Au Chocolat, 4 pk	\$4.49

BULK FOODS

After School Mix	\$4.99/lb
Pearled Couscous	\$1.99/lb
Raw Walnuts	\$6.99/lb
Rolled Oats	\$1.29/lb
Red Lentils	\$2.49/lb
Currants	\$5.99/lb
Indian Basmati Rice	\$1.99/lb

BEER & WINE

LOCAL Zero Gravity Brewery, 12 pks	\$14.99
LOCAL Bonterra Wines, 750 ml	\$9.99
LOCAL Wildbloom Beer, 4 pks	\$1 OFF
Whitehaven Sauvignon Blanc, 750 ml	\$13.99

WELLNESS

Mrs. Meyer's Hand Soap, 12.5 oz, Select Varieties	2/\$7
Natural Factors Wild Salmon Oil, 1000mg, 90ct	\$9.99
Michael Roger Decomposition Notebooks, Select Varieties & Sizes	25% OFF

MEAT

SERVICE COUNTER OPEN 7AM-7PM DAILY

LOCAL Boneless Strip Steak	\$11.99/lb
Bone-In Center Cut Pork Chops	\$1.99/lb
LOCAL Top Round Roast	\$4.99/lb
LOCAL North Country Applewood Bacon, 8 oz	\$6.99
LOCAL Misty Knoll Boneless Chicken Breast	10.99/lb
Cavendish Hash Browns, 21.2 oz	\$3.59
Chomps Meat Sticks, 1.15 oz	2/\$4

SEAFOOD

Fresh Wild Skinless Haddock	\$7.99/lb
SeaBest 16-20 EZ-Peel Raw Shrimp, 1 lb	\$7.99
Mrs. Paul's Breaded Haddock or Fish Sticks 8-10.1 oz	\$4.99

DELI

SERVICE COUNTER OPEN 7AM-7PM DAILY

LOCAL New England Traditions Chicken Breast	\$4.99/lb
LOCAL Cabot Sharp or Mild Cheddar Cheese	\$6.99/lb
Portland Pie Pizza Dough	\$1.99
Southwest Chicken Wrap	\$5.99

SPECIALTY CHEESE

LOCAL BelGioioso Perlini or Ciliegine, 8 oz	\$3.29
LOCAL Shelburne Farms 2 Year Cheddar, 8 oz	\$9.59
Castello Danablu Blue Cheese, 4.4 oz	\$4.99



THE WEEKLY RADISH

Friday September 13 - Thursday September 19, 2024

Event Calendar LittletonCoop.com/Events

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

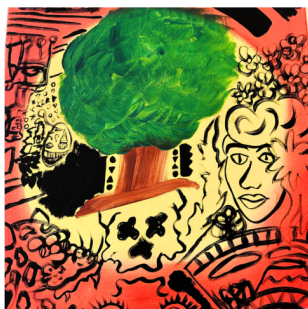
To RSVP for an event, visit our website: littletoncoop.com/events, or email info@littletoncoop.org

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.



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

Free Narcan Training



Thursday September 19 @2-3pm
Did you know that the Co-op is a Recovery Friendly Workplace? We believe in providing a supportive work environment for people recovering from substance use disorder. Join us for a free naloxone (narcan) training with the Recovery Friendly Workplace initiative and learn how to safely administer narcan in an emergency.

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? Please visit our website for info about the application process, how we vote, and eligibility:

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

Pumpkins Have Arrived



Since fall is here to stay, it's time to treat yourself to a locally grown pumpkin from Monroe, NH! Pick a couple pumpkins and dress up your front door with some of our mums, hardy fall cabbage, and ornamental kale. All of your fall front porch decor can be found on the right side of the store entrance.

Speaking of Pumpkin....



New to the Co-op: Shipyard Brewing Pumpkinhead rimmers in the Beer section. Intensify the fall flavors in your next beverage with this cinnamon and nutmeg infused rimmer in an adorable keepsake tin. Simply dip the rim of your empty glass in water, honey, or caramel, then into the rimmer before filling with your beverage of choice. Enjoy!

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

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

A Big Check for Local Hospice



Last week we presented North Country Home Health & Hospice Agency with a (giant) check for \$5,550.78. This money came directly from our Co-op community through rounding up at the registers during the month of July. With this money, NCHHHA will be able to expand and improve their programming to assist North Country residents in their at-home medical and end-of-life journeys. We also loved hosting NCHHHA's events at the Co-op. Thanks NCHHHA for all of your hard work in our community!

GROCERY

Terra Vegetable Chips, 5-5.5 oz, Select Varieties	2/\$5
Barilla Pasta, 12-16 oz	4/\$5
Larabar Bars, 1.6-1.7 oz	5/\$5
FAIR TRADE Chocolove Chocolate Bars, 2.9-3.2 oz, Select Varieties	\$1.99
CO-OP Equal Exchange Coffee, 12 oz, Select Varieties	\$7.99
Poland Spring Sparkling Water, 33.8 oz	\$1.19
Post Shredded Wheat, 15-18 oz	\$4.99
Quaker Oats, 18 oz	\$3.99
LOCAL McLure's Clover Honey Bear, 12 oz	\$3.99
LOCAL McLure's Robust Maple Syrup, 12.5 oz	\$5.99
Barilla Pasta Sauce, 24 oz	2/\$5
El Paso Taco Kit, 8.8-14 oz	\$2.99
Progresso Soup, 18-19 oz Select Varieties	2/\$4
Heinz Squeeze Ketchup, 38 oz	\$4.99
Lay's Potato Chips, 7-8 oz	\$2.99
PopCorners Corn Chips, 7 oz	\$3.99
LOCAL Mary's Gone Crackers, 4.25-6.25 oz	2/\$8
LOCAL Yogi Herbal Tea, 16 ct	\$3.99
Simply Done Paper Towels, 6 pk	\$6.99

FROZEN

Birds Eye Frozen Steamfresh Vegetables, 10-11 oz	4/\$5
Wyman's Blueberries, Raspberries, and Mixed Berries, 12-15 oz	\$2.99
Wyman's Strawberries & Mango, 15 oz	\$2.79
Mrs. T's Pierogies, 16 oz	\$2.99
Friendly's Ice Cream, 48 oz	\$3.99
Haagen Dazs Ice Cream, 14 oz	\$3.99
LOCAL Woodstock Frozen Vegetables, 10 oz	2/\$5

REFRIGERATED

LOCAL Stonyfield Yogurt, 32 oz, Select Varieties, With Coupon	\$2.99
CO-OP Almond Breeze Almond Milk, 64 oz	2/\$6
Planet Oatmilk, 52 oz	\$2.99
Daisy Sour Cream Squeeze, 14 oz	\$2.49
Hood Cottage Cheese, 16 oz	\$2.79
Vital Farms Large Eggs, 1 Dzn	\$5.99
GT's Kombucha, 16 oz, Select Varieties	2/\$6

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

coop basics®

Looking to stretch your grocery budget? 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 as well as low prices on some old favorites. Just look for the purple tag on the shelf!



Update Your Info, Please!

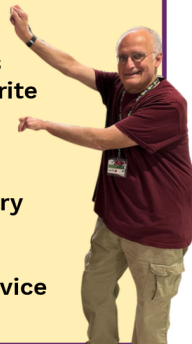
It happens to the best of us: you move, finally shed that embarrassing old email address, or upgrade to a new phone and number.

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:

- 9 Local Items
- 11 Organic Items
- 3 Cooperatively-Made Items
- 1 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