



Weekly Specials: Fri Sep 20 - Thu Sep 26, 2024

Member Appreciation Day is Saturday September 21

Butternut, Acorn, & Spaghetti Squash

69¢



8 oz Cabot Cheese Bars & Shreds

2/\$5



15.4-16 oz Kellogg's Raisin Bran

2/\$5

PRODUCE

Butternut, Acorn, or Spaghetti Squash	69¢/lb
Lemons	3/\$1
Strawberries 1lb	2/\$7
Bartlett or Red Pears	99¢
Cucumbers	2/\$1
Gala Apples, 2 lb	\$3.99
Red Onions	69¢/lb
Cantaloupe	2/\$5

BAKERY

Ecce Panis European Baguette, 11 oz	\$2.99
Blueberry Muffins, 4 pk	\$4.99
Stonefire Mini Naan, 4 pk, Select Varieties	2/\$4

BULK FOODS

Raw Almonds	\$7.99/lb
Dried Cranberries, Sugar Sweetened	\$4.99/lb
Save the Forest Granola	\$4.99/lb
Brazil Nuts	\$9.99/lb
Lundberg Long Brown Rice	\$2.99/lb
Grind Your Own Almond Butter	\$9.99/lb

BEER & WINE

Harpoon Brewery, 12 pks	\$14.99
J. Lohr Wines, 750 ml, Select Varieties	\$9.99
Rek-Lis Brewery, 4 pks	\$2 OFF
Cavit Pinot Grigio, 750 ml	\$8.99

WELLNESS

Natural Factors Papaya Enzymes Chew Tabs, 120ct	\$5.99
Shikai Shampoo/Conditioner, 12 oz, Tea Tree	2/\$10
Michael Roger Decomposition Notebooks, Select Varieties & Sizes	25% OFF

MEAT

SERVICE COUNTER OPEN 7AM-7PM DAILY

Sirloin Tips	\$11.99/lb
Boneless Bottom Round Rump Roast	\$4.99/lb
Pork Tenderloin	\$2.99/lb
Boneless, Skinless Chicken Thighs	\$2.79/lb
Cubed Steak, Family Pack	\$5.99/lb
North Country Sausage, 12-16 oz	\$6.59
Applegate Grilled Chicken Breast, 8 oz	\$6.99

SEAFOOD

Fresh Faroe Island Salmon	\$14.49/lb
Handy Gluten-Free Crab Cakes, 6 oz	\$9.99
Matlaws Stuffed Clams, 20 oz	\$6.59

DELI

SERVICE COUNTER OPEN 7AM-7PM DAILY

NEW Chow Maine Noodle Salads	\$9.99
Land O'Lakes Swiss Cheese	\$5.49/lb
Genoa Hot Capicola Ham	\$6.99/lb
Beet & Onion Salad	\$3.99/lb

SPECIALTY CHEESE

Eiffel Tower Brie, 7 oz	\$3.29
Old Croc Extra Sharp Cheddar	\$5.99
BelGioioso Italian-Style Grated Cheese, 5 oz	2/\$7







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


GROCERY

Kellogg's Raisin Bran Cereal, 15.4-16 oz	2/\$5
 Blue Diamond Nut Thins, 4.25 oz	2/\$5
 Annie's Mac & Cheese, 5.5-6 oz, Select Varieties	2/\$5
 Muir Glen Tomatoes, 14.5-15 oz, Select Varieties	2/\$4
Bigelow Tea, 18 ct, Select Varieties	\$2.99
Kraft Mac & Cheese Dinner, 7.25 oz	4/\$5
Contadina Tomatoes, 28 oz	2/\$4
Snows Clams, 6.5 oz	2/\$4
Geisha Tuna Solid White Water, 5 oz	2/\$3
Skippy Peanut Butter, 15-16.3 oz	2/\$5
Stacy's Pita Chips, 7.33 oz	\$3.49
Locker Wafers, 7.5-9 oz, Select Varieties	\$3.49
Planters Roasted Peanuts, 16 oz	2/\$5
Tostitos Tortilla Chips, 11-13 oz	2/\$7
Tostitos Salsa, 15.50 oz	2/\$7
Primal Kitchen Dressing or Marinades, 8 oz	\$5.49
Celestial Seasoning Herbal Tea, 20 ct	2/\$5
Koyo Ramen, 2-2.1 oz	5/\$5
Kashi Cereal, 9.5-14 oz, Select Varieties	2/\$7
Tate's Bake Shop Cookies, 7 oz, Select Varieties	\$5.49
Zoup! Soup, 16 oz	\$3.99
Clorox Disinfectant Wipes, 35 ct	\$3.49

REFRIGERATED

 Cabot Cheese Bars & Shreds, 8 oz	2/\$5
Oatly Oatmilk, 64 oz	2/\$7
 Cabot Cheese Slices, 7-8 oz	\$3.29
 Brown Cow Yogurt, 32 oz	\$3.99
Chobani Greek Yogurts, 5.3 oz, Select Varieties	5/\$5
Califia Almond Milk, 48 oz	\$3.79
 Rumiano Cheese Bars, 8 oz	\$4.79
Tofurky Plant-Based Deli Slices, 5.5 oz	\$3.49

FROZEN

 Woodstock Filled Pasta, 20 oz	\$5.99
Gardein Plant-Based Meat Substitutes, 8-13.7 oz Select Varieties	2/\$7
Tillamook Ice Cream, 48 oz	\$5.49
Outshine Fruit Bars, 14.7-18 oz	\$3.99
Dr. Praeger's Veggie Burgers, 8-10 oz	2/\$8



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!



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

THE WEEKLY RADISH

Friday September 20 - Thursday September 26, 2024

Event Calendar LittletonCoop.com/Events

Sat Sep 14-Sept 28: Vote for the 2025 Partners of the Month

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 Sep 21: Co-op Board of Directors Retreat

Fri Sep 27-Sun Sep 29: HARVEST SALE!

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

Member Appreciation & ART!



Saturday September 21: Co-op Members Save 10%*!

Grab your grocery lists, stock your pantry, or save on a special treat on Member Appreciation Day. While you're here, don't forget to flex your other big Member perk, and cast your vote in the annual Partner of the Month Election ->

10am-12pm: Community Mural Painting

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.

1-3pm: Meet the Artist - Andrew Purba

Andrew is a passionate local artist who has been creating since age 6, and his paintings will be available for sale in the Co-op Cafe through October. 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

Board Retreat this Saturday



Saturday September 21

No Co-op Board Meeting this month! Rest assured your elected reps are still busy working on Co-op projects. They're working together in committees, and also attending the Annual Board Retreat this weekend. This is prime time for big picture planning and developing new projects. The next regular meeting is Oct 21.

HELP US PICK THE 2025 PARTNERS!

Voting is Open Until September 28!



We have thirty six (!!) incredible organizations running this year, and we need YOUR help choosing ten of them to be our official 2025 Partners.

Don't forget to VOTE before September 28!

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

Bethlehem Elementary School PTA

The Colonial Theatre

Cross NH Adventure Trail

Friends of Dog Mountain

Friends of Remich Park

Forest Society North at the Rocks

Heartwood Public Charter School

Littleton Historical Museum

Lisbon Area Historical Society

Mt Eustis Ski Hill

NOCO Mural Project

North Country Peer Support Center

North Country Health Consortium

Outdoor Adventuring for Good

Second Chance Animal Rescue

Taproot Farm and Education Center

Tontem Farm and Sanctuary Adaptive Sports Partners

Boys and Girls Club of the North Country

The Cohos Trails Organization

Disabled American Veterans of the North Country

Franconia Children's Center

Friends of the Frost Place

Gale River Cooperative Preschool

Littleton Dog Park

Littleton Studio School

The Loading Dock

North Country Alliance for Balanced Change

North Country Beekeepers Association

North Country Community Radio

NH Farm to School

Ryan's Case for Smiles

Stable Connections

Theatre UP

White Mountain Science Inc

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.

Someone Invented a Pretzel Shrink-ifier!!



A new flavor AND size to the Bulk Department's sweet treats rack: salted caramel mini pretzels. We know they have big competition against our other pretzel flavor offerings, but don't underestimate them just because of their size. Their smaller size also means we can eat more without guilt, right??

Here's More Pretzels But They're Different



There are three new King Arthur Flour mix kits in the baking aisle: Pull-Apart Garlic Bread, Perfectly Tender Flatbread, and Soft & Chewy Pretzel Bites. In even better news: you can save \$3 on select mixes now through the end of the year! We love when great quality meets great price.

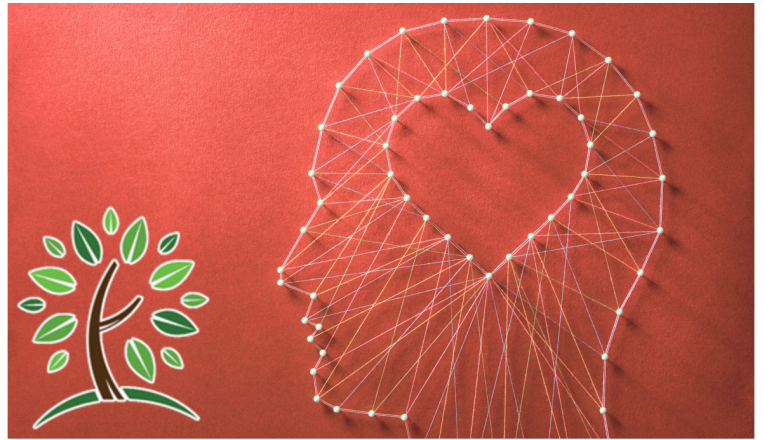
Great News for the Pumpkin Spice Haters



Coffee lovers should be using that caffeinated energy to run to the Co-op's selection of fall-flavored creamers. Yes, we have many varieties (including non-dairy options) of the traditional pumpkin spice flavor. However, the anti-pumpkin brigade will appreciate this limited-edition Caramel Apple Crumble Califia Farms creamer to get in the fall coffee mood.

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

We're a Recovery Friendly Workplace



New Hampshire's "Recovery Friendly Workplace Initiative" empowers workplaces to provide support for people recovering from substance use disorder. We encourage a healthy and safe environment where managers, employees, and our community can collaborate to create positive change and eliminate barriers for those impacted by addiction.

Coming Soon: Pride Ride!

