

Weekly Specials: Fri Sep 27 - Thu Oct 3, 2024

Organic
Sweetango Apples
99¢

10-12 oz - Organic
Select Varieties
Equal Exchange Coffee
\$6⁹⁹

8-10 oz
Organic
Cascadian Farm Frozen Fruit
\$2⁹⁹

PRODUCE

Sweetango Apples	99¢
Raspberries, 6 oz	2/\$5
Red or Green Seedless Grapes	\$1.99/lb
Yellow Onions, 3 lb	2/\$3
Zucchini or Summer Squash	\$1.29/lb
Bartlett Pears	99¢
Snapdragon Apples, 2 lb	\$3.99
Cluster Tomatoes	\$1.29/lb

BAKERY

Table Talk 8" Strawberry Rhubarb Pie, 24 oz	\$4.99
Muffin Town Cornbread Loaves, 12 pk	\$5.99
Chabaso Ciabattas, 16 oz, Select Varieties	\$2.59

BULK FOODS

Grandy Organics Apple Crisp Granola	\$6.99/lb
Raw Pumpkin Seeds	\$3.99/lb
Cheddar Ale Snack Mix	\$4.99/lb
Medjool Dates	\$7.99/lb
Garbanzo Beans	\$2.49/lb
Milk Chocolate Almonds	\$7.99/lb

BEER & WINE

Von Trapp Brewery, 12 pk	\$14.99
Rossino Montepulciano or Pinot Grigio, 1.5 ltr	\$9.99
Kettlehead Brewery, 4 pk	\$2 OFF

WELLNESS

Bach Pastilles, 50 g, Select Varieties	2/\$12
Giovanni Shampoo/Conditioner, Smooth As Silk Castor Oil, 13.5 oz	\$5.99
Jason Toothpaste, 4.2 oz, Select Varieties	2/\$8

MEAT

SERVICE COUNTER OPEN 7AM-7PM DAILY

Chuck Roast	\$5.99/lb
Robie Farm Sausage, 16 oz	\$7.99
Bilinski's Chicken Sausage, 12 oz	\$7.99
Boneless Pork Loin Chops	\$2.59/lb
Bone in Chicken Thighs	\$1.79/lb
Chicken Drumsticks	99¢/lb
Kayem Old Tyme Natural Casing Franks, 2.5 lb	\$14.99

SEAFOOD

Wild Yellowfin Tuna previously frozen	\$8.99/lb
Seaweed Salad	\$8.99/lb
Johnny Cooked Salad Shrimp 8 oz	\$4.99
Johnny Tempura or Popcorn Shrimp 8 oz	\$6.99

DELI

SERVICE COUNTER OPEN 7AM-7PM DAILY

New England Traditions Rare Roast Beef	\$8.99/lb
Land O'Lakes Italian Blend American Cheese	\$4.99/lb
Black Bean Salad	\$4.99/lb

SPECIALTY CHEESE

BelGioioso Fresh Mozzarella Balls, 8 oz	\$2.99
Grafton Village Cheddar, 8 oz	\$1 OFF
Sartori Bellavitano Cheese, 5.2 oz	\$1 OFF
Boursin, 5.2 oz	\$5.99
Sartori MontAmore or Old World Cheddar, 7 oz	\$1 OFF
Maplebrook Farm Feta, 8 oz	\$4.99



HARVEST SALE! 9/27-9/29



Special Insert Inside --->

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



GROCERY

 Equal Exchange Coffee, 10-12 oz, Select Varieties	\$6.99
 Blue Diamond Almond Breeze Almond Milk, 32 oz	2/\$4
 Equal Exchange Tea, 20 ct	2/\$6
 Muir Glen Tomatoes, 28 oz	2/\$5
Stash Tea, 18-20 ct	\$2.99
Boves Pasta Sauce, 24 oz	\$3.99
Boves Alfredo Sauce, 15 oz	\$4.99
ChiChi's Salsa, 16 oz	2/\$5
Mott's Applesauce, 6pk	2/\$5
Progresso Soup, 18.5 oz, Select Varieties	2/\$5
Heinz Ketchup Easy Squeeze, 20 oz	2/\$5
Teddie's Peanut Butter, 26 oz	\$5.49
Duncan Hines Cake Mixes & Frosting, 14-16 oz, Select Varieties	2/\$4
Duncan Hines Brownie Mix, 18 oz	4/\$5
Food Should Taste Good, 5.5 oz	2/\$6
Newman's Popcorn, 9.6 oz	2/\$5
Lay's Potato Chips, 7-8 oz	\$2.99
Muir Glen Pasta Sauce, 23.5 oz	2/\$7
 Nixie Sparkling Water, 8 pk	2/\$9
Molly's Suds Liquid Laundry Detergent, 52 oz	\$18.99
Molly's Suds Dishwasher Pods, 60 ct	\$16.99

REFRIGERATED

 Organic Valley Sour Cream, 16 oz	\$2.99
Rebbl Protein Drinks, 12 oz	2/\$6
Food Club Cheese Bars & Shreds, 8 oz	2/\$4
 Stonyfield Yogurt, 5.3 oz	4/\$5
Hood Sour Cream, 16 oz	\$1.99
Olipop Prebiotic Soda, 12 oz	2/\$3

FROZEN

 Cascadian Farm Frozen Fruit, 8-10 oz	\$2.99
 Ben & Jerry's Ice Cream, 16 oz, Select Varieties	\$3.99
Newman's Pizza, 15-17 oz	\$6.79
Quorn Meat Alternatives, 8.5-12 oz	\$4.49



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:

- 10 Local Items
- 10 Organic Items
- 4 Cooperatively-Made Items
- 2 Equal Exchange 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



HARVEST SALE

Three Days! Fri Sep 27 - Sun Sep 29, 2024



Four Corners
Farm Butternut
or Buttercup
Squash

99¢
Lb



Windy Ridge
Orchard
Apple Totes

99¢
Lb



Organic
Harvest Hill
Farm Red
& Green
Cabbage

\$1.49
Lb



4 pk
Co-op Baked!
Pumpkin
Muffins

\$3.99



8 oz Bag
Meadowstone
Farm Spinach

\$4.99



1/2 Gallon
Champlain
Orchards
Cider

\$3.99



9 pk
Downeast
Pumpkin
Blend Cider

\$14.99



500 ml
Zorvino Z Labs
Caramel Apple
or Apple Pie
Wine

\$12.99

	Harvest Hill Farm Red and Green Cabbage	\$1.49/lb
	Champlain Orchards Cider, 1/2 Gallon	\$3.99
	Champlain Orchards Cider, 1 Gallon	\$5.99
	Windy Ridge Orchard Apple Totes	99¢/lb
	Meadowstone Farm Spinach, 8 oz	\$4.99
	Small Axe Farm Mesclun Mix, 7 oz	\$3.99
	Meadowstone Farm Spinach, 8 oz	\$4.99
	Four Corners Farm Butternut or Buttercup Squash	99¢/lb
	Harvest Hill Farm Gold Potatoes	\$1.99/lb
	Co-op Baked Pumpkin Muffins, 4 pk	\$3.99
	Zorvino "Z-Labs" Pumpkin Espresso, Caramel Apple or Apple Pie wine, 500 ml	\$12.99
	Downeast Pumpkin Blend Cider, 9 pk	\$14.99
	Candy Corn - Bulk	\$3.99/lb
	Shipyard Pumpkin Head Rimmer	\$7.99

THE WEEKLY RADISH

Friday September 27 - Thursday October 3, 2024

Event Calendar LittletonCoop.com/Events

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

Fri Sep 27-Sun Sep 29: HARVEST SALE!

Sat Sep 28: Pavilion Artist: By the Moon Rabbitry

Sun Sep 29: National Coffee Day

Sat Oct 5: Senior Member Discount Day

Sat Oct 5: Pavilion Artist - Adhi Two Owls

Wed Oct 9: Talk Cheesy to Me @4-5pm (RSVP)

Tue Oct 15: Free Co-op Tour @5-7pm (RSVP)

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

October is Co-op Month



All Month Long!

In October, Co-ops all over the world celebrate Co-op Month. What does that mean? Not only is the Cooperative Movement an awesome way to bring people together, but it also gives us a great opportunity to offer you deals (and info!) about all the great co-ops we partner with every day of the year. Stay tuned!

Co-op Cheese Class

Wednesday October 9 @4-5 pm - RSVP required

Join our Specialty Cheese team for an afternoon of cheese education and sampling. This event will focus on co-op made cheeses from Cabot and Vermont Creamery. Space is limited, & registration is required.

Free Store Tour with Anastasia

Tuesday October 15 @5-7 pm - RSVP required

Experience the Littleton Co-op like never before with this exclusive tour lead by the one and only Anastasia! Snoop all the fun back rooms and enjoy complimentary snacks and giggles throughout. Space is limited, & registration Required.

Free Coffee Day!



Sunday September 29, 7am-2pm

This Sunday is National Coffee Day, so we're celebrating by giving away FREE Equal Exchange hot coffee in our cafe for a limited time. (Did you know EE is a Cooperative, just like us??) Come down to the Cafe between 7 am and 2 pm to get your free cup of Co-op coffee. Limit 1 cup per customer; tea & cocoa are not included...sorry!

HARVEST SALE HIGHLIGHTS

Candy Corn Conundrum



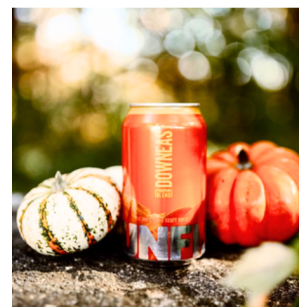
Harvest Sale Featured Item! The word corn is literally in the name. CORN = VEGETABLE = THIS IS A HEALTH FOOD. The silly people of the Co-op mislabeled candy corn, so you'll actually find it in the Bulk Department with the seasonal sweets. There are big bags and small bags, depending on how much vegetable intake you're in the mood for ;)

Z Labs Autumn Wines



Harvest Sale Featured Items! Zorvino Apple Pie, Caramel Apple, and Zorvino Pumpkin Espresso wines! Z Labs are a selection of local wines intended to challenge expectations. So don't let these unexpected wine flavor names turn your nose! If you enjoy the flavors of sweet apple, caramel, pumpkin spice, or espresso, any of these are worth a try.

Downeast Pumpkin Blend Cider



As Downeast so accurately proclaims, "If fall were a drink, it'd be this." It's an easy drink, crafted with apples, pumpkin, and chai spices. Plus, it's unfiltered, meaning no filtered out flavor. Even though it's not on sale at this time, we can't leave without giving a shout out to Downeast Cider Donut, too - the cinnamon, brown sugar, and vanilla notes are #instantcozyvibes.

Co-op Baked Pumpkin Muffins



Anastasia here breaking the fourth wall to say that I am so obsessed with these muffins. Seriously, when I went to school out of state I had relatives send me boxes of just Co-op baked muffins. Every bite is a bite of Autumn! And you're telling me you can get 4 of them, on sale this weekend for less than \$1 each!?! Y'all need to get on this muffin train.



PICK THE 2025 PARTNERS!

Voting Ends this SATURDAY!



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!

Members are eligible to cast a 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	



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

YOUR CO-OP COMMUNITY

Podcast: Local Food for Local Schools



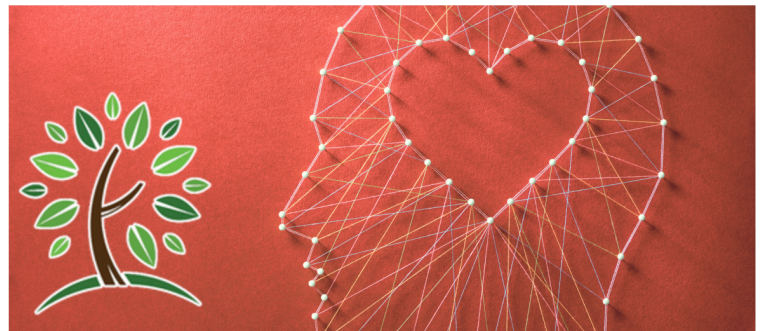
When we talk about Back to School, it's easy to focus on notebooks, pencils, & calculators. However, the food that schoolchildren eat during the day is one of the things that will impact their learning the most.

No one understands this better than Stacey Purslow, Program Coordinator at NH Farm to School. NH Farm to School has been connecting local farms with school districts through education, advocacy, and procurement since 2003. What started as getting local apples for our schools has evolved into the landmark passing of the Local Food for Local Schools Reimbursement Pilot Program.

On this episode of That's Rad, host Anastasia sits down with Stacey to discuss the intricacies of food, schools, and government. Confused yet? That's why you have to listen to the whole episode. We're breaking it down as easy as ABC.

Listen Online: littletoncoop.com/podcast

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