

Organic
Select Varieties

Pears

79¢



ORGANIC - FAIR TRADE
COOPERATIVE!

750 mL,
Select Varieties

Riojana
Wines

\$7.99



16 oz

Newman's
Own Salsa

2/\$5



Green Beans

\$1.79
Lb



Broccoli
Crowns

\$1.79
Lb



7 oz
PopCorners
Corn Snacks

2/\$7



11.5 oz
Hershey
Chocolate
Chips

2/\$5



Sweet
Potatoes

99¢
Lb



Boneless &
Skinless
Chicken
Thighs

\$2.99
Lb



5 lb
Gold Medal
Flour

\$3.99



10 oz
Select Varieties
Buitoni
Stuffed
Tortellini

\$3.99



Curry
Roasted
Cauliflower

\$4.99
Lb



Boneless
Beef
Shoulder
Roast

\$6.59
Lb



48 oz
Tillamook
Ice Cream

\$4.99



8 oz
Sargento
Shredded
Cheese

\$2.99



Boar's Head
Oven Gold
Turkey

\$8.99
Lb



24 oz
Jessica's
Cinnamon
Raisin Swirl
Bread

\$3.99



14-18 oz
Select Varieties
Canyon
Bakehouse
Bread or Bagels

\$4.99



4 oz
VT Creamery
Chevre

\$3.99



Organic,
Select Varieties
Equal Exchange
Whole Bean
Coffee

\$9.99
Lb



In-Shell
Roasted
Salted
Pistachios

\$7.99
Lb



32 oz
Select Varieties
Dr Bronner's
Liquid Soap

\$7.99



15 pk
Founders
Brewing
Company

\$15.99

Round Up or Donate at the Register to Support
Granite State Market Match - Healthy Food For All!

43 Bethlehem Rd.
Littleton, N.H.

Open Daily 7 AM - 8 PM
Deli & Meat: 7 AM - 7 PM

(603) 444-2800
LittletonCoop.com





Organic
Select Varieties

Pears
79¢



750 mL,
Select Varieties

**Riojana
Wines**
\$7.99



16 oz
**Newman's
Own Salsa**

2/\$5

PRODUCE

Bosc, Bartlett, or Red Pears	79¢
Sweet Potatoes	99¢/lb
Green Beans	\$1.79/lb
Broccoli Crowns	\$1.79/lb
Blood Oranges, 2 lb	\$5.99
Red or Green Seedless Grapes	\$2.49/lb
Snapdragon Apples, 2 lb	2/\$7
Blackberries, 6 oz	2/\$5

BAKERY

Jessica's Cinnamon Raisin Swirl Bread, 24 oz	\$3.99
Coconut Pecan Cookies, 12 pk	\$3.99
Sub Rolls, 4 pk	\$1.99

BEER & WINE

Riojana Wines, 750 ml	\$7.99
Founders Brewing Company, 15 pk	\$15.99
Athletic Brewing Company, 12 pk	\$17.99
Bota Box Mini, 500 ml	\$4.99
Bread & Butter Wines, 750 ml	\$16.99

REFRIGERATED

Sargento Shredded Cheese, 8 oz	\$2.99
Buitoni Stuffed Tortellini, 10 oz, Select Varieties	\$3.99
Stonyfield Greek Yogurt, 30-32 oz, Select Varieties	\$6.99
Noosa Yoghurt, 8 oz	2/\$4
Chobani Creamer, 24 oz	\$3.99
Almond Breeze Almond Milk, 64 oz	\$2.99
Chobani Oatmilk, 52 oz	\$3.99
Daisy Sour Cream, 8 oz	2/\$3
Health-Ade Kombucha, 16 oz	2/\$6
Noosa Yoghurt, 8 oz	3/\$7

MEAT

SERVICE COUNTER: 7AM-7PM DAILY

Boneless Beef Shoulder Roast	\$6.59/lb
Chicken Thighs, Boneless & Skinless	\$2.99/lb
Pork Tenderloins	\$3.29/lb
Misty Knoll Boneless Chicken Breast	\$11.99/lb
Bilinski's Chicken Sausage, 12 oz	\$8.59
Chicken Leg Quarters	\$1.29/lb

SEAFOOD

SERVICE COUNTER: 7AM-7PM DAILY

Wild Yellowfin Ahi Tuna, Previously Frozen	\$8.99/lb
Seaweed Salad	\$9.99/lb
Schooner Breaded Haddock, 16 oz	\$6.99

DELI

SERVICE COUNTER: 7AM-7PM DAILY

Boar's Head Ovengold Turkey	\$8.99/lb
Curry Roasted Cauliflower	\$4.99/lb
Boar's Head Pepperjack Cheese	\$5.99/lb
Whole Quiche	\$11.99
Asian Sesame Noodle Salad	\$4.99/lb

BULK FOODS

BRING YOUR OWN CONTAINER & REFILL!

Roasted Salted Pistachios, In-Shell	\$7.99/lb
Equal Exchange Whole Bean Coffee, Select Varieties	\$9.99/lb
Raw Pumpkin Seeds	\$5.99/lb
Vitamin C Gummy Fruit Slices	\$9.99/lb
Milk Chocolate Pretzels	\$9.99/lb
Yogurt Raisins	\$6.99/lb

HARVEST SALE

Three Days! Fri Oct 3 - Sun Oct 5, 2025
See Special Insert Inside ---->

GROCERY

Newman's Own Salsa, 16 oz	2/\$5
Gold Medal Flour, 5 lb	\$3.99
Hershey Chocolate Chips, 11.5 oz	2/\$5
PopCorners Corn Snacks, 7 oz	2/\$7
Yogi Tea, 16 ct, Select Varieties	\$3.99
Arizona Tea, 128 oz	3/\$10
General Mills Chex Cereal, 12-14 oz	2/\$6
Classico Pasta Sauce, 24-25 oz	2/\$5
Barilla Pasta, 12-16 oz, Select Varieties	3/\$4
Stove Top Stuffing, 6 oz	2/\$5
Del Monte Canned Vegetables, 14.5-15.25 oz	3/\$5
Dole Pineapple Chunks & Slices, 8-8.25 oz	4/\$5
College Inn Broth, 32 oz	2/\$4
Amy's Soup, 14-14.5 oz	\$2.99
Heinz Homestyle Gravy, 12 oz	2/\$5
Hellmans Mayonnaise, 15-30 oz	\$5.99
Frank's Red Hot Hot Sauce, 12 oz, Select Varieties	\$3.99
Heinz Chili & Cocktail Sauce, 12 oz	2/\$5
Vlasic Pickles, 16-24 oz, Select Varieties	2/\$5
Jello Gelatin & Pudding, .3-3 oz, Select Varieties	4/\$5
Carnation Evaporated Milk, 12 oz	\$1.99
Chex Mix, 8 oz	\$2.99
Nabisco Family Size Triscuits & Wheat Thins, 12.5-14 oz	\$3.99
Planters Peanuts, 16 oz	2/\$5
Planters Cashews & Mixed Nuts, 8-10.3 oz, Select Varieties	\$5.79
Lay's Potato Chips, 7-8 oz	2/\$7
Nixie Sparkling Water, 8 pk	\$4.99
Almond Breeze Shelf-Stable Aseptic Almond Milk, 32 oz	\$2.99
GoMacro MacroBars, 2-2.4 oz	2/\$5
Equal Exchange Coffee, 10-12 oz, Select Varieties	\$10.99
Equal Exchange Tea, 20 ct	2/\$7
7th Generation Bath Tissue, 4 pk	\$3.99
7th Generation Paper Towels, 1 Roll	\$2.99

FROZEN

Canyon Bakehouse GF Bread or Bagels, 14-18 oz, Select Varieties	\$4.99
Tillamook Ice Cream, 48 oz	\$4.99
Mama Rosie Frozen Pasta, 20-25 oz	\$4.99
Mrs Pierogies, 16 oz	\$2.99
McCain's Beer Onion Rings, 14 oz	\$2.99
Yasso Ice Cream Bars, 14 oz	\$5.49

BEAUTY & WELLNESS

Dr Bronner's Liquid Soap, 32 oz, Select Varieties	\$7.99
Ancient Nutrition Bone Broth Protein, 11.4 oz	\$24.99
Aura Cacia Mineral Bath, 2.5 oz, Select Varieties	2/\$4

SPECIALTY CHEESE

VT Creamery Chevre Log, 4 oz	\$3.99
Eiffel Tower Brie, 7 oz	\$4.49
VT Farmstead Maple Cheddar, Tilsit, Cranberry or Blueberry Windsordale, 7 oz	\$6.99

CHEESE OF THE WEEK

Petit Basque



From the French side of the Pyrenees Mountain Range, where vast pastures stretch as far as the eye can see and support over 13,000 sheep tended by Basque shepherds, comes the small, but mighty wheel of Petit Basque. A pasteurized, pure sheep's milk cheese, Petit Basque is similar to its famous French cousin, Ossau-Iraty, but with a noticeable difference; a wheel of Petit Basque weighs only 1.5 pounds. Petit Basque has a thin, waxed rind (inedible) that yields to a smooth, creamy melt-in-the-mouth paste and a rich flavor due to the high fat content of sheep's milk. Savory notes of browned butter and caramel lead to a satisfying nutty finish. An excellent option for the cheese board, Petit Basque pairs well with cured meats, Marcona almonds, cherries, rustic breads and a robust red wine.

Save \$2/lb Oct 3 - Oct 9

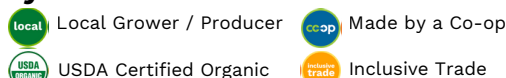
(While Supplies Last - Price as Marked on the Label)
Need a custom cheese platter for your next party or event?
Check out www.Littletoncoop.com/custom



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



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!



HARVEST SALE

Three Days! Friday October 3 - Sunday October 5, 2025



Organic
**Four Corners
Farm
Butternut
Squash**

99¢
Lb



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

\$1.99
Lb



VT Organic
**Joe's
Brook
Farm Pie
Pumpkins**

\$1.99
Lb



**Bilodeau
Farm
Buttercup
Squash**

99¢
Lb

local



7 oz
Organic
**Small Axe
Farm
Mesclun
Mix**

\$3.99

local



1/2 Gallon
**Champlain
Orchards
Apple Cider**

\$3.99

local

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

\$1.99/lb

Joe's Brook Farm Pie Pumpkins, VT Organic

\$1.99/lb

Joe's Brook Farm Spinach, 8 oz, VT Organic

\$4.99

Small Axe Farm Mesclun Mix, 7 oz, Organic

\$3.99

Joe's Brook Farm Red or Green Cabbage, VT Organic

\$1.49/lb

Champlain Orchard Apple Cider, 1/2 Gallon

\$3.99

Champlain Orchard Apple Cider, 1 Gallon

\$6.99

Four Corners Farm Butternut Squash

99¢/lb

Bilodeau Farm Buttercup Squash

99¢/lb

Three Days! Friday October 3 - Sunday October 5, 2025

EVENT CALENDAR

Fri Oct 3 - Sun Oct 5: Co-op Harvest Sale
Sat Oct 4: Co-op Cafe Closed - Staff Event @1-6PM
Sun Oct. 5: Senior Member Discount Day!
Mon Oct 13: Indigenous Peoples' Day / Columbus Day
Mon Oct 13: Co-op Cafe closed - Staff Event 1-6PM
Thu Oct 16: "Holy Cow" at the Colonial Theatre @6:30PM
Sun Oct 19: Store Closing Early @ 7 PM
Wed Oct 22: Kids' Pumpkin Carving w/ Littleton Public Library @10AM (RSVP)
Fri Oct 31: Halloween 🎃

Senior Member Discount Day



Sunday October 5 - All Day!

Senior Day is always on the 5th of the month, and it's the day when Members 65 and over save 10%* on eligible items all day long. Stock up on pantry essentials, pick up ingredients for a recipe, splurge on a treat or two, or try something new. Just make sure you let your cashier know that you're eligible, since we don't like to assume.

Holy Cow (Vingt Deux)



Thursday October 16 @6:30PM

Come to the Colonial Theatre for this fantastic French film about a young boy who enters a cheese competition. The evening begins with a reception featuring curated French cheeses, followed by a talk about cheesemaking with Mark Robie from Robie Farms. Tickets can be purchased at the Box Office or on the Colonial's website.

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

Kids' Pumpkin Carving



Wednesday October 22 @10-12

Halloween Fun! Ms. Angie from the Littleton Public Library will start with a story to get us inspired, then we'll carve pumpkins! The Co-op will provide the pumpkins, carving kits, and snacks. You provide the inspired design! Children and families are encouraged to create together. Space is limited & RSVP is required.

STAY IN TOUCH!



Get a handy dandy link to the latest ad & flyer in your email inbox every Thursday, along with all the new items, recipes, community updates, and events you know and love from the Co-op. Sign up online at littletoncoop.com and scroll down the page to sign up for our weekly e-newsletter!

MORE FROM YOUR STORE



October is Co-op Month, and co-ops are getting major international attention this year: The United Nations declared 2025 as the International Year of Cooperatives. In today's world, where corporate decisions are governed by profits and individualism is the norm, cooperation is truly radical. Now is the time to lift up the people-centered businesses at the heart of our communities and economies.

A cooperative doesn't exist just to make money for a few elite, like a standard corporation. We don't come into a community to build a store: we are founded by our community, lead by our community, all for our community. That's not the "normal" grocery store operative. Power is in the hands of the people (like YOU!), our member-owners, not concentrated in a single homogenous group of people.

These ideas are simple at heart, but have become a little bit radical in today's society. So this Co-op Month, let's put the many before the few. Let's shift our focus from "billions of dollars" to "billions of meals shared together." Let's be radical. We hope you'll join us: cynicism happens alone, but cooperation happens together.

Fair Trade For October



October is also Fair Trade Month, a time to reimagine what our food systems could look like if everyone participated and was compensated fairly around the world.

We love serving up delicious eats and treats as an active participant in the food system, but unfortunately, our favorite chocolates, produce, beverages, and more can come at a price higher than any number on the shelf.

That's where our great fair trade certified brands come in. A fair trade producer is one committed to economically and socially just trade partnerships with their suppliers. And yeah, this might mean you see a higher price on the shelf tag. But what you don't see is how your extra cents prevent a supplier from resorting to child labor, a farmer from being purposefully underpaid for their goods, and workers from paying the cost if markets crash.

If you've never purchased a fair trade certified product before, consider searching out one of our Fair Trade labeled products. Or start with research. Remember, you have power as a consumer!

FRESH, NEW, & FUN

Fuel Up For Adventure



Tell your friends, tell the trees: the Co-op is the ideal pre-hike (or bike, or ski, or camp) pit stop! In a category we refer to as "adventure fuel" we have plenty of trail mix, energy bites, power bars, and electrolyte beverages to make the most of your leaf-peeping or hiking experience.

We're heading down past peak foliage, so get out there and experience these once-a-year colors while you can! What's YOUR go-to hiking fuel?

'Nog Lovers Rejoice



We're slowly receiving this season's eggnog supply! While we haven't gotten the famous local varieties yet, those ravenous for this seasonal treat can come pick up the regular brands to get a spiced head start. For those who think this pushes past fall too quickly: have you considered pumpkin eggnog? Find all eggnog flavors in the Dairy coolers.

Behold- Boiled Cider



Imagine the taste of apple cider, then dial it up to the max. Woods Cider Mill in VT makes this orchard-borne delicacy. It's an old New England sweetener that substitutes for anything you would usually bake with apples, including pies, crisps, and cakes. Or make the flavor really stand out by using it as a glaze over meat, mix it in sauces, or make a cocktail! Find it in the Baking Aisle.

Trillium is Here!



Almost as good as the flavors of New England fall are the scents of fall, and local soap maker Mountain Lathers is once again capturing those in their products. Indulge in hand-crafted bars in timely scents like Cozy Fireside, Autumn Hike, Changing Leaves, Sweater Weather, and more. Grab one for each of your sinks, and grab a few to give as gifts!

YOUR CO-OP COMMUNITY

Meet Our October Partner!



Granite State Market Match helps individuals who use SNAP and EBT stretch their dollars to buy more fruits and veggies. This program is crucial for families on a budget, allowing them to access healthy, nutritious food, including local produce from nearby farms. It's a win for families, farmers, & our community!

This October, please consider rounding up or making a donation at the register. All funds collected will be earmarked for EBT and SNAP shoppers at Littleton Co-op, helping more of our neighbors take home healthy food!

Last Call - Cast Your Vote!



Don't forget to VOTE! If you're a Co-op member, be sure to cast your ballot online or in-store before the election closes on Saturday October 4th at 11:59 PM. All members will have received a unique voting link via email from Simply Voting. Be sure to read up on each of the 25 candidates to make the most informed vote - info is included on the voting website as well as our website.

Didn't receive an email? Need help voting? Reach out to our Member Services Coordinator, Becky Colpitts: bcolpitts@littletoncoop.org

Learn more on our website: LittletonCoop.com/Partners2026

Update Your Info (please)

Members: Please take a moment to confirm with us that your contact information is up to date! We're not going to spam you, but we do need an accurate mailing address, phone number, and email to ensure you are receiving important membership updates. Check with your cashier, or email: info@littletoncoop.org



Upcoming events, volunteer opportunities, fun stuff!

SWEAT FOR GOOD

run/walk 5K
Fundraiser for the
Boys & Girls Club of
the North Country



Saturday October 4th Start at
10:00 AM Franconia NH

COST: \$20

FOR MORE INFORMATION

ANIGRIFFITHS7@GMAIL.COM

SCAN ME



October @ The Colonial

10/1 - 10/2 Feature Film: Strange Journey: The Story of Rocky Horror

10/3 - 10/5 Spotlight Film: Manhattan Short Film Festival

10/6 - 10/8 Feature Film: Shin Godzilla (4K)

10/9 Science on Screen: The Life Aquatic with Guest Speakers

10/10 Ruthie Foster LIVE! @ The Colonial

10/11 Saturday Morning Cartoons & More: Casper
90th Anniversary Classic: Bride of Frankenstein

10/12 - 10/15 Feature Film: Highest 2 Lowest

10/16 Spotlight Film: Holy Cow w/ Guest Speaker & Cheese

10/17 - 10/18 Spotlight Film: One World One Jam with Live Music 10/17

10/19 - 10/23 Feature Film: The Roses

10/24 Ashes & Arrows LIVE! @ The Colonial

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.

THE
LOADING
DOCK

**WE
APPRECIATE
YOU!**

PAST/PRESENT & FUTURE
VOLUNTEERS, SUPPORTERS,
FANS, ARTISTS, MUSICIANS

SAT. OCT. 18 AT 6P, FREE!

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