

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

\$3⁹⁹

Weekly Specials: Fri Oct 17 - Thu Oct 25 2025

MEMBER CHOICE DISCOUNT DAYS: OCT 17-23

Co-op Members choose ONE shopping trip to SAVE 10%*!



**Whole
Boneless
Pork Loin**
\$1⁷⁹
Lb



7-8 oz
Select Varieties
**Cabot Cheese
Bars & Shreds**
2/\$5



VT Organic
Joe's Brook
Farm Butternut
Squash
\$1⁴⁹
Lb



Organic
Anjou,
Bartlett, or
Bosc Pears
79¢



9 oz
Buitoni Pasta
2/\$4



FROZEN
10.9-14.8
Caulipower
Pizza and
Pizza Crust
**BUY ONE,
GET ONE
FREE!**



BAKERY
16 oz
Select Varieties
Chabaso
Ciabattas
\$2⁹⁹



VT Organic
Red or Green
Joe's Brook
Farm Cabbage
\$1⁴⁹
Lb



FROZEN
15 oz
Wyman's
Strawberries
\$2⁹⁹



5.6 oz
The Good
Crisp Potato
Crisps
2/\$5



DELI
Fall Roasted
Potatoes
\$5⁹⁹
Lb



Boneless
Sirloin Tip
Roast
\$6⁹⁹
Lb



8 oz
Maplebrook
Farm Feta
\$3⁹⁹



15-16.3 oz
Skippy
Peanut
Butter
\$1⁹⁹



DELI
New England
Traditions
Rare Roast
Beef
\$8⁹⁹
Lb



Boneless
Sirloin Tip
Steaks
\$13⁹⁹
Lb



16 oz
Blue
Diamond
Almonds
\$5⁹⁹



11-12 oz
Honey
Bunches of
Oats Cereal
\$2⁹⁹



BULK
Organic
Grandy
Organics
Apple Crisp
Granola
\$6⁹⁹
Lb



BULK
19th Hole
Snack Mix
\$4⁹⁹
Lb



750 ml
Organic
Riojana
Wines
\$8⁹⁹



12 pk
Shipyard
Brewing
Pumpkinhead
\$14⁹⁹

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





7 oz Organic
Small Axe Farm Mesclun Mix

\$3.99



Whole Boneless Pork Loin

\$1.79 Lb



7-8 oz Select Varieties
Cabot Cheese Bars & Shreds

2/\$5

PRODUCE

 Small Axe Farm Mesclun Mix, 7 oz, Organic	\$3.99
 Joe's Brook Farm Red or Green Cabbage, VT Organic	\$1.49/lb
 Joe's Brook Farm Butternut Squash, VT Organic	\$1.49/lb
 Anjou, Bartlett, or Bosc Pears	79¢
Blackberries, 6 oz	2/\$4
Blueberries, 6 oz	2/\$6
Cluster Tomatoes	\$1.49/lb
Russet Potatoes	49¢/lb

BAKERY

 Chabaso Ciabattas, 16 oz, Select Varieties	\$2.99
 Apple Turnovers, 4 pk	\$4.99
St. Pierre Mini Butter Croissants, 4.7 oz	\$5.99

BEER & WINE

  Riojana Wines, 750 ml FAIR TRADE	\$8.99
Shipyard Brewing Co., Pumpkinhead, 12 pk	\$14.99
Whitehaven Sauvignon Blanc, 750 ml	\$16.99
Happy Dad Hard Seltzer, 12 pk	\$16.99

BULK FOODS

BRING YOUR OWN CONTAINER & REFILL!

  Grandy Organics Apple Crisp Granola	\$6.99/lb
19th Hole Snack Mix	\$4.99/lb
Roasted Cashews	\$9.99/lb
 Lundberg Short Grain Brown Rice, Organic	\$2.99/lb
 Northwoods Apiaries Raw Honey, 16 oz	\$7.99
Rollled Oats, Organic	\$1.99/lb

MEAT

SERVICE COUNTER: 7AM-7PM DAILY

Whole Boneless Pork Loin	\$1.79/lb
 Boneless Sirloin Tip Roast	\$6.99/lb
Boneless Sirloin Tip Steaks	\$13.99/lb
Boneless Center Cut Pork Chops	\$1.99/lb
 North Country Applewood Bacon, 8 oz	\$6.99
Boneless Chicken Breast	\$2.99/lb

SEAFOOD

SERVICE COUNTER: 7AM-7PM DAILY

Wild Alaskan Cod Fillets, previously frozen	\$10.99/lb
Blue Hill Salmon Poke Bowls, 8.8 oz	\$8.99
Johnny Tempura or Popcorn Shrimp, 8 oz	\$5.99

DELI

SERVICE COUNTER: 7AM-7PM DAILY

 Fall Roasted Potatoes	\$5.99/lb
New England Traditions Rare Roast Beef	\$8.99/lb
Boar's Head Smoked Gouda Cheese	\$4.99/lb
Charcuterie Trio	\$6.99

REFRIGERATED

 Cabot Cheese Bars & Shreds, 7-8 oz, Select Varieties	2/\$5
 Buitoni Pasta, 9 oz	2/\$4
Chobani Greek Yogurt, 5.3 oz	4/\$5
 Land O' Lakes Butter, 16 oz	\$3.99
Daisy Sour Cream, 14 oz	2/\$5
Poppi Prebiotic Soda, 12 oz	2/\$4
 Rebbl Functional Beverage, 12 oz	\$3.99



GROCERY

Skippy Peanut Butter, 15-16.3 oz	\$1.99
 Blue Diamond Almonds, 16 oz	\$5.99
Honey Bunches of Oats Cereal, 11-12 oz	\$2.99
The Good Crisp Potato Crisps, 5.6 oz	2/\$5
Fever Tree Beverages, 4 pk, Select Varieties	\$4.99
Knorr Sides Rice or Pasta, 4.3-5.7 oz	5/\$5
Food Club Parmesan Cheese, 8 oz	\$2.99
Kraft Mac & Cheese Dinner, 7.25 oz	4/\$5
Dole Diced Fruit, 4 pk, Select Varieties	2/\$5
Wishbone Dressing, 15 oz	2/\$5
Betty Crocker Cookie Mixes, 17.5 oz	2/\$5
Nestle Morsels, 10-12 oz	\$3.99
Diamond Shelled Walnuts, 16 oz	\$7.99
Orville Microwave Popcorn, 9.84 oz	\$2.99
  Bionaturae Tomatoes, 28.2 oz	BOGO
Probar Meal Bars, 3 oz	2/\$5
 Nature's Path Cereal, 23-32 oz	\$8.99
Epic Meat Bars, 1.3-1.5 oz	2/\$5
 Nixie Zero Sugar Sodas, 12 oz	2/\$3
Terra Vegetable Chips, 5 oz Select Varieties	2/\$6
Near East Couscous Mixes or Rice Pilafs, 5.2-10 oz	3/\$7
Rao's Soup, 15.5-16 oz	\$4.49
Kind Healthy Grains Clusters Granola, 11 oz	\$4.99
Doritos Tortilla Chips, 9.25 oz	\$3.99
Simply Done Paper Towels, 6 pk	\$5.99

BEAUTY & WELLNESS

Sappo Hill Bar Soap, 3.5 oz, Select Varieties	2/\$3
 Quantum Therazinc Lozenge, Zinc+Elderberry, 14 ct	BOGO
Desert Essence Mouthwash, 16 oz, Select Varieties	\$4.99

FROZEN

Wyman's Frozen Mango Chunks & Strawberries, 15 oz	\$2.99
 Caulipower Frozen Pizza and Pizza Crusts, 10.9-14.8 oz	BOGO
Wyman's Frozen Blueberries, Red Raspberries, and Mixed Berries, 12-15 oz	\$3.99
 Amy's Frozen Pizza, 12-14 oz	\$6.99
Delizza Mini Eclairs, 14.8 oz	\$6.99
 Cascadian Farm Frozen Vegetables, 10 oz Select Varieties	2/\$6
Deep Indian Kitchen Entree or Samosas, 7.5-12 oz	\$4.99

SPECIALTY CHEESE

 Maplebrook Farm Feta, 8 oz	\$3.99
 Kerrygold Irish Cheddar, 7 oz	\$6.49
BelGioioso Fresh Mozzarella Balls, 8 oz	\$3.99

CHEESE OF THE WEEK

Marcel Petit Comté



A member of French cheese royalty, Marcel Petite Comté is an exceptional Alpine cheese made with raw milk from the Montbéliarde cows that graze in the vineyards and pastures of the Jura Mountains. Aged for 18 months in the caves at Fort St Antoine in eastern France, Marcel Petite Comté has a dense, smooth paste and a sublime balance of flavors that bring to mind

hazelnuts, French onion soup and heavy cream and long lasting notes that deliver savory and sweet, herbaceous and fruity flavors. A must in French fondue and gratins, Marcel Petite Comté is also a perfect table cheese.

Save \$2/lb Oct 10 - Oct 16

(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

Thu Oct 16: "Holy Cow" at the Colonial @6:30PM
Oct 17-23 Member Choice Discount Days
Sun Oct 19: Store Closing Early @ 7 PM
Wed Oct 22: Kids' Pumpkin Carving w/ Littleton Public Library @10AM (RSVP Required)
Fri Oct 31: Halloween 🎃
Wed Nov 5: Senior Member Discount Day

To see our full list of events or to RSVP, visit our website:
www.littletoncoop.com

Member Choice Discount Days



October 17-23

Mark your calendars and plan ahead! During these Discount Days, Co-op Members pick ONE shopping trip to save 10%* on eligible items. Just remember - this discount is good for one use only! If you share your member number with someone else, make sure to check with them, too.

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.

Not a Member Yet? Join Today!

Learn more, buy shares, start a new account:
www.littletoncoop.com/membership

Get the House Tour



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

Happy Co-op Month!



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.

Not only are we ourselves a cooperative, but we sell cooperative brands, too! Many of the brands you know and love are actually worker/farmer owned co-ops! When producers form as a co-op, it establishes their commitment to democratic power, member-owners' economic participation, and independence from the pressures of a corporately-dominated marketplace. The brands below are just some (because we likely forgot a few) of the cooperatively-owned brands sold at the Littleton Co-op that have demonstrated that working together can create great-tasting food!

Cabot Creamery
Real Pickles
Sunsweet
Sunmaid
Blue Diamond

Equal Exchange
Florida's Natural
Ocean Spray
Dean's Beans
Land O Lakes
Organic Valley

Tillamook
Alaffia
Aura Cacia
La Riojana
Frontier Co-op

Meet the 2026 Partners of the Month



We are thrilled to announce the official Littleton Co-op 2026 Partners of the Month!

- ★ January - North Country Healthcare
- ★ February - Franconia Children's Backpack Program
- ★ March - Root to Rise
- ★ April - Franconia Children's Center
- ★ May - Cross New Hampshire Adventure Trail
- ★ June - Grafton County Senior Citizens Council
- ★ July - The Bancroft House
- ★ August - AHEAD (Affordable Housing Education & Development)
- ★ September - Littleton Studio School
- ★ October - Littleton Co-op Community Fund
- ★ November - Local Food Pantries
- ★ December - Littleton Winter Shelter

FRESH, NEW, & FUN

Pie in a Can



Woodstock Inn Brewery mastered beer many moons ago, and then proved their versatility with their non-alcoholic fan-favorite root beer and lemonade. Now, they're taking on fall with their new Slice O' Pie Apple Pie Soda! It's a non-alcoholic take on their adult Autumn Brew, with plenty of fall spices. Our staff enjoyed trying it with a scoop of vanilla ice cream :)

Yay, Ice Cream! In October!



We cannot thank everyone enough for working with us as we dealt with freezer issues for many months. As of now we are cautiously optimistic that enough repairs have been made for ice cream to migrate back to the entire first half of Aisle 7. Just in time for ice cream with a jacket season! Check out Aisle 7 for a wider selection of great ice cream.

Co-opportunities



We're adding new staff to our Front End and Produce teams and you might be a great fit! We're looking for people who are willing to work hard, learn new things, and provide the high quality customer service we're known for. We offer a wide range of benefits, too! Apply today & join us at the friendliest place in the North Country:

www.LittletonCoop.com/jobs

Scrumptious Fall Soaps



Step up your hand-washing game this Autumn with delicious new seasonal scents for Mrs. Meyer's liquid hand soaps. Our staff are obsessed with the Apple Cider scent -- it smells just like the real thing! Also available are Fall Leaves and Acorn Spice. Mrs. Meyer's products are made with olive oil and aloe vera, so you can cross "dry skin" off your worry list for fall.

Locally-Produced Sunflower Oil



You may know their beans, but now Morningstar Farm of Glover, VT is delivering their organic, GMO free, cold pressed sunflower oil to the Co-op. Fun fact: we are the only place in New Hampshire where you can buy Morningstar Farm products! In addition to cooking applications, sunflower oil has also been used in homemade skin and hair remedies. Find it is Aisle 1.

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!

Fair Trade For October



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

e 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!



COMMUNITY BOARD



Upcoming events, volunteer opportunities, fun stuff!

LET'S HELP MARKET MATCH!

**ROUND UP
OR
DONATE**



GRANITE STATE MARKET MATCH IS
OUR OCTOBER PARTNER OF THE MONTH.
EVERY DOLLAR DONATED HELPS
OUR COMMUNITY - THANK YOU!

Weekly Asks:
Littleton Area Mutual Aid



- LAUNDRY PODS
- TOOTHPASTE
- TAMPONS
- DEODORANT (MENS + WOMENS)
- FIXODENT
- POPTARTS
- BREAKFAST BARS
- CAT/DOG FOOD

littletonareamutualaid@gmail.com

THE
LOADING
DOCK

**WE
APPRECIATE
YOU!**

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

SAT. OCT. 18 AT 6P, FREE!

www.theloadingdocknh.com

**FALL
VOLUNTEER
DAY**

**AT MT. EUSTIS
SKI HILL!**

**SUNDAY, OCTOBER 26
9 AM - NOON**

Join us to help get the hill ready for
winter. Bring your gloves, tools, and
plenty of energy as we prepare the
slopes.

<https://www.mteustis.org/volunteer>

RECYCLING SUMMIT

OCTOBER 22, 2025

The Rocks in Bethlehem, NH

Home / North Country

Recycling Summit

WHEN: Wednesday, October 22 from 8am – 3pm

WHERE: The Rocks in Bethlehem, NH (or online!)

WHO: Open to Anyone!

COST: Free, thanks to an EPA Grant

The Recycle Right North Country FREE one-day summit brings together the greatest hits from our summer of recycling education and outreach.

Would you like to learn more about recycling? Then this conference is for you!

Register for the Recycle Right North Country Recycling Summit

www.nhrecycles.org/recycling-summit

FREE!
Limited Space
Signup Now



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.

URGENT

LITTLETON AREA SENIOR CENTER

NEEDS DRIVERS FOR MEALS-ON-WHEELS



Just a few hours a week of your time will

Bring a smile and a

Nutritious meal to the

Homebound

CALL JUDY @ (603) 444-6050

BINGO NIGHT
Fundraiser

One FREE pack of Bingo cards (includes 3 boards per game, 5 games total) with any food purchase of \$10 or more.
Limit: One FREE pack per person, per Bingo night (regardless of food purchase).
Additional 5-packs available for \$10 each (no food purchase necessary).

WEDNESDAY, OCTOBER 29TH - FIRST GAME STARTING AT 7 PM

AT 1764 SPORTS BAR & GRILL LINCOLN, NH

IT'S A SCARY GOOD TIME!

www.secondchancear.org
www.1764sportsbarandgrill.com

Cooperative Principle #6: Concern For Community

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

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