

LITTLETON **food co-op**

OCTOBER IS CO-OP MONTH!

Weekly Specials: Fri Oct 18 - Thu Oct 24, 2024



1 lb  
**Cotton Candy Grapes**  
**\$3.99**



33.8 oz  
**Poland Springs Sparkling Water**  
**99¢**



7.4 oz Organic  
**Nature's Path Waffles**  
**2/\$4**

**PRODUCE**

Cotton Candy Grapes, 1 lb	\$3.99
Little Potato Company Potatoes, 1.5 lb, Select Varieties	2/\$5
Baby Peeled Carrots, 1 lb	2/\$3
Honeycrisp Apples	99¢
Raspberries, 6 oz	2/\$6
Concord Foods Apple Kits, Select Varieties	2/\$4
Red or Green Seedless Grapes	\$2.99/lb
Equal Exchange Avocados	2/\$3

**BAKERY**

Buttermilk Biscuits, 6 pk	\$3.99
Dutch Maid 8" Boston Cream Pie, 28 oz	\$7.99
Tourtiere Valcourt, 40 oz	\$15.99

**BEER & WINE**

Smuttynose Brewing Co., 12 pk	\$14.99
Gnarly Head Wines, 750 ml	\$9.99
Moat Mountain Brewing Co., 4 pk	<b>\$1 OFF</b>
Cupcake Wines, 750 ml	\$12.99

**BULK FOODS**

Frontier Ceylon Cinnamon, 5.57 oz	\$8.99
Equal Exchange Pecans, 8oz <i>FAIR TRADE!</i>	\$7.99
BackRoads Coconut Crunch Granola	\$12.99/lb
Raw Pumpkin Seeds	\$5.99/lb
Ginger Chunks	\$8.99/lb
Tamari Almonds	\$8.99/lb

**WELLNESS**

Andalou Naturals Shampoos and Conditioners, 11.5 oz, Select Varieties	2/\$10
Desert Essence Deodorant, 2.25 oz, Select Varieties	\$5.99
Orgain Ready-to-Drink Protein, 11 oz, Chocolate or Vanilla	2/\$5

**MEAT**

SERVICE COUNTER OPEN 7AM-7PM DAILY

Sirloin Tips	\$10.99/lb
Bone in Center Cut Pork Chops	\$1.99/lb
Sirloin Tip Roast	\$5.59/lb
North Country Smoky Maple Links, 16 oz	\$6.99
Boneless Chicken Breast	\$2.29/lb
Applegate Grilled Chicken Breast Strips, 8 oz	\$7.59

**SEAFOOD**

Wild Alaskan Cod Fillets, previously frozen	\$10.99/lb
Ian's Fish Sticks, 14 oz	\$9.99
Matlaws Stuffed Clams, 20 oz	\$6.29

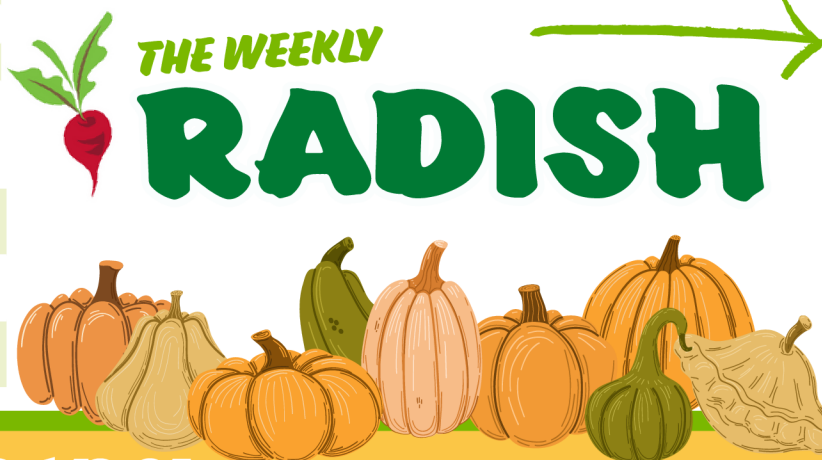
**DELI**

SERVICE COUNTER OPEN 7AM-7PM DAILY

McKenzie Honey Ham	\$5.99/lb
Chicken Caesar Salad	\$5.99
Cooper Sharp American Cheese	\$4.99/lb
Tuna Salad	\$7.99/lb





**SPECIALTY CHEESE**

BelGioioso Italian-Style Grated Cheese, 5 oz	2/\$7
Tillamook Cheddar, 8 oz	\$1 off
Mt Vikos Feta, 6-7 oz	\$5.99







**Member Choice Discount Week is Oct 18-24**  
**YOU pick ONE transaction to SAVE 10%!\***



# GROCERY

Poland Springs Sparkling Water, 33.8 oz	99¢
Annie's Mac & Cheese, 5.25-6 oz, Select Varieties	4/\$5
Probar Meal Bar, 3 oz	2/\$4
Post Honey Bunches of Oats Cereal, 11-12 oz	2/\$5
 Pacific Foods Soup, 16.1-16.5 oz	2/\$7
Tasty Bites, 10 oz, Select Varieties	3/\$8
 Traditional Medicinal Herbal Tea, 16 ct	\$4.99
Chosen Foods Dressing, 8 oz	\$4.99
Knorr Noodles or Rice, 4.3-5.7 oz	4/\$5
Food Club Parmesan Cheese, 8 oz	\$2.99
Newman's Own Salsa, 16 oz	\$2.99
Sweet Baby Rays BBQ Sauce, 28 oz	\$2.99
Skippy Peanut Butter, 15-16.3 oz	2/\$5
Marshmallow Fluff, 16 oz	2/\$5
Betty Crocker Cake Mix & Frosting, 12-14.25 oz	2/\$4
 King Arthur Gluten Free Baking Mixes, 16-22 oz	\$4.99
 Unique Splits Pretzels, 11 oz	\$3.49
Locker Wafers, 8.82 oz Select Varieties	\$3.49
Planters Peanuts, 16 oz	2/\$5
Green Llama Cleaning-Kit All Purpose	\$11.99
Green Llama Cleaning Refill Tab, .14 oz	\$1.99
Seventh Generation Detergent, 23.1-90 oz	\$9.99

# FROZEN

 Nature's Path Waffles, 7.4 oz	2/\$4
 Wyman's Blueberries, Raspberries, and Mixed Berries, 12-15 oz	2/\$6
Rao's Pizza, 18.3-20.6 oz	\$7.99
 Wyman's Strawberries & Mango Chunks, 15 oz	\$2.79
Friendly's Ice Cream, 48 oz	\$3.99
 Tillamook Ice Cream, 48 oz	\$5.49

# REFRIGERATED

 Cabot Cheese Bar & Shreds, 8 oz, Select Varieties	2/\$5
 Oatly Oatmilk, 64 oz	2/\$7
Chobani Greek Yogurt, 5.30 oz	5/\$5
Fage Total Yogurt, 16 oz	\$2.99
Daisy Sour Cream, 14 oz	\$2.49
Siggi's Skyr Yogurt, 4-5.3 oz	4/\$5

**Member Choice Discount Week is Oct 18-24 YOU pick ONE transaction to SAVE 10%!\***

\*Standard restrictions apply; see service desk for details. Limit to ONE transaction per Member Account - make sure you plan ahead!



Did you know that October is National Co-op Month? Yes, it does sound like a holiday that us self-proclaimed co-op geeks made up. But we promise it's real, and it's celebrated across the country by cooperative businesses in all industries.

There are food co-ops, housing co-ops, dairy co-ops, credit unions, and more celebrating their unique co-op advantage during the month of October.

**Cooperatively made items are everywhere! Look for the blue & green Co-op tags in our flyer and on our shelves**



**This Week's Flyer:**

- 7 Local Items
- 10 Organic Items
- 6 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 October 18 - Thursday October 24, 2024

## Event Calendar [LittletonCoop.com/Events](http://LittletonCoop.com/Events)

Oct 18 - Oct 24: MEMBER CHOICE DISCOUNT WEEK

Fri Oct 18: Tasting w/ Moat Mtn Brewing @12-2pm (21+)

Fri Oct 18: Hocus Pocus @ Colonial Theatre @7pm

Mon Oct 21: Co-op Board Meeting @5pm (RSVP Req)

Thu Oct 24: Pumpkin Carving @5-7pm (RSVP Req)

Thu Oct 31: Halloween!

Fri Oct 25-Sun Oct 27: Fall Case Lot Sale!

To RSVP for an event, visit our website: [littletoncoop.com/events](http://littletoncoop.com/events), or email [info@littletoncoop.org](mailto:info@littletoncoop.org)

## Member Choice Discount Week



**Fri Oct 18-Thu Oct 24**

In honor of National Co-op Month, we're bringing back Member Choice Discount Week! Members may choose (1) transaction to save 10%\*. Just remember - this is valid for only one transaction per member number, so if you let your husband/mother/sister's best friend's uncle use your account, be sure to plan ahead!

## A Bunch of Hocus Pocus



**Friday October 18 @7pm**

Join us for treats and a screening of the witchy classic Hocus Pocus at the Colonial Theatre. The patio will open at 7pm for you to enjoy complimentary spooky snacks made with Co-op ingredients. The movie will screen at 7:30pm. Tickets can be purchased in advance at [bethlehemcolonial.org](http://bethlehemcolonial.org), or at the door.



Register for events and learn more: [LittletonCoop.com/Events](http://LittletonCoop.com/Events)

## Pumpkin Carving at the Co-op



**Thursday October 24 @5-7pm**

The Gathering of the Jack O' Lanterns in Littleton is coming soon! Be part of the fun and carve a pumpkin with us. We'll provide the pumpkins, tools, and delivery to the event. Just bring your creativity! This is all ages, but space is limited to 10. RSVP via email is required: [bcolpitts@littletoncoop.org](mailto:bcolpitts@littletoncoop.org)

## Straight from Governor Sununu:



We are excited to announce that we received an official proclamation from Governor Sununu's office declaring October 2024 as Co-op Month in the state of New Hampshire!

This proclamation touches on the importance of cooperative businesses in the state and national economy, and "salute[s] co-operatives, credit unions, and their members for their commitment to our communities and the role they play in serving all of our citizens."

We whole heartedly appreciate this level of recognition at the state level. This would not have been possible without the support of Neighboring Food Co-op Association (NFCA) and Chris Whiton, NFCA Board Member and our own Operations Manager.

And, of course, it wouldn't have happened without the support from all of YOU, our cooperative community. In the words of Becky Colpitts, Community Outreach Coordinator, "Cooperation doesn't happen alone!"

## Our Best Friends are Farmers <3



Mary and Eric, owners of Joe's Brook Farm, wanted to show their gratitude for our support during the aftermath of this summer's torrential flooding, which severely damaged their family farm. As a "thank you," they recently dropped off their fabulous spring mix for our employees, and romaine lettuce for use in the Deli. Local connections and cooperation make a difference!

# MORE FROM YOUR STORE

## Fall Case Lot Sale: Oct 27-29



The Fall Case Lot sale is coming up quick! Here's how it works: we bring in stacks of multi-packs of great shelf stable items, and you stock up with enough goodies to last throughout the cold winter. Not only that, but you save BIG because you're buying by the case!

Not to toot our own horn, but this might be our best Case Lot Sale yet. The average savings for each case is almost \$10....which is enough to buy another case! Check out next week's flyer for a special insert with the full list of products we're offering at a special reduced price.

## Van Leeuwen Ice Cream



Van Leeuwen has a worldwide reputation for making incredible ice cream. They focus on fun flavors and great quality to make you happy with one spoonful.... but trust us, you'll want more! Find unique flavors like Honeycomb, Peanut Butter Brownie Honeycomb, Sicilian Pistachio, and more in the ice cream aisle. We also currently have one vegan flavor!

## Ridge Hemp Face Cream



If you've been down Main Street in Littleton, you might be familiar with Ridge Hemp and their full line of CBD products. We now offer three of their full spectrum CBD & CBG face creams, each targeting a specific set of skincare needs, like detoxifying, brightening, soothing, and firming. Made with USDA certified organic hemp, and great for all skin types.

# YOUR CO-OP COMMUNITY

## Cooperating for Recovery



The Littleton Food Co-op is proud to contribute \$5,000 to the Cooperative Development Foundation's Disaster Recovery Fund. The CDF Disaster Recovery Fund supports co-ops and their members recovering from natural disasters and other crises or emergency hardship situations, including Co-ops impacted by the recent hurricanes.

In addition, National Cooperative Grocers has set up a matching donation, up to \$100,000, for donations made before October 31. These donations go to employees and volunteers of co-ops recovering from disaster, including their food, clothing, housing, transportation, and medical assistance.

We invite anyone in our cooperative community to donate and help us unlock the full matching donation from NCG! We thank our local community for their support that allows the Littleton Co-op to support others in their time of need.

[www.cdf.coop/disaster-recovery-fund](http://www.cdf.coop/disaster-recovery-fund)

## Round Up for The Community Fund



### Round Up this October to support the Co-op Community Fund!

The Littleton Food Co-op Community Fund is part of a financial endowment made up of many different cooperatives in our region. It includes grocery co-ops from near and far, producer co-ops like Organic Valley and Equal Exchange, and organizers like the Twin Pines Cooperative Foundation. By pooling all of our resources, the Fund can then provide financial aid for the development of new and growing cooperatives.

And that's not all! The interest we earn each year from our part of the Fund is distributed annually to a local non-profit, spreading the impact even further. That's the power of Cooperation!

How can you help? Go right ahead and Round Up at the register this October to make small change contributions.... it really adds up!