



32 oz, Organic
**Stonyfield
Yogurt**
\$3.99



32 oz
Organic
Pacific Soups
2/\$6



4/\$5
Pomegranates

PRODUCE

Pomegranates	4/\$5
Raspberries, 6 oz	2/\$4
Grapefruit	99¢
Joe's Brook Spring Mix, 8 oz, Organic	\$5.99
Cantaloupe	2/\$5
Yukon Gold Potatoes, 5 lb	2/\$5
Hothouse Tomatoes	\$1.29/lb
Red, Orange, or Yellow Peppers	\$2.49/lb

BAKERY

Jessica's Tuscan Pane Breads, 20 oz, Select Varieties	2/\$5
8" Table Talk Pecan Pie, 22 oz	\$6.99
Butter Croissants, 3 pk	\$2.99

REFRIGERATED

Stonyfield Yogurt, 32 oz	\$3.99
Bays English Muffins, 12 oz	\$2.99
Silk Plant-Based Milks, 64 oz	\$4.49
Slggi's Skyr Yogurts, 4.4-5.3 oz	4/\$5
Green Mountain Creamery Greek Yogurt, 32 oz	\$5.79
Organic Valley Shredded Cheese, 6 oz	\$4.39
Olipop Prebiotic Soda, 12 oz	2/\$4
GT's Kombucha, 16 oz	2/\$6
Food Club Cheese Bars & Shreds, 8 oz	2/\$4
Califia Almond Milk, 48 oz, Select Varieties	\$3.99
Hood Half & Half Creamer, 16 oz	2/\$3

MEAT

SERVICE COUNTER: 7AM-7PM DAILY

Boneless Chuck Roast	\$6.99/lb
Boneless, Skinless Chicken Thighs	\$2.59/lb
Pork Tenderloins	\$3.29/lb
Robie Farm Ground Beef, 1 lb	\$10.59
Bilinski's Chicken Sausage, 12 oz	\$8.59

SEAFOOD

SERVICE COUNTER: 7AM-7PM DAILY

Fresh Steelhead Trout	\$11.99/lb
Sea Best 16-20 EZ Peel Raw Shrimp, 1 lb	\$7.49
Yankee Trader Crab Rangoons, 11 oz	\$4.99

DELI

SERVICE COUNTER: 7AM-7PM DAILY

Calzones, Pepperoni or Steak and Cheese	\$3.99
Boar's Head Smokemaster Ham	\$6.99/lb
Cabot Mild Cheddar Cheese	\$6.99/lb
Chicken Caesar Tortellini Salad	5.99/lb

BULK FOODS

BRING YOUR OWN CONTAINER & REFILL!

NEK Grains Stone Ground Whole Wheat Flour	\$1.99/lb
Chocolate Chips	\$6.99/lb
Raw Pumpkin Seeds	\$5.99/lb
Dried Pitted Prunes	\$6.99/lb
Kidney Beans	\$2.99/lb
Zen Party Mix	\$6.99/lb

BEER & WINE

Woodstock Inn Brewery, 12 pk	\$14.99
Villarini Wines, 750 ml	\$11.99
Harpoon Brewery, 12 pk	\$16.99



GROCERY

	Pacific Foods Soups, 32 oz	2/\$6
	Lotus Food Rice Ramen, 2.8 oz	2/\$3
	Bove's Pasta Sauce, 24 oz	\$3.99
	Chocolove Chocolate Bars, 2.9-3.2 oz	2/\$4
	El Paso Taco Kits, 8.8-12.5 oz	2/\$5
	Lesser Evil Snacks, 3-6.4 oz	2/\$6
	Quinn Filled Pretzel Nuggets, 5-7 oz, Select Varieties	2/\$6
	Kettle Brand Potato Chips, 13 oz	\$4.99
	Tasty Bite Indian Entrees, 10 oz	3/\$8
	Traditional Medicinals Herbal Tea, 16 ct, Select Varieties	\$4.99
	Poland Spring Sparkling Water, 33.8 oz	99¢
	Bove's Pizza Sauce, 16 oz	\$2.99
	Bove's Classic Salad Dressings, 12 oz	\$3.49
	Barilla Protein Pasta, 10-14.5 oz, Select Varieties	2/\$4
	Cabot Seriously Sharp Mac & Cheese, 8.2 oz	\$6.99
	Cholula Sauces & Salsa, 12 oz	\$2.99
	El Paso Green Chilies, 4 oz	2/\$3
	Rotel Tomatoes, 10 oz	2/\$3
	Sweet Baby Ray's BBQ Sauces & Marinades, 16-28 oz	\$2.99
	Cholula Hot Sauces, 5 oz	\$2.99
	Betty Crocker Fudge Brownie Mix, 16.3 oz	2/\$4
	Smucker Toppings, 11.75-12.25 oz	\$2.79
	Stacy's Pita Chips, 7.33 oz	2/\$6
	Kellogg Town House & Club Crackers, 12.7-13.8 oz	\$3.49
	Lays Potato Chips, 7-8 oz, Select Varieties	2/\$7
	Seventh Generation Unbleached Paper Towels, 1ct	\$2.99

FROZEN

	Cascadian Farm Frozen Fruit, 8-10 oz	2/\$7
	Feel Good Foods Appetizers, 6-10 oz	\$6.49
	Wyman's Wild Blueberries, 3 lb	\$11.99
	Amy's Macaroni & Cheese Entree, 9 oz	\$3.49
	New York Texas Garlic Toast, 11.25 oz	\$2.99

BEAUTY & WELLNESS

	Sappo Hill Bar Soap, 3.5 oz, Select Varieties	2/\$3
	Traditional Medicinals Lozenges, 16 ct, Select Varieties	\$2.99
	Natural Factors Whole Earth+Sea Multivitamin, Men/Women, 60ct	\$19.99

SPECIALTY CHEESE

	Vt Farmstead Brie, 6.5 oz	\$7.99
	Natural Valley Goat Cheese, 8 oz	\$7.99
	Castello Danablu Blue Cheese, 4.4 oz	\$4.49

CHEESE OF THE WEEK

MOSES REAPER



From the caves of Jasper Hill rises a cheese cloaked in mystery and mischief—Moses Reaper, the ghoulish twin of the beloved Moses Sleeper. This limited-edition, Halloween-ready wheel is crafted with pasteurized cow milk and ripened under a veil of vegetable ash, creating a striking contrast between its dark, eerie rind and glowing jack o' lantern-orange paste,

naturally tinted with annatto. Beneath its spooky exterior lies a bloomy-rind cheese that's anything but frightful. Moses Reaper is rich and buttery with hauntingly savory notes of roasted mushrooms, buttered popcorn, and a hint of autumn woods after the rain. The texture is supple and luscious, becoming even more decadent as it ripens through October. Perfect for fall gatherings and haunted harvest boards, Moses Reaper pairs eerily well with tart apples, crusty sourdough, hot honey, and even a glass of Casca Macération de Soif Sauvignon Blanc under a full moon. Whether you're sneaking bites between trick-or-treaters or laying out a midnight cheese altar, this seasonal stunner is sure to raise some eyebrows (and the dead).

SAVE \$2/LB OCT 10 - OCT 16

(While Supplies Last - Price as Marked on the Label)



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!

LITTLETON
**food
co-op**



Stock Up! Fri Oct 24 - Sun Oct 26, 2025

SAVE when you purchase items by the case!
Everyone is welcome to shop at the Co-op :)



6 oz Boxes - Case of 12
**Annie's Mac
& Cheese**

\$14.99

YOU SAVE \$24
OFF REG PRICE



12 oz Cans - Case of 24

**Waterloo
Sparkling
Water**

\$8.99

YOU SAVE \$6
OFF REG PRICE



32 oz Carton - Case of 12

**Field Day
Broth**

\$19.99

YOU SAVE \$9
OFF REG PRICE

MIX & MATCH!



32 oz Cartons - Case of 4
**Dr Bronner's
Liquid Castile
Soap**

\$29.99

YOU SAVE \$45
OFF REG PRICE



5 oz Cans - Case of 24
**Bumblebee
Solid White
Tuna**

\$24.99

YOU SAVE \$45
OFF REG PRICE



16 oz Jars - Case of 12

**Teddie
Peanut
Butter**

\$34.99

YOU SAVE \$17
OFF REG PRICE

FALL CASE LOT SALE: OCTOBER 24-26

ITEM	# PER CASE	SALE PRICE	YOU SAVE:
Teddie's Peanut Butter, 16 oz	12	\$34.99	\$17.69
Annie's Mac & Cheese, 6 oz	12	\$14.99	\$24.49
Waterloo Sparkling Water, 12 oz cans	24	\$8.99	\$6.59
Dr Bronner's Liquid Castile Soap, 32 oz, Mix & Match	4	\$29.99	\$45.97
Bumble Bee Tuna, Solid White, 5 oz	24	24.99	\$45.75
Field Day Broth, 32 oz	12	\$19.99	\$9.89
Simply Done Towels, 100.8 SF	12	23.99	\$19.09
Bonne Maman Jams and Jellies, 11-13 oz	6	\$25.99	\$17.75
Zevia Soda 6pks, 12 oz cans	4	\$16.99	\$12.97
Seventh Generation Dish Soap, 19 oz	6	\$16.99	\$12.95
San Pellegrino Sparkling 6pk Cans	4	\$15.99	\$18.37
Poppi Prebiotic Soda, 12 oz	12	\$17.99	\$10.69
Noka Superfood Smoothie, 4.22 oz	6	\$8.99	\$6.55
Near East Rice Pilaf Mix, 6.09 oz	12	\$19.99	\$11.09
Mountain Valley Spring Water, 1 ltr	12	\$19.99	\$15.89
Muir Glen Tomatoes, 28 oz	12	\$28.99	\$34.49
Larabar, 1.6-1.7 oz	16	\$17.99	\$17.05
Riojana Wines, 750 ml	12	\$79.99	\$27.89
Good Crisp Potato Crisps, 5.6 oz	8	\$17.99	\$18.73
Equal Exchange Coffee, 10 oz	6	\$49.99	\$33.95
Ecos Laundry Detergent, 100 oz	4	\$39.99	\$27.97
Equal Exchange Coffee, 5 lb Bag	1	\$49.99	\$13.00

Valid 10/24/25-10/26/25 on select varieties of items. Standard restrictions apply; case lot savings cannot combined with other discounts. Valid only on in-stock items while supplies last. No special orders, early birds, reservations, or rainchecks. See our store display or visit the service desk for more information. :)

Event Calendar

Thu Oct 23 Ends Tonight! Member Choice Discount
Tue Oct 28 Store Tour w/ Anastasia @5:30p (RSVP)
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

Do You Want the House Tour?



Tuesday October 28 5:30-7:30pm
Join us for a full store tour of the Co-op, led by longtime employee and social media star Anastasia! We'll reveal the mysteries that lie upstairs, chat about ways to "hack" your store for your budget, and learn co-op history in this fun and engaging event. Space is limited so RSVP is required; sign up on our website: littletoncoop.com/events



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

Take Me Down to the Friendly City



She's been across the country, and now she's circled back closer to home on the East Coast! On the latest episode of That's Rad, host Anastasia wraps up her cross-country co-op road trip at Friendly City Food Co-op in Harrisonburg, VA.

Her host there is veteran Friendly City employee and Produce Lead Dietrich. Anastasia and Dietrich discuss what it means to live and work in a city so nice it stuck as a nickname, how the co-op meets its goal of supporting local farmers and food access simultaneously, and how to live with fame when you're a co-op social media star. It's the East Coast co-op icons crossover event you didn't know you needed.

Listen wherever you find podcasts or directly on our website:

www.littletoncoop.com/podcast

Listen On



MORE FROM YOUR STORE

All Treats, No Tricks



Halloween is just over (or under, depending on when you're reading this), a week away! We've officially passed the cutesy part of fall and are in ~spooky~ territory.

That doesn't mean that anyone is going to pop up and scare you in store, but it does mean that our seasonal section has been refreshed with more individually wrapped treats that are great for trick-or-treaters, flavors like caramel apple, fun shapes like bats, and plenty of whimsical candles to keep your home cozy on these fall nights. We also have pumpkin carving kits! Don't forget to swing by the Bulk Department for to stock up on candy corn!

If October 31st is just a regular night for you, have no fear! We still have plenty of regular 'ol groceries for a fun Friday night. Maybe it's a night to try a new seasonal recipe using one of the many local squash varieties we have in the Produce Department. While you're there, check out the work of our incredibly talented Produce Department employee, Deb, on her annual pumpkin painting creation.

And as temperatures continue to drop, it's always a good time to have soup on hand (if you don't have time for homemade, store-bought is fine). Or, grab your favorite craft beer or N/A option and wait for November to come.



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!

FRESH, NEW, & FUN

Limited Time: Lost Nation Apples



Lost Nation Orchard is world renowned for growing nearly 100 unique heirloom apple varieties that you won't elsewhere, plus they taste better due to their holistic, beyond-organic growing approach. Grab an apple bag and mix and match available varieties in the purple Produce bins, including: Spartan, Cortland, Melrose, Nova Spy, and more!

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

Seasonal AND Gluten Free



Taking common allergens into account, Katz desserts are also dairy free, nut free, and soy free; all while still being free of artificial flavors, colors, and preservatives. Try the Caramel Apple creme filled cupcakes and pumpkin creme cakes while they're available! Plus, check out the first freezer door on the left side for an expanded assortment of gluten free desserts.

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 :)

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.

YOUR CO-OP COMMUNITY

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 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!



Upcoming events, volunteer opportunities, fun stuff!

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

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>

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

LET'S HELP MARKET MATCH!

ROUND UP OR DONATE

