LITTLETON food co-op

Weekly Specials: Fri Oct 25 - Thu Oct 31, 2024

Florida Grapefruit

99¢

Boneless Chicken Thighs

$2.69 Lb

32 oz
Select Varieties

Stonyfield Yogurt

$1.99

PRODUCE

Florida Grapefruit	**99¢**
Red or Black Seedless Grapes	**1.99/lb**
Lemons	**3/$1**
Yellow Potatoes, 5 lb	**2/$4**
Raspberries 6 oz	2/$6
Yellow Onions, 2 lb	99¢
Mini Seedless Cucumbers, 12 oz	2/$4
USDA ORGANIC Honeycrisp Apples, 2 lb	$3.99
USDA ORGANIC Bartlett Pears	99¢

BAKERY

Table Talk 8" Pumpkin Pie, 22 oz	**$4.99**
Jessica's Tuscan Pane Breads, 20 oz, Select Varieties	$2.99
CO-OP BAKED Apple Turnovers, 4 pk	$4.99

BEER & WINE

Tuckerman Brewing Co., 12 pk	**$14.99**
Omen Wines, 750 ml	$16.99
Iron Furnace Brewing, 4 pk	**$2 OFF**
USDA ORGANIC co-op Riojana Wines, 750 ml	$8.99

BULK FOODS

USDA ORGANIC co-op **Equal Exchange Breakfast Blend Coffee**	**$9.99/lb**
Candy Corn	**$3.99/lb**
Energy Power Trail Mix	$8.99/lb
USDA ORGANIC Dried Apricots	$6.99/lb
Grind Your Own Almond Butter	$9.99/lb
Raw Pumpkin Seeds	$4.79/lb
Carob Peanut Clusters	$6.99/lb

SPECIALTY CHEESE

USDA ORGANIC **VT Farmstead Cheese, 7 oz, Select Varieties**	**$6.59**
Eiffel Tower Brie, 7 oz	$3.99
Boursin, 5.2 oz	$5.99

MEAT

SERVICE COUNTER OPEN 7AM–7PM DAILY

CERTIFIED ANGUS BEEF **Boneless Chicken Thighs**	**$2.69/lb**
CERTIFIED ANGUS BEEF **Boneless Chuck Roast**	**$6.99/lb**
Boneless Tip Roast	$6.99/lb
Lamb Shoulder Chops	$7.99/lb
Fresh Pork Tenderloins	$3.29/lb
NEW Fatty Smoked Meat Sticks, 20 oz	$2.59

SEAFOOD

Wild Alaskan Sockeye Salmon Fillets, previously frozen	$16.99/lb
Acme Smoked Whitefish Salad	$11.99/lb
Clam Shack Lobster Bisque or Clam Chowder, 18 oz	$8.59

DELI

SERVICE COUNTER OPEN 7AM–7PM DAILY

CO-OP MADE! **Roast Beef Cheddar Sandwich on a bulkie**	**$5.99**
local **Mckenzie All Natural Turkey**	**$7.99/lb**
co-op local Cabot Mild/Sharp Cheddar Cheese	$6.99/lb
Stuffed Grape Leaves	$6.99/lb

THE WEEKLY RADISH

The Fall Case Lot Sale is Friday October 25- Sunday October 27.
Get here early and save big when you buy by the case. Details Inside!

GROCERY

Napa Valley Naturals Olive Oil, 25.4 oz Select Varieties	**$14.99**
Stacy's Pita Chips, 7.33 oz	**$2.99**
Krusteaz Muffin Mix, 15.4-18.6 oz	**2/$5**
USDA ORGANIC **Muir Glen Tomatoes, 28 oz**	**2/$5**
Folgers Coffee, 9.6 oz	$5.49
Arizona Iced Tea, 128 oz	2/$7
Kellogg Rice Krispies & Corn Flakes, 12 oz	$3.99
Barilla Pasta GF & Protein+, 12-14.5 oz	2/$5
Kraft Mac & Cheese Dinner, 7.25 oz	4/$5
Chi Chi's Tortillas, 16-17.5 oz	2/$5
Chi Chi's Salsa, 16 oz	2/$5
Rotel Tomatoes, 10 oz	2/$3
Ghirardelli Brownie Mix, 18-20 oz	$2.99
USDA ORGANIC Farmers Market Pumpkin, 15 oz	$2.79
USDA ORGANIC Imagine Broth, 32 oz Select Varieties	2/$7
USDA ORGANIC Muir Glen Pasta Sauce, 23.5 oz	2/$7
Green Llama Laundry Powder, 34 oz	$15.99
Green Llama Soap Bar, 6 oz	$8.49

FROZEN

Wild Mike's Pizza, 40.25-42.43 oz	**$6.99**
Gifford's Ice Cream, 32 oz	**2/$7**
Crav'n Mozzarella Sticks, 24 oz	$6.99
Amy's Burritos, 6 oz Select Varieties	$2.79
Klondike Ice Cream, 6 ct	$3.99
Gardein Plant-Based Proteins, 8.1-13.7 Select Varieties	$4.49

REFRIGERATED

co-op USDA ORGANIC **Stonyfield Yogurt, 32 oz Select Varieties**	**2/$6**
GT's Kombucha, 16 oz	**2/$5**
Food Club Shredded Cheese, 16 oz	$3.99
Lifeway LF Kefir, 32 oz	$3.99
Hood Sour Cream, 16 oz	$1.99
Galbani Ricotta Cheese, 15 oz	$3.99
MyBacon Mushroom Bacon 6 oz	$5.99

WELLNESS

Mrs Meyer's Hand Soap, 12.5 oz, Select Varieties	**2/$9**
Giovanni 2Chic Shampoo/Conditioner, 8.5oz, Select Varieties	$5.99
Jason Toothpaste, 4.2 oz, Select Varieties	$4.99

October is Co-op Month!

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.

Cooperatives Everywhere

That's right, all of these brands are cooperatives. You're probably familiar with most of these logos, since many of them have been around for quite some time, and some are local to New England. Look for them when you shop this month!

This Week's Flyer:
- 2 Local Items
- 11 Organic Items
- 4 Cooperatively-Made Items
- 2 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

Event Calendar

LittletonCoop.com/Events

Fri Oct 25-Sun Oct 27: Fall Case Lot Sale
Oct 31: Halloween
Sat Nov 2-Sat Nov 16: Feed a Family Fundraiser
Sun Nov 3: Daylight Saving Time ends
Tue Nov 5: Election Day (remember to vote!)
Tue Nov 5: Senior Member Discount Day
Sat Nov 9: Member Appreciation Day
Mon Nov 11: Veterans Day
Mon Nov 11: Co-op Board Meeting

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

From the Board:

Howdy, fellow Cooperators!

This is Deb Rossetti Sullivan, your Board President. One of the various projects I have been a part of is the revision and development of our new "Ends Policy." So, what is the Ends Policy?

Where we are as a cooperative and where we are headed matters. One of the primary responsibilities of a board of directors is to define the reason for the organization's existence. Our board uses a system called Policy Governance to govern the Co-op, and a principle of Policy Governance is defining the "ends." The "Ends" are the written policies which define results, outcomes, benefits and work done by our co-op to benefit the staff, our members and the community. What are we here for? What should be different because we exist? Different for whom?

As you can imagine, this policy and its accuracy, inclusivity, and succinctness is imperative. On behalf of the Littleton Co-op Board of Directors, I am excited to share with you our recently revised Ends Policy (above).

Thank you for reading and see you around the Co-op!

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.

Make the Most of That Case!

It can feel like a big step to commit to buying a whole case of a product. "But what if I won't feel like eating Annie's Mac and Cheese for a whole week straight?" You don't have to! We put some suggestions together to help you take advantage of these prices without overcommitting yourself to a lifetime of black beans.

And remember: these are all non-perishable items, so if you want to hold off on using them for a little, they'll forgive you. In fact, if you buy more now, the less shopping you have to do in the blistery cold this winter. It's a win-win!

MORE FROM YOUR STORE

Our Community Outreach Coordinator, Becky, was the nicest witch ever at last week's showing of Hocus Pocus at the Colonial Theatre. Happy Halloween!

A New Meaning to Comfort Food

"Love Leftover" is a collection of recipes and stories from loved ones who have passed on. This collection features over 60 recipes, preserving not just the love found in each recipe, but the stories and faces of those who created them with love and devotion. And even more, it's compiled by two Co-op members (one of whom is a Co-op employee!)

Tillamook for the Holidays

If anyone in your family needs convincing to buy the new limited edition Tillamook Holiday Sugar Cookie Ice Cream, simply remind them that it's Co-op Month and you're just supporting co-ops. This decadent cookie dough ice cream base with cookie dough and sugar pieces mixed in. It's all the deliciousness of a sugar cookie, no baking skills required.

New Fall Kombucha Flavor

Lucky for us, GT's new Synergy Honeycrisp Apple flavor is not limited edition. But it is the perfect fall kombucha option! This flavor combines cold pressed honeycrisp apples with GT's signature raw kombucha to create an apple juice alternative. It's crisp and refreshing taste make it a great pair for a cider donut or even, get this, a local honeycrisp apple.

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!

YOUR CO-OP COMMUNITY

Final Week to Match Funds for Hurricane Relief

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

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!

LITTLETON food co-op

- buy it by the case -
CASE LOT SALE

Stock Up! Fri Oct 25 - Sun Oct 27, 2024

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

32 oz Boxes - Case of 6
Imagine Broth
$14.99
YOU SAVE $13 OFF REG PRICE

6 oz Boxes - Case of 12
Annie's Mac & Cheese
$14.99
YOU SAVE $24 OFF REG PRICE

15 oz Cans - Case of 12
Field Day Beans
$13.99
YOU SAVE $3 OFF REG PRICE

6 oz Boxes - Case of 12
Near East Rice Pilaf
$19.99
YOU SAVE $15 OFF REG PRICE

5 oz Cans - Case of 12
Field Day White Tuna
$24.99
YOU SAVE $10 OFF REG PRICE

16 oz Jars - Case of 12
Teddy Peanut Butter
$34.99
YOU SAVE $18 OFF REG PRICE

FALL CASELOT SALE: OCTOBER 25-27

ITEM	# PER CASE	SALE PRICE	YOU SAVE:
Seventh Generation Bath Tiissue, 12 pk	1	$8.99	$5.00
Seventh Generation Paper Towels, 6 pk	1	$9.99	$6.00
Seventh Generation Liquid Dish Soap, 19 oz	6	$15.99	$13.95
Noka Smoothies, 4.22 oz	6	$8.99	$6.55
Lacroix Seltzer, 12 pk	2	$7.99	$5.99
Imagine Broth, 32 oz	6	$14.99	$13.15
Annie's Mac & Cheese, 6 oz	12	$14.99	$24.49
Teddie Peanut Butter, 16 oz, Select Varieties	12	$34.99	$18.89
Good Crisp Potato Chips, 5.5-5.6 oz	8	$17.99	$12.33
Mountain Spring Water, Non-Carbonated, 1 ltr	12	$19.99	$15.89
Near East Rice Pilaf, Original Flavor, 6 oz	12	$19.99	$15.89
Field Day White Tuna, 5 oz	12	$24.99	$10.89
Field Day Black Beans, 15 oz	12	$13.99	$3.89
Field Day Garbanzo Beans, 15 oz	12	$13.99	$3.89

Valid 10/25/24-10/27/24 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. :)