



**Certified
Angus Strip
Steak**
\$13⁹⁹



12-18 oz, Organic
Select Varieties
Kashi Cereal
2/\$7



99¢
**Champagne
Mangoes**

PRODUCE

Champagne Mangoes	99¢
Blueberries, 1 Pint	2/\$7
 Joe's Brook Farm Spinach, 8 oz	\$4.99
 Joe's Brook Farm Pie Pumpkins	\$1.29/lb
 Organic Broccoli Crowns	\$1.99/lb
Grapefruit	99¢
Clementines, 2 lb	\$3.99
Russet Potatoes, 5 lb	2/\$4
 Joe's Brook Farm White Potatoes, 5 lb	\$7.99

BAKERY

Stonefire Mini Naan, 4 pk, Select Varieties	2/\$4
Table Talk 8" Pumpkin Pie, 22 oz	\$5.99
St. Pierre Brioche Loaf, 17.6 oz	\$6.49

REFRIGERATED

Ithaca Hummus, 10 oz	2/\$6
Almond Breeze Almondmilk, 64 oz	\$2.99
Lactaid Milk, 64 oz	\$3.99
Hood Cottage Cheese, 16 oz	\$2.99
Buitoni Stuffed Tortellini, 20 oz	\$5.99
Treeline DF French-Style Cheese, 6 oz Select Varieties	\$5.99
 Brown Cow Cream Top Yogurt, 32 oz	\$3.99
GT's Alive Ancient Mushroom Elixirs, 16 oz	2/\$6

MEAT

SERVICE COUNTER: 7AM-7PM DAILY

 Strip Steak	\$13.99/lb
Chicken Tenders	\$2.99/lb
 Bottom Round Rump Roast	\$6.99/lb
Bone in Center Cut Pork Chops	\$1.99/lb
 Black River Bacon, 12 oz	\$7.99
 Misty Knoll Farm Boneless Chicken Breast	\$11.99/lb

SEAFOOD

SERVICE COUNTER: 7AM-7PM DAILY

Fresh Wild Skate Fillets	\$8.49/lb
The Better Fish Barramundi Skinless Fillets, 12 oz	\$10.49
The Better Fish Barramundi Crispy Fish Tenders, 12 oz	\$10.49
Handy Sweet Thai Chili Shrimp Rolls, 8 oz	\$6.99

DELI

SERVICE COUNTER: 7AM-7PM DAILY

 Sweet Potato & Feta Salad	\$4.99/lb
Boar's Head Genoa Salami	\$6.99/lb
Boar's Head Havarti Cheese	\$6.99/lb
 Cobb Salad	\$5.99
 Quinoa Salad	\$6.99/lb

BEER & WINE

Founders Brewing Company, 15 pk	\$14.99
Cupcake Wines, 750 ml	\$8.99
 Zero Gravity Brewery, 12 pk	\$17.99
 Fetzer Wines, 750 ml	\$8.99

RESERVE YOUR THANKSGIVING TURKEY - STOP BY THE MEAT DEPT!

GROCERY

 Kashi Cereal, 12-18 oz, Select Varieties	2/\$7
Back to Nature Crackers, 3.2-7 oz	2/\$5
 Westbrae Beans, 15 oz	4/\$5
Swanson Broth, 32 oz	2/\$4
Quaker Oats, Quick or Old Fashioned, 18 oz	\$3.99
Classico Pasta Sauce, 24 oz	2/\$5
Progresso Bread Crumbs, 15 oz	2/\$5
Ortega Taco Sauce, 8 oz	2/\$5
Ortega Taco Seasoning, 1 oz	99¢
Motts Applesauce, 6 pk	2/\$5
Food Club Mayonnaise, 30 oz	\$3.99
Bookbinders Horseradish or Cocktail Sauce, 9.5-10.5 oz	\$1.99
 King Arthur GF Baking Mixes, 16-22 oz, Select Varieties	\$4.99
Loacker Wafers, 8.82 oz	\$3.49
Doritos Tortilla Chips, 9.25 oz	\$3.99
Swiss Miss Cocoa, 8 ct	2/\$5
 Field Day Coconut Water, 33.8 oz	2/\$5
 Field Day Granola, 12 oz	\$4.49
 Yogi Tea Herbal Tea Blends, 16 ct	2/\$8
Olipop Prebiotic Soda, 4 pks	\$7.49
 Muir Glen Tomatoes, 14.5 oz	2/\$4
 Field Day Olive Oil, 33.8 oz	\$15.99
If You Care Baking Paper Sheets, 24 ct	\$3.79
Field Day Laundry Detergent, 100 oz	\$10.99

BEAUTY & WELLNESS

Nature's Way Vitamin C Gummies, 250 mg, 120 ct	\$11.99
Field Day Hand Soap, 12.5 oz, Select Varieties	2/\$6
Dr Bronner's Toothpaste, 5 oz, Select Varieties	2/\$8



BULK FOODS

BRING YOUR OWN CONTAINER & REFILL!

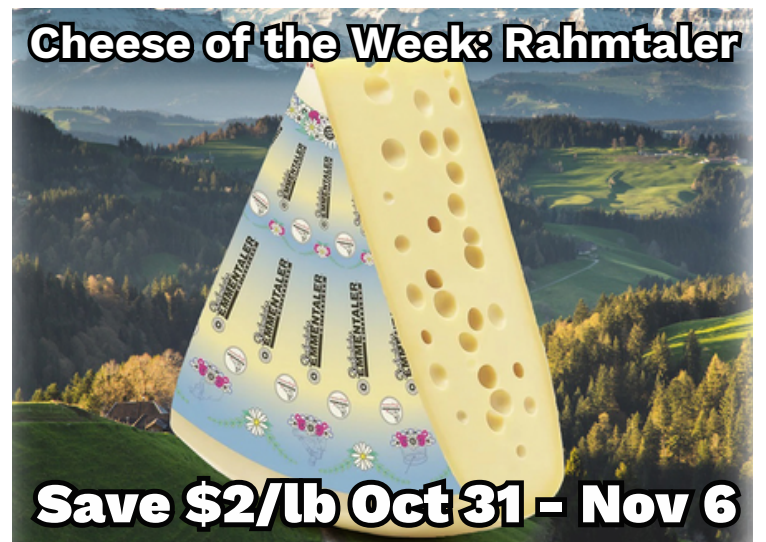
 Grind-Your-Own Peanut Butter	\$4.99/lb
 Medjool Dates	\$6.99/lb
Dark Chocolate Nonpareils	\$12.99/lb
Raw Almonds	\$6.99/lb
  Peanut Butter Coconola	\$11.99/lb
Pearled Couscous	\$2.49/lb

FROZEN

 Woodstock Frozen Vegetables, 10 oz, Select Varieties	2/\$5
Newmans Sourdough or Stonefire Pizza, 14.81-21.55 oz	\$6.99
McCain's Onion Rings, 14 oz	\$2.99
Yasso Frozen Desserts, 10.6-14 oz Select Varieties	\$4.99
Kemps Frozen Yogurt, 48 oz	2/\$7
Lactaid Ice Cream, 32 oz	\$3.99
Gardein Plant-Based Proteins, 8-13.7 oz, Select Varieties	2/\$9

SPECIALTY CHEESE

 Grafton Village Cheddar, 8 oz	\$5.99
BelGioioso Parmesan, Fontina or American Grana, 8 oz	\$4.99
Sartori BellaVitano Cheese, 5.3 oz	\$5.49



While Supplies Last



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

Fri Oct 31 Halloween
Sun Nov 2: Daylight Savings Time Ends
Wed Nov 5: Senior Member Discount Day
Tue Nov 11: Veterans Day - Open Regular Hours
Sat Nov 15: Member Appreciation Day

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

Senior Discount Day is Soon!



Wednesday November 5 - All Day
On Senior Day, Co-op Members 65 & over save 10%* on eligible items at checkout. Our regular shoppers love to stock up on pantry basics, save on items they buy a lot of, and of course splurge on a treat or two. Just let your cashier know that you're eligible - we don't like to assume!



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

Did You Miss the Case Lot Sale?



We have some extra stacks of a few items from our fall Case Lot sale, so we decided to extend the great savings for a bit longer! Check out the additional cases available in the entryway; grab a deal while supplies last! This is an extended opportunity to stock up on great grocery staples ahead of winter and the holidays ahead.

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

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!

COMMUNITY CARE

Meet Our November Partners!



Round up or donate at the register this November to support local food pantries! Each year we use our Partner of the Month Program to raise funds for the organizations on the front lines of hunger in northern NH. Your small change donation might be a few pennies at a time, but when hundreds of shoppers contribute it really does add up!

Looking for other ways to help? You can donate any dollar amount directly to our Partner Program, or to support Granite State Market Match. Both of these options direct cash to the food bank and local pantries.

We also have a donation station set up in the exit area at the Co-op, so if you'd like to pick up some extra non-perishable food you can donate it there, too!



Our annual Feed a Family fundraiser starts this Saturday, Nov. 1st. Since 2021, the Littleton Co-op has provided a simple and easy way for members and customers to give back to their community during the Thanksgiving season. Each \$10 coupon you purchase at checkout will donate a holiday box filled with potatoes, stuffing, veggies, gravy, and more to a local family in need. We are setting an ambitious goal of 700 holiday boxes donated between the eight food access organizations we're working with. Please consider picking up a donation coupon at checkout Nov 1- Nov 15 to help us ensure every family in our community can have a full plate this Thanksgiving. Thank you!

HFA. Save 10% Everyday with HFA

Littleton Food Co-op's Healthy Food Access Program Increases Community Access to Healthy, Local, and Organic Food.

The Healthy Food Access Program (HFA) is a discount program designed to make healthy food more accessible to everyone in our community, regardless of income. Littleton Food Co-op members who are currently recipients of SNAP, SSI, or other supplemental assistance are likely eligible. Approved members receive 10% off all eligible purchases.*

www.littletoncoop.com/membership/healthy-food-access
Or Email: Info@littletoncoop.org

MORE FROM YOUR STORE

Reflecting on Lost Nation Orchard



Did you know the world's most influential organic apple orchard is right here in the North Country? Lost Nation Orchard is about 25 miles north of the Co-op in the Lost Nation region of Northumberland, NH. Home to Nancy, Gracie, and the late Michael Phillips, this small, local, family run holistic orchard produces the most delicious apples you will ever taste.

Don't believe us? Take it from Kevin Winters, Co-op Employee and devout epicurean, who has written the first in a (hopefully!) brand new series of articles about his favorite topic: local food. Kevin is like the Anthony Bourdain of the North Country, so if you are a foodie you're sure to enjoy his thoughts on what makes Lost Nation Orchard so very special. We can't fit the whole thing here, so scan the QR code above or enter the link below to read it in full online:

www.LittletonCoop.com/reflecting-on-lost-nation-orchard

New Podcast Episode



On this latest episode of That's Rad, host Anastasia wraps up her virtual 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

FROM THE BOARD

Our New GM: Learner Limbach!



After much deliberation, the Littleton Food Co-op Board of Directors is thrilled to announce that they have selected Learner Limbach to be the Co-op's new General Manager. Learner offers over 12 years of experience in cooperative management. He is a fourth-generation cooperative leader and an accomplished expert in cooperative development, sustainable food systems, and community-based economic transformation.

As Co-Founder and Chief Cooperative Officer of Orcas Food Co-op in Eastsound, WA, Learner spearheaded the successful launch of the consumer-owned grocery store in 2014. Under his leadership, the co-op has grown into a \$5.7 million business with more than 50% of Orcas Island residents as members. Learner was able to open a thriving second location for Orcas Food Co-op and has built a cooperative wholesale division—Provisions Co-op Wholesale—projected to reach \$1 million in sales by the end of 2025.

Learner's expertise extends beyond operations into strategic governance, organizational culture, and policy advocacy. He has played a significant role in shaping food policy and systems development at the county, regional, and national levels and hopes to continue this work as the next General Manager of the Co-op.

During the interview process, Learner shared a great deal of excitement and enthusiasm about leading the Co-op forward: "I feel very fortunate to have this opportunity. It's clear that the Littleton Co-op has been stewarded well over the years and is poised for continued success. Everyone I have met has been great and very welcoming. I look forward to helping lead the Co-op into the next chapter, as well as learning more about the area and connecting with the Littleton community." He has also said that he sees many similarities between Littleton Co-op and Orcas Food Co-op; he's very interested in small-town life and in integrating himself into the Littleton community, and welcomes the opportunity to be an active member of the regional cooperative work already underway in New England.

Deborah Rossetti-Sullivan, President of Littleton Co-op's Board of Directors and head of the General Manager search committee, stated, "Learner is a hardworking visionary and a passionate, engaged, and well-respected leader in the cooperative world. He will bring years of knowledge, success, and dedication to our Co-op's future."

Please join us in welcoming Learner to the Littleton Food Cooperative!