



**Boneless
Chicken
Breast**
\$1.99
Lb



7-8 oz
Select Varieties
**Cabot Cheese
Slices & Cuts**
2/\$6



1 Pint
Blueberries
2/\$6

PRODUCE

Blueberries, 1 Pint	2/\$6
Limes	4/\$1
Blackberries, 6 oz	2/\$4
Bartlett or Bosc Pears	79¢
Large Navel Oranges	99¢
Zucchini or Summer Squash	\$1.29/lb
Yukon Gold Potatoes, 5 lb	2/\$5
Sparrow Arc Farm Potatoes, 5lb, Select Varieties	\$3.99
Mangoes	4/\$5

BAKERY

Original Bagels, 6 pk, Select Varieties	\$2.99
Nashoba Brook Rosemary Garlic Loaf, 20 oz	\$3.99
Dimitria Delights Pecan Sticky Buns, 12 oz	\$4.99

REFRIGERATED

 Cabot Cheese Cuts & Slices, 7-8 oz, Select Varieties	2/\$6
 Food Club Butter Quarters, 16 oz	2/\$5
 Green Mountain Creamery Greek Yogurt, 32 oz	\$4.99
Siggi's Skyr Yogurts, 4.4-5.3 oz, Select Varieties	2/\$3
Lifeway Lowfat Kefir, 32 oz, Select Varieties	\$3.99
Food Club Cream Cheese, 8 oz	3/\$5
Kozy Shack Pudding, 22 oz	\$2.99
Chobani Oatmilk, 52 oz	\$4.49
 Organic Valley Shredded Parmesan Cheese, 4 oz	\$4.39
 Organic Valley Block Cheese, 8 oz Select Varieties	\$5.39

MEAT

SERVICE COUNTER: 7AM-7PM DAILY

Boneless Chicken Breast	\$1.99/lb
 Sirloin Steak Tips	\$11.99/lb
 Eye Round Roast	\$6.99/lb
Boneless Pork Sirloin Roast	\$2.29/lb
 North Country Sausage, 12-16 oz, Select Varieties	\$6.99

Order Your Turkey Today!



Price List & Online Ordering: www.LittletonCoop.com/Turkey

SEAFOOD

SERVICE COUNTER: 7AM-7PM DAILY

Wild Swordfish, Previously Frozen	\$11.99/lb
Sea Best Bay Scallops, 16 oz	\$8.99

DELI

SERVICE COUNTER: 7AM-7PM DAILY

New England Traditions Virginia Baked Ham	\$4.99/lb
 Red Dill Potato Salad	\$3.99/lb
Boar's Head Mild VT Cheddar Cheese	\$5.99/lb

BEER & WINE

Sierra Nevada Brewing Co., 12 pk	\$14.99
Buzzballz Chillers, 187 ml	3/\$10
 The Shed Brewery, 12 pk	\$16.99
Black Box Wine, 3 ltr	\$12.99

GROCERY

	General Mills Chex Cereal, 12-14 oz	\$2.89
	Imagine Broths, 32 oz, Select Varieties	\$2.99
	Wide Awake K-Cups, 10 ct	\$3.99
	Tazo Tea, 16-20 ct, Select Varieties	2/\$6
	Near East Couscous or Rice Pilaf, 5.6-6.75 oz, Select Varieties	2/\$3
	Food Club Turkey Stuffing, 6 oz	2/\$3
	Food Club Cocktail Sauce, 12 oz	2/\$3
	Vlasic Pickles, 16-24 oz, Select Varieties	2/\$5
	Food Club All Purpose Flour, 5 lb	\$2.79
	Food Club Sugar, 2 lb, Select Varieties	2/\$5
	Food Club Pumpkin, 15 oz	2/\$3
	Argo Corn Starch, 16 oz	\$1.99
	Food Club Coconut Flakes, 7 oz	\$1.49
	Nestle Morsels Baking Chips, 10-12 oz	\$3.99
	Jello Pudding & Gelatins, .3-3.5 oz	4/\$5
	Blue Diamond Almonds, 6 oz	\$3.49
	Tostitos Tortilla Chips, 10-13 oz, Select Varieties	\$3.99
	Equal Exchange Coffee, 10-12 oz, Select Varieties	\$11.99
	Farmer's Market Pumpkin Puree, 15 oz	\$2.69
	Late July Tortilla Chips, 7.4-10 oz	\$3.99
	Late July Salsa, 15.5 oz	\$4.99
	Muir Glen Tomatoes, 28 oz	2/\$6
	Jovial Brown Rice Pasta, 12 oz	\$3.69
	Simply Done Soft Bath Tissue, 12 ct	\$9.99

BEAUTY & WELLNESS

	Aura Cacia Mineral Bath, 2.5 oz, Select Varieties	2/\$4
	Nature's Way Vitamin D3 Gummy, 250 mg, 120 ct	\$9.99



BULK FOODS

BRING YOUR OWN CONTAINER & REFILL!

	Sugar Sweetened Cranberries	\$5.99/lb
	Roasted Salted Pistachios In-Shell	\$8.99/lb
	Raw Walnuts	\$8.99/lb
	Almond Butter	\$12.99/lb
	White Quinoa	\$2.99/lb
	Roasted Salted Cashews	\$12.99/lb

FROZEN

	Brigham's Ice Cream, 32 oz	\$2.99
	Against the Grain GF Frozen Pizza, 22-24 oz	\$7.99
	Wild Mike's Pizza & Stuffed Bites, 18-40.25	\$7.99
	Ore-ida Fries & Crispy Crowns, 28-32 oz, Select Varieties	\$4.49
	Pepperidge Farm Frozen Cakes, 19-19.6 oz	\$4.79
	Breyer's Ice Cream, 48 oz	\$4.99
	Beyond Plant-Based Burger Patties, 8 oz	\$5.99

SPECIALTY CHEESE

	BelGioioso Perlini or Ciliegine, 8 oz	\$2.99
	Old Croc Extra Sharp, 7 oz	\$5.99
	VT Farmstead Maple Cheddar, Tilsit, Cranberry or Blueberry Windsordale, 7 oz	\$6.99

Cheese of the Week: Red Dragon



Save \$2/lb Nov 7 - Nov 13

While Supplies Last! Price tag reflects current discount.



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 Nov 7	Intro to American Sign Language @6pm
Tue Nov 11	Veterans Day - We're Open as usual!
Sat Nov 15	Member Appreciation Day <3
Sat Nov 15	Veterans Day - Open Regular Hours
Mon Nov 17	Co-op Board Meeting @5pm on zoom
Thu Nov 27	Thanksgiving Day - We're Closed!

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

Member Appreciation Day is Soon!



Saturday November 15 - All Day
Hooray for Member Day! All Members save 10%* on eligible items at checkout. Stock up on pantry basics, save on items you buy a lot of, and of course splurge on a treat or two. Thank you for being a member of the Co-op, and choosing to do your grocery shopping with us!



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

Meet the Artist: William Holmes



Saturday November 15 @1-3pm
Our 2025 November/December featured Artist is William Holmes. A retired optometrist, he is deeply interested in photographing the landscapes of this region, and you'll also find natural closeups in his display in the Cafe Gallery. Come meet him in the cafe and see his beautiful photos!

300+ Field Day items on Sale!



Looking for quality pantry basics that won't break the bank? We love our line of Field Day products because many of them are organic, non-GMO, and also affordable! Oh and they taste good, too. Stop in now through December 2 to stock up during our Field Day sale, and 5¢ from the sale of every item will go to NATIFS, which supports Indigenous American foodways and better health. Learn more: www.NATIFS.org

COMMUNITY CARE



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 15% 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

Meet Our November Partners!



Round up or donate at the register this November to support local food pantries! Each year we 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 support 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!

Need Help? www.LittletonCoop.com/ShowUp

MORE FROM YOUR STORE

Red Hen Baking Organic Flour



The talented bakers at Red Hen Baking have amassed a loyal following for their weekly local bread drop offs in our Bakery Dept. If you can't get enough, now you can try your hand at recreating the magic at home with Red Hen's new Organic All-Purpose Flour. Find it in Aisle 2 with all of the other baking ingredients.

Turkey Brine is Key



Never serve a bland, dry, bird again! Any cook worth their salt (hah) will tell you that brining your turkey is an essential first step to roasting succulent, flavorful, crispy golden skinned poultry. Frontier's blend takes the holiday flavor up a few notches, with a blend of cinnamon, orange peel, cloves, and more. Plus they are a cooperative like us!

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

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!

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!