

24 oz
Select Varieties

8" Table
Talk Pies

\$4.99

Asparagus

\$1.99
Lb

Weekly Specials & Co-op News: Friday November 14 - Thursday November 20 2025

PRODUCE

	Asparagus or Green Beans	\$1.99/lb
	Sweet Potatoes	69¢/lb
	Joe's Brook Farm Spring Mix, 8 oz	\$4.99
	New England Winter Squash, Org.	99¢/lb
	Joe's Brook Farm Red or Green	\$1.29/lb
	Cabbage, Organic	
	Vermont Cranberries	\$4.99/lb
	Jumbo Pomegranates	2/\$5
	Brussels Sprouts	\$2.99/lb
	Sparrow Arc Potatoes, 5 lb, Select Varieties	\$3.99
	Celery, Organic	2/\$4

BAKERY

	Table Talk 8" Pies, 24 oz, Select Varieties	\$4.99
	King's Hawaiian Sweet Rolls, 12 pk	2/\$7
	French Parisian Baguette, 18 oz	\$2.99

REFRIGERATED

	Pillsbury Ready Pie Crust, 14.1 oz	2/\$6
	Philadelphia Cream Cheese Bar, 8 oz	2/\$5
	Cabot Cheese Bars, 8 oz	2/\$5
	Pillsbury Crescent or Cinnamon Rolls, 8-14 oz	2/\$6
	Land O Lakes Butter, 16 oz	\$3.49
	Heluva Good Dip, 12 oz	\$1.79
	Lightlife Tempeh, 6-7 oz	\$4.49
	So Delicious Coconut Milk, 64 oz	\$4.49
	Immaculate Cinnamon Rolls, 17.5 oz	\$5.49
	KeVita Sparkling Drinks, 12 oz	2/\$4
	Vital Farm Pasture-Raised Butter, 16 oz	\$6.99

MEAT

SERVICE COUNTER: 7AM-7PM DAILY

	Top Round Roast	\$4.99/lb
	Boneless Pork Butts	\$2.59/lb
	Lamb Loin Chops	9.99/lb
	Ground Pork	\$2.59/lb
	Bilinski's Chicken Sausage 12 oz	\$7.99
	Chomps Meat Sticks, 1.15 oz	2/\$4

Turkeys Arriving Soon!



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

SEAFOOD

SERVICE COUNTER: 7AM-7PM DAILY

	Wild Skinless Cod Fillets, previously frozen	\$11.99/lb
	Sea Best Halfmoon Shrimp Ring w/ Sauce, 20 oz	\$13.99
	Yankee Trader Crab Cakes, 2 pack, 6 oz	\$2.99

DELI

SERVICE COUNTER: 7AM-7PM DAILY

	Boar's Head Deluxe Roast Beef	\$10.99/lb
	Apple Cranberry Salad	\$4.99/lb
	Land O'Lakes American Cheese, White or Yellow	\$3.99/lb
	Coleslaw	\$1.99/lb

BEER & WINE

Louis Jadot Beaujolais & Burgundy Rose, 750 ml	\$9.99
Downeast Cider House, 9 pk	\$14.99
Rossino 0,0% Non-Alcoholic Prosecco, 750 ml	\$9.99
Mark West Pinot Noir, 750 ml	\$11.99
Lagunitas Brewing Company, 12 pk	\$17.99

FROZEN

Hood Ice Cream, 48 oz	\$2.99
 Cascadian Farm Frozen Vegetables, 16 oz	2/\$7
Bird's Eye Steam Fresh Vegetables, 10 oz	4/\$5
Wyman's Strawberries or Mangoes, 15 oz	\$2.99
Wyman's Blueberries, Raspberries, or Mixed Berries, 12-15 oz	\$3.79
Mama Rosie Ravioli, 19-25 oz	\$4.99
Rhodes White Bread Dough, 3 pk	\$3.99
Cool Whip Dessert Topping, 8 oz	2/\$4
 Ben & Jerry's Ice Cream, 16 oz, Select Varieties	\$4.49
Rao's Brick Oven Pizza, 18.3-21.6 oz	\$8.99

BULK FOODS

BRING YOUR OWN CONTAINER & REFILL!

 Raw Pecans, Organic	\$9.99/lb
 Dried Apricots, Organic	\$6.99/lb
 Farro, organic	\$2.99/lb
Magical Mystery Trail Mix	\$11.99/lb
Dark Chocolate Sea Salt Caramels	\$10.99/lb
Bob's Red Mill Flaxseed Meal, Org.	\$3.99/lb
 Deluxe Mixed Nuts, Roasted & Salted	\$12.99/lb

BEAUTY & WELLNESS

Rainbow Light Multivitamins, Men or Women, 60 ct	\$11.99
Everyone Lotion, 32 oz, Lavender or Unscented	\$6.99
Natural Factors Papaya Enzyme Chews, 120 ct	\$5.99

SPECIALTY CHEESE

Eiffel Tower Brie, 7 oz	\$3.99
BelGioioso Italian-Style Grated cheese, 5.3 oz	2/\$7
Sartori MontAmore, Smoked or Old World Cheddar, 5-7 oz	\$1 off

WHERE'S CHEESE OF THE WEEK?!

Cheese of the Week is taking a little vacation before a secret event next week - stay tuned for more details! Your favorite cheesy feature will return in th November 20th Radish!



OUR VISION:
OUR CO-OP IS A CATALYST FOR CULTIVATING
A VIBRANT COMMUNITY AND REGIONAL
ECONOMY.

OUR MISSION:
TO PROVIDE A COMMUNITY-OWNED
MARKETPLACE THAT SUPPORTS LOCAL
AND PROMOTES HEALTHY CHOICES FOR
PEOPLE AND PLANET.



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!



RAKE IN THE SAVINGS

Nov. 5 – Dec. 2



Additional Savings on 200+ Field Day Products at the Co-op!

GROCERY SPECIALS : NOV 14-25

Martinelli's Sparkling Cider, 25.4 oz	\$3.99	Pam Cooking Spray, 5-6 oz	\$3.49
One Pie Pumpkin, 15 oz	2/\$4	Duncan Hines Brownie Mix, 18 oz	2/\$3
King Arthur Flour, 5 lb	\$3.99	Pillsbury Dessert Bread Mix, 14-18 oz	2/\$5
Pacific Food Broths, 32 oz, Select Varieties	2/\$5	King Arthur Whole Wheat Flour, 5 lb	\$4.99
Ocean Spray Cranberry Juice Blends, 64 oz	2/\$6	Domino Granulated Sugar, 4 lb	\$3.49
Poland Spring Water, 24pk	\$3.99	Keebler Graham Pie Crust, 6 oz	\$2.79
Arizona Tea, Gallon	2/\$7	Eagle Sweetened Condensed Milk, 14 oz	\$2.79
Barilla Pasta, 16 oz	2/\$3	Hershey's Chocolate Chips, 8-12 oz	\$3.49
Barilla Lasagna or Jumbo Shells, 9-16 oz	2/\$4	Carnation Evaporated Milk, 12 oz	\$1.99
Minute Rice, 14 oz	2/\$5	Jet Puffed Mini Marshmallow, 10 oz	2/\$3
Stove Top Stuffing, 6 oz	2/\$4	Ocean Spray Craisins, 5-6 oz	2/\$5
Knorr Noodles or Rice and Sauce, 4-6 oz	5/\$5	Diamond Shelled Walnuts or Chopped Pecans, 8-16 oz	\$7.99
Del Monte Canned Vegetables, 14-15 oz	3/\$5	Nabisco Crackers, Select Varieties	2/\$5
French's Fried Onions, 6 oz	\$3.99	Celestial Seasoning Herbal Tea, 12-20 oz	2/\$7
Dole Pineapple, 20 oz	2/\$4	Lakewood Juices, 32 oz	\$7.49
Ocean Spray Cranberry Sauce, 14 oz	2/\$4	Blue Diamond Nut Thins, 4.25 oz	\$3.99
Mott's Applesauce, 23-24 oz	\$2.49	Back to Nature Cookies, 7.5-9 oz	2/\$9
College Inn Broth, 32 oz	2/\$4	Field Day Pure Pumpkin, 15 oz	2/\$4
Campbell's Cream Soups, 10.5 oz, Select Varieties	4/\$5	Equal Exchange Teas, 20 ct	2/\$7
Heinz Gravy, 12 oz	2/\$5	Field Day Semi-Sweet Chocolate Chips, 10 oz	\$4.99
Hidden Valley Ranch Dressing, 16 oz	\$4.29	Field Day Medium Pitted Green Olives, 6 oz	2/\$5
Hellmann's Mayonnaise, 30 oz	\$4.99	Field Day Free & Clear Dish Soap, 25 oz	2/\$7
Heinz Cocktail or Chili Sauce, 12 oz	2/\$5		



SHOW UP FOR YOUR COMMUNITY!

How to #ShowUp



Final Days to Donate!



Last days to donate - our annual Feed a Family fundraiser wraps up this Saturday, Nov 15! Since 2021, we've provided a simple way for members and customers to give back to their communities 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!

Extra Benefits for HFA Members



Our Healthy Food Access Program is designed to make food more accessible to everyone in our community, regardless of income. Co-op Members who receive SNAP, SSI, or other qualifying supplemental assistance can sign up for a discount on eligible items every time they shop.

This November we've raised the discount for our Healthy Food Access Program from 10% to 15%. This new discount will be automatically applied at checkout during November.

HFA members are also eligible for a \$40 Co-op Gift Card - just stop by the Service Desk between Nov 17 through Nov 22. The primary member must sign for the card at pickup before the end of day on November 22.

Learn more about HFA and how to apply on our website:

littletoncoop.com/membership/healthy-food-access

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.



Please consider bringing unopened, unexpired, non-perishable goods to our collection bin in the exit foyer. Items do not have to be purchased from the Co-op, but if you'd like to pick up something extra while you shop that's great too! Everything will be sent to local food pantries along with our regular donations (and round-up funds!)

Want to Give? Need Some Help? www.LittletonCoop.com/ShowUp

Event Calendar

Sat Nov 15	Member Appreciation Day <3
Sat Nov 15	Meet the Artist: William Holmes @1-3pm
Mon Nov 17	Co-op Board Meeting @5pm on Zoom
Wed Nov 19	A Surprise! Stay Tuned 🍷🍷🍷
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!

Board of Directors Meeting



Monday November 17 @5pm
Members are always welcome to attend the Co-op's monthly Board meetings on Zoom. Hear a report on store operations from our General Manager, plus a co-op related educational presentation, and updates on various Board initiatives. Just email board@littletoncoop.org for the zoom link!

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!

THANKSGIVING CENTRAL

Turkeys Are Arriving Nov 17-24



This Thanksgiving, gather 'round the table with the best – and we're not just talking about your family. Only the best turkeys and turkey breasts come from the Littleton Food Co-op!

Starting November 17, turkeys will begin arriving here at the co-op, including organic, free range, non-gmo, and antibiotic free birds. And don't forget the local turkeys too! We will have PLENTY to choose from right up until the holiday – no worries!

If you'd like to get a jump start on planning, use our handy online-ordering system to reserve the turkey or turkey breast that's perfect for your gathering. Everyone is welcome to pre-order, no membership required!

www.littletoncoop.com/turkeys

Holiday Meals To-Go!



Reserve your pre-made turkey dinner today, straight from the Co-op Kitchen! Each single serve portion contains: herbed turkey and gravy; garlic mashed yukon potatoes with cream; savory herb bread stuffing; mashed butternut squash with maple syrup and cinnamon butter; sauteed green beans; cranberry sauce; a baked dinner roll with a pad of butter; and a slice of maple apple bread pudding with a sugar garnish.

Limit 4 meals per customer. Looking for larger quantities? Please call Allison, Deli Manager, at (603) 444-2800 to discuss options.

www.littletoncoop.com/thanksgivingdinner

MORE FROM YOUR STORE

Dip it!



If there was an award for "Best, Most Inventive Dips," it would have to go to Boar's Head. Not only is Boar's Head back with their fan favorite seasonal sweet Pumpkin Hummus, they have new sweet dip flavors including Cinnamon Churro and Chocolate Espresso, as well as Key Lime Pie. Find these new options in the Deli case alongside the savory hummus.

Red Hen Baking Organic Flour



New in the Bulk Department: Orgin Organics. Inside their beautiful packaging is a series of snacks in bold and bright flavors, including Buffalo BBQ, Maple Masala Cashews, Zaatar Cashews, and Smoked Mixed Nuts. And if your guests really enjoy these as a Thanksgiving snack: equally-beautifully packaged gift sets also available in the Bulk Department.

Desserts For All



Check out the plethora of allergen-friendly options in the first door of the freezer aisle. There you'll find premade bake-and-serve options, like gluten-free pie crusts from Maine Pie Co. Just add filling! If you're not dairy or gluten free, don't worry, they taste just the same as what you're used to.

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!

FOOD FOR THOUGHT

Wine For Community



By John Kroger, Co-op Employee and All Around "Wine Guy"

Have you ever heard of La Rioja? La Rioja is Argentina's largest wine cooperative, with a family of 500 dedicated growers. It's also the third largest wine exporter (by volume) in Argentina. La Rioja has an annual production of close to 450 million litres a year.

The history of La Rioja goes back to the 1940s. Ancestors from Italy were wine growers. When they first came to La Rioja in North Argentina, they decided to come together to make wine.

Starting out as a small bodega (store), they bought grapes to turn to wine. Over time, the families finally started planting their own grapes. From then on La Rioja grew and grew. La Rioja is a co-op that not only produces wine, but also produces organic and Fairtrade-certified olive oil. The olives are hand picked and cold-pressed to preserve their natural flavors and nutrients. It's a high quality product!

I think the best part of La Rioja is that they give back to their community. They help provide clean running water, construction of schools, and health centres to improve quality of life for the surrounding areas.

Littleton Co-op is very happy to have La Rioja onboard and support this wonderful coop in Argentina!

"At La Rioja Cooperative, every wine tells a story of community, sustainability, and fair work."

From our high-altitude vineyards, we craft Fairtrade wines that share with the world the authentic taste of La Rioja, and the dedication of the people who make it possible."

- La Rioja Wine Cooperative

Food for Thought is a new feature written by Co-op staff, members, and product partners to share musings about food, community, and cooperation.