



48 oz Hood ice Cream \$2.99	FROZEN 16 oz, Organic Cascadian Farm Frozen Vegetables 2/\$7	Organic New England Winter Squash 99¢ Lb	Sweet Potatoes 69¢ Lb
5 lb Select Varieties King Arthur Flour \$3.99	SPECIALTY CHEESE 4 oz Vermont Creamery Chevre \$3.99	8 oz, Organic Joe's Brook Farm Spring Mix \$4.99	15 oz One Pie Pumpkin Pie Filling 2/\$4
25.4 oz Martinelli's Sparkling Cider \$3.99	SPECIALTY FOODS 6.5 oz Vermont Farmstead Brie \$9.99	DELI Apple Cranberry Salad \$4.99 Lb	14.1 oz Pillsbury Ready Pie Crust 2/\$6
PAIRS PERFECTLY WITH HOLIDAY TURKEY! 750 mL An Annual Tradition! Beaujolais Villages Nouveau \$14.99	Top Round Roast \$4.99 Lb	DELI Boar's Head Deluxe Roast Beef \$9.99 Lb	32 oz, Organic Select Varieties Pacific Foods Broths 2/\$5
9 pk Downeast Cider House \$14.99	BULK Organic Crystallized Ginger Chunks \$8.99 Lb	BULK Organic Rolled Oats \$1.99 Lb	8 oz Philadelphia Cream Cheese Bars 2/\$5

Round Up or Donate at the Register in November to Support Local Food Pantries! littletoncoop.com/showup

43 Bethlehem Rd. Littleton, N.H. Open Daily 7 AM - 8 PM Deli & Meat: 7 AM - 7 PM (603) 444-2800 LittletonCoop.com



- Weekly Sales Flyer
- Event Calendar
- Member Updates
- New Products
- Cooperative Highlights

READ MORE!



24 oz
Select Varieties

8" Table
Talk Pies

\$4.99

Green Beans

\$1.99
Lb

Weekly Specials & Co-op News: Friday November 21 - Wednesday November 26 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 Green Cabbage, Organic	\$1.29/lb
	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 or Shreds, 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
	Colvard's Sausage Links, 16 oz	\$8.99
	Chomps Meat Sticks, 1.15 oz	2/\$4

PLENTY OF TURKEYS TO CHOOSE FROM!



Price List: 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	\$9.99/lb
	Apple Cranberry Salad	\$4.99/lb
	Land O'Lakes American Cheese, White or Yellow	\$3.99/lb
	Coleslaw	\$1.99/lb

BEER & WINE

Beaujolais Villages Nouveau 2025	\$14.99
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!

 Crystallized Ginger Chunks	\$8.99/lb
 Rolled Oats	\$1.99/lb
Myriad Snack Mix	\$4.99/lb
 Roasted Salted Pistachios In-Shell	\$8.99/lb
 Green Lentils	\$2.99/lb
Milk Chocolate Malt Balls	\$9.99/lb
 Raw Pecans	\$9.99/lb
 Dried Apricots	\$6.99/lb
 Farro	\$2.99/lb
Magical Mystery Trail Mix	\$11.99/lb
Dark Chocolate Sea Salt Caramels	\$10.99/lb
 Bob's Red Mill Flaxseed Meal	\$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 FOODS & CHEESES

 VT Creamery Chevre Log, 4 oz	\$3.99
 VT Farmstead Brie, 6.5 oz	\$9.99
 Shelburne Farm 2 Year Cheddar, 8 oz	\$9.99
 VT Creamery Cultured Butter, 8 oz	\$4.99
 Blake Hill Preserves, 10.8 oz	\$7.59
Rustic Bakery Sourdough Bites, 4 oz	\$5.59
BelGioioso Fresh Mozzarella Balls, 8 oz	\$3.99
Castello Danablu Cheese, 4.4 oz	\$4.99
Effie's Homemade Biscuits, 7.2 oz	\$6.59
Mike's Hot Honey, 12 oz	\$10.59
Boursin, 5.2 oz	\$5.99

CHEESE OF THE WEEK



Save \$2/lb Nov 21 - Nov 27

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!



RAKE IN THE SAVINGS

Nov. 5 – Dec. 2



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

GROCERY SPECIALS : NOV 21-26

Martinelli's Sparkling Cider, 25.4 oz	\$3.99
One Pie Pumpkin, 15 oz	2/\$4
 King Arthur Flour, 5 lb, Select Varieties	\$3.99
 Pacific Food Broths, 32 oz, Select Varieties	2/\$5
Ocean Spray Cranberry Juice Blends, 64 oz	2/\$6
Poland Spring Water, 24pk	\$3.99
Arizona Tea, Gallon	2/\$7
Barilla Pasta, 16 oz	2/\$3
Barilla Lasagna or Jumbo Shells, 9-16 oz	2/\$4
Minute Rice, 14 oz	2/\$5
Stove Top Stuffing, 6 oz	2/\$4
Knorr Noodles or Rice and Sauce, 4-6 oz	5/\$5
Del Monte Canned Vegetables, 14-15 oz	3/\$5
French's Fried Onions, 6 oz	\$3.99
Dole Pineapple, 20 oz	2/\$4
 Ocean Spray Cranberry Sauce, 14 oz	2/\$4
Mott's Applesauce, 23-24 oz	\$2.49
College Inn Broth, 32 oz	2/\$4
Campbell's Cream Soups, 10.5 oz, Select Varieties	4/\$5
Heinz Gravy, 12 oz	2/\$5
Hidden Valley Ranch Dressing, 16 oz	\$4.29
Hellmann's Mayonnaise, 30 oz	\$4.99
Heinz Cocktail or Chili Sauce, 12 oz	2/\$5

Pam Cooking Spray, 5-6 oz	\$3.49
Duncan Hines Brownie Mix, 18 oz	2/\$3
Pillsbury Dessert Bread Mix, 14-18 oz	2/\$5
 King Arthur Whole Wheat Flour, 5 lb	\$4.99
Domino Granulated Sugar, 4 lb	\$3.49
Keebler Graham Pie Crust, 6 oz	\$2.79
Eagle Sweetened Condensed Milk, 14 oz	\$2.79
Hershey's Chocolate Chips, 8-12 oz	\$3.49
Carnation Evaporated Milk, 12 oz	\$1.99
Jet Puffed Mini Marshmallow, 10 oz	2/\$3
 Ocean Spray Craisins, 5-6 oz	2/\$5
 Blue Diamond Shelled Walnuts, 8-16 oz	\$7.99
Nabisco Crackers, Select Varieties	2/\$5
Celestial Seasoning Herbal Tea, 12-20 oz	2/\$7
 Lakewood Juices, 32 oz	\$7.49
 Blue Diamond Nut Thins, 4.25 oz	\$3.99
Back to Nature Cookies, 7.5-9 oz	2/\$9
 Field Day Pure Pumpkin, 15 oz	2/\$4
 Equal Exchange Teas, 20 ct	2/\$7
 Field Day Semi-Sweet Chocolate Chips, 10 oz	\$4.99
Field Day Medium Pitted Green Olives, 6 oz	2/\$5
Field Day Free & Clear Dish Soap, 25 oz	2/\$7



SHOW UP FOR YOUR COMMUNITY!



\$9,015 for Market Match!



At participating farmers' markets, farm stands, CSAs, and grocery retailers (that's us!) Market Match increases the purchasing power of shoppers who use SNAP/EBT. Folks can do their shopping as planned and then receive a discount on fruit and vegetable purchases - including local items!- when paying with a SNAP/EBT card at checkout. This allows families to increase their healthy produce intake while on a limited set budget.

Programs like Market Match keep the autonomy of food shopping in the hands of local families, meaning children can discover their favorite vegetable, less food is wasted, and more families can continue creating memories around healthy food at the table.

During the month of October, Littleton Co-op shoppers raised \$9,015.74 for Market Match through our Partner of the Month program. Thank you for helping keep this vital benefit alive!

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!)

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

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

Event Calendar

Fri Nov 21 Woodland School Tabling @10am-1pm
Sat Nov 22 ACHS Tabling @9am-12pm
Tue Nov 25 Free Tasting! Woodstock Inn Brewing @3-5pm
Thu Nov 27 Thanksgiving Day - We're Closed :)
Fri Dec 5 Senior Member Discount Day

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

967 Thanksgiving Meals!!



This week, we were visited by representatives from ten local food pantries and food access organizations who came to pick up pallet-loads of turkey day ingredients & sides.

All of this was generously funded by you, our Co-op Community, via our Feed A Family Fundraiser. In just two weeks, Co-op shoppers donated a wildly unprecedented 967 meals, blowing our goal of 700 food boxes right out of the water!

At a scary and uncertain time for many, you all have proven that great things happen when a community works together. From the bottom of our hearts, thank you all for continuing to show up for others <3

CLOSED on Thanksgiving Day



We'll be closed on Thursday, November 27th for Thanksgiving, to give our staff a nice break and time to spend with their loved ones. We hope you have a lovely turkey day, too! We'll be back open as usual on Friday at 7:00 am.

THANKSGIVING CENTRAL

Turkeys Are Here!



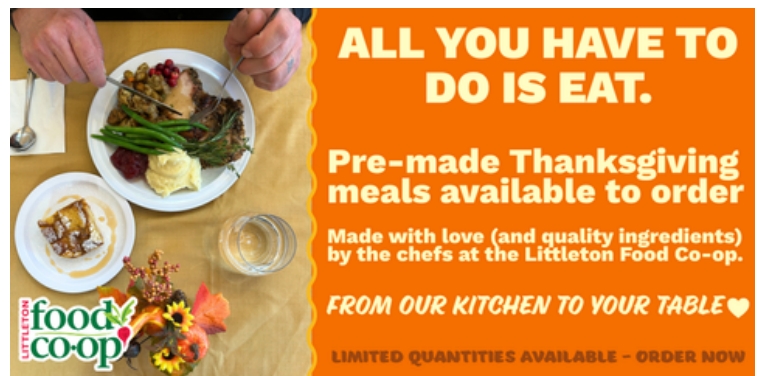
This Thanksgiving, gather 'round the table with the best – and we're not just talking about your family. Only the best turkeys and turkey breasts come from the Littleton Food Co-op!

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 pat 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

A Feast For Our Vegan Friends



Skipping the turkey for your Thanksgiving table? No worries - our frozen department has an assortment of plant-based roasts for your holiday dinner. Choose from Quorn, Gardein, Field Roast, and of course the good 'ol Tofurkey. Pick up some colorful veggies in our produce department and you're good to go!

Vermont Cranberries



Local cranberries from over the river (and through the woods) in VT have arrived! We know that fresh vs canned is a hot topic, but even if you're going with canned cran, fresh berries still make great table accents, drink additions, or a festive snack during cooking. They are priced per pound and you can take as much or as little as you need. And they're on sale!

Much Needed Greenery



Are your days feeling a little....grey? Perk up your place with a little bit of plant power! Our collection of indoor plants are now located in the Produce Department, and include cute succulents, blooming orchids, leafy pothos, easy-care spider plants, trailing ivy, and more. Plants make great hostess gifts, btw!

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.

HOLIDAY FAVORITES

Beaujolais is Back!



By John Kroeger, The Co-op's Wine Guy

Tis the season for our wine connoisseurs: it's time for BEAUJOLAIS!

Les Beaujolais Nouveaux has an interesting story. Dating back to the 1800's, it was the wine to celebrate the end of the harvest in France.

In the early 1900's, the French authorities decided not to release the wine before December 15th; but that later changed to November 15th in the 1950's. By 1985, the 'Institut National de l'Origine et de la Qualité (INAO)– the French organization that regulates French agricultural products with protected designations of origins– declared the release date as the third Thursday in November, to consumers globally.

Beaujolais was first exported to New York City, in 1972. In the Beaujolais region in eastern France, the wine is made from 100% Gamay grapes. Gamay is a red grape, famous for its light and fruity body.

Domaine des Nuges Beaujolais is a 4th generation small family-owned winery managed by the husband and wife team of Gilles and Magali Gelin. They produce less than ten thousand cases per year of all their wines.

We're happy to carry Les Beaujolais Nouveau Wine during this Holiday Season. It arrives just in time for the holidays and pairs beautifully with all your favorite holiday food, including turkey, pies, and cheeses.

The 2025 Beaujolais Villages Nouveau will be at the Co-op on Friday, November 21st, and on sale through November 26th. Cheers!!

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!