



1 Pint
Blueberries
2/\$4



5.5 oz
Food Should Taste Good Tortilla Chips
2/\$5



11-12 oz
Honey Bunches of Oats Cereal
2/\$5

PRODUCE

Blueberries, 1 pint	2/\$4
California Navel Oranges	69¢
Florida Grapefruit	4/\$5
local USDA ORGANIC New England Butternut or Acorn Squash	99¢/lb
Evercrisp or Snapdragon Apples, 2 lb	\$3.99
Sunset Flavor Bomb or Sugar Bomb Tomatoes	2/\$7
Russet Potatoes, 5 lb	2/\$4
Blackberries, 6 oz	2/\$5
USDA ORGANIC Massachusetts Cranberries	\$6.99/lb

BAKERY

Stonefire Mini Naan, 4 pk, Select Varieties	2/\$4
CO-OP BAKED Chocolate Chip or Cranberry Orange Oatmeal Cookies, 12 pk	\$3.99
CO-OP BAKED White or Cracked Wheat Bread, 18.25 oz	\$2.49

SPECIALTY FOODS & CHEESES

BelGioioso Fresh Mozzarella Balls, 8 oz	\$2.99
Sartori BellaVitano Cheese, 5.3 oz	\$4.99
Grafton Village Cheddar, 8 oz	\$1 OFF

BEER & WINE

Downeast Cider House, 9 pk	\$14.99
Buzzballz Chillers, 187 ml	3/\$10
local Wildbloom Beer, 4 pk	\$1 OFF
Cupcake Wines, 750 ml	\$9.99

BULK FOODS

local USDA ORGANIC Dark Chocolate Sea Salt Granola	\$8.99/lb
local USDA ORGANIC Red Kidney Beans	\$3.99/lb
USDA ORGANIC Raw Almonds	\$9.99/lb
USDA ORGANIC Crystallized Ginger Chunks	\$9.99/lb
Magical Mystery Trail Mix	\$10.99/lb
Yogurt Pretzels	\$5.99/lb

What's up with the BOLD items? These are our special features for the week, offered at an exclusive price!

MEAT

SERVICE COUNTER OPEN 7AM-7PM DAILY

USDA ORGANIC Boneless Beef Shoulder Roast	\$4.99/lb
Boneless Chicken Breast	\$1.99/lb
local Robie Farm Ground Beef	\$8.99/lb
Boneless Pork Sirloin Roast	\$2.49/lb
local Vermont Salumi Sausage, 14 oz	\$6.99
local McKenzie Boneless Ham Steaks, 8 oz	\$3.59

SEAFOOD

SeaBest Scallops Wrapped in Bacon, 5 oz	\$6.99
Fresh Wild Icelandic Cod Fillets	\$14.99/lb
Matlaws Stuffed Clams, 20 oz	\$6.29

DELI

SERVICE COUNTER OPEN 7AM-7PM DAILY

Wunderbar Bologna	\$1.99/lb
CO-OP MADE! Baked Macaroni & Cheese	\$7.99
ccop local Cabot Mild or Sharp Cheddar Cheese	\$6.99/lb
Beet & Onion Salad	\$3.99/lb

WELLNESS

Andalou Naturals Argan Oil & Shea Shampoo or Conditioner, 11.5 oz	\$3.99
David's Toothpaste, 5.25 oz, Select Varieties	\$4.99
Nordic Naturals Omega 3 Fish Oil, 60ct	\$9.99




THE WEEKLY
RADISH



GROCERY

Food Should Taste Good Tortilla Chips, 5.5 oz	2/\$5
Honey Bunches of Oats Cereal, 11-12 oz	2/\$5
 Muir Glen Tomatoes, 14.5-15 oz	2/\$4
San Pellegrino Sparkling Mineral Water, 33.8 oz	2/\$3
Prince Pasta, 12-16 oz, Select Varieties	10/\$10
Newman's Own Dressing, 16 oz	\$3.99
Simple Mills Baking Mixes 9-12.9 oz	\$6.79
Stash Tea, 18-20 ct	\$2.99
Newman's Pasta Sauce, 24 oz	\$2.99
Food Club Grated Parmesan Cheese, 8 oz	\$2.99
Motts Applesauce, 24 oz	\$2.29
Progresso Soup, 18-19 oz, Select Varieties	2/\$5
Bumble Bee Tuna Solid White, 5 oz, Select Varieties	4/\$5
Teddie Peanut Butter, 26 oz	\$5.79
Newman O's Figs & Cookies, 10-13 oz	\$2.99
Nabisco Saltine Crackers, 16 oz	\$3.99
 Blue Diamond Almonds, 16 oz	\$6.99
Popcorners Corn Chips, 7 oz	\$3.99
Traditional Medicinals Herbal Tea, 16 ct	\$3.99
 Blue Diamond Nut Thins, 4.25 oz	2/\$7
Green Mountain Gringo Salsa, 16 oz	\$4.49
Green Forest Bath Tissue, 12 ct	\$10.49
Simply Done Toilet Paper, 12 ct	\$9.99

REFRIGERATED

Buitoni Stuffed Pasta, 9 oz, Select Varieties	2/\$7
 Land O'Lakes Shredded Cheese, 8 oz	3/\$5
Evolution Fresh Juice or Smoothie, 15.2 oz Select Varieties	2/\$8
Lactaid Milk, 64 oz	\$3.79
  Organic Valley Ricotta Cheese, 15 oz	\$5.49

FROZEN

Amy's Kitchen Pizza, 12-14 oz	\$6.99
McCain Onion Rings, 14 oz	\$3.79
Deep Indian Kitchen Samosas, 7.5-12 oz	\$3.99
Siete Grain-Free Tortillas, 7 oz	\$7.99

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Feel-Good Podcast Episode

EPISODE #47 Cooperating Outside The Lines



Do you like stories of good people doing good things in our community? Then this episode is for you. In the latest installment of "That's Rad!", host Anastasia sets out to find groups in our community who are cooperating outside the lines. First, she speaks with Eric, Bonnie, and Chuck of Veterans2Veterans Group, a Littleton-based non-profit providing direct aid to Veterans, first responders, and their families. Then, she sits down with Mark and Veronika, organizers of last summer's Littleton Community Cookouts.

The people featured in this episode exemplify community care, and you won't be able to finish the episode without a smile on your face!

Listen Online: littletoncoop.com/podcast

STRENGTHEN NATIVE FOODWAYS  *field DAY* 

Now through December 3, for every Field Day item you purchase, National Cooperative Grocers is donating \$0.05 to NATIFS, an Indigenous-led organization working to strengthen Native foodways nationally.

Field Day includes many pantry basics at an affordable price, from canned goods to cereals to household cleaners. Look for them on our shelves!



This Week's Flyer:



- 9 Local Items
- 8 Organic Items
- 5 Cooperatively-Made Items
- 0 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

Thu Nov 28: Thanksgiving Day (Closed)
Thu Dec 5: Senior Member Discount Day
Sat Dec 7: Artist Reception- Rebecca Fullerton @1pm
Mon Dec 9: Board Meeting @5PM on Zoom (RSVP)
Sat Dec 14: HolidayFest - More Info Soon!

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

Senior Discount Day



Thursday December 5
Attention co-op Members 65 & over! Next Thursday is Senior Member Discount Day, which means it's time to take 10% off all eligible items in your cart. December's Senior Day is prime time to stock up on your wintry pantry essentials like soups and baking ingredients, or get a deal on a gift for the foodie on your list.



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

739 Thanksgiving Boxes for Neighbors in Need!



We surpassed our goal! Thank you to everyone who donated.
We started out with a goal to raise funds for 600 boxes of Thanksgiving sides for local folks in need, and we beat that number! Our team has been busy organizing pallets and crates and cartloads of ingredients for all the local food access groups we've partnered with. It's truly a sight to behold! Those groups picked up their shares of the food this week, and have been distributing it all to friends & neighbors in need. A huge, heartfelt thank you to everyone who contributed!

Leadership in Cooperation



Photo: Ed King and Mike Clafin pose with the award. Robert Blechl / Caledonian Record

Congrats to Ed King, Business Leader of the Year!

Hot off the presses! Our intrepid leader, Ed King, was honored this week by the Littleton Chamber of Commerce with the 2024 Raymond S. Burton Business Leader of the Year award.

Ed has been the General Manager here at the Co-op for over 15 years, helping us blossom into a successful Co-op with over 10,000 member-owners. We have forged partnerships with hundreds of local vendors and organizations, and we strive to provide a safe and supportive work culture for over 100 employees. That's only a tiny tiny part of what Ed has accomplished!

Suffice to say we're both proud and grateful to have an excellent and knowledgeable leader like Ed, and we're thrilled to see him honored by the community he loves.



MORE FROM YOUR STORE

Festive Foliage For Your Home



Poinsettias! Peace Lilies! Paperwhites! Wreaths! Tiny gourds!

Whether you're looking for a hostess gift this holiday, or something fresh and festive for your house, check out our collection of seasonal plants and decorative greens for the holidays. Does your front door need sprucing up? Don't forget the wreaths, swags, and kissing balls in the pavilion.

Everyone's Favorite Local 'Nog



Everyone's running down to the Co-op for a bottle of local Hatchland Farm eggnog! It comes in many sizes, and we also have the 2024 Holiday Collector's Edition bottles too! Note from Hatchland: You may see some natural separation in certain bottles. The flavor is the same and it is perfectly safe to drink. Just give it a shake before serving!

Art in the Cafe: Rebecca Fullerton



Rebecca has been painting in oils and watercolors for over twenty-five years, with a focus on mountains and landscapes of the White Mountains of New Hampshire and Maine. Her work is available for purchase through the end of December through the Co-op, and 95% of the proceeds are returned directly to the artist. We love local art!

Beaujolais is Here!



This young french wine is made from hand-harvested gamay grapes and is released on the third Thursday of November every year (with great revelry and fanfare!). Low in tannins, fruity and light, and best served slightly chilled. It pairs perfectly with roast turkey and is an excellent option if you're looking for something to pair with your Thanksgiving dinner.

YOUR CO-OP COMMUNITY

Round Up for Food Pantries



Last Days! Round Up in November for local Food Pantries!

We believe everyone in our community deserves access to good, nutritious, delicious food. Life can throw some major curveballs, leaving many folks in our community struggling to put food on the table. The food pantries and food access organizations in our area fill that need, supplying free nutritious food to help those folks out that need it.

There are a few days left to donate! All funds from this month's Partner of the Month program will be distributed equally between the following organizations: Whitefield Food Pantry, Good Neighbor Food Pantry, Bethlehem Food Pantry, Bethlehem Little Free Pantry, All Saints Food Cupboard, Littleton Little Free Pantry, Littleton Food Pantry, Littleton Area Mutual Aid (LAMA), and Artisans with a Mission (AWAM)

Whitefield Food Pantry

3 School Street, Whitefield (at Whitefield Christian Church)
Open: Thursdays @ 3:30 - 5:00 pm

Good Neighbor Food Pantry

44 Church Street Franconia
Open: Tuesdays @ 11 am - 12 pm

Bethlehem Food Pantry

2155 Main St., Bethlehem (In Town Hall)
Open: Mondays & Thursdays @ 2 - 3 pm; Tuesdays - 10 am - 12 pm

Bethlehem Little Free Pantry

2155 Main St., Bethlehem (Behind Town Hall)
Open 24 hours a day, 7 days a week

All Saints Food Cupboard

35 School St., Littleton
Tuesdays, Thursdays, and Sundays - 9 am - 10 am

Little Free Pantry

189 Main St., Littleton
Open 24 hours a day, 7 days a week

Littleton Food Pantry

70 Redington St., Littleton
Tuesdays, Wednesdays, Saturdays 10am-12pm

LAMA (Littleton Area Mutual Aid)

@littletonareamutualaid on Instagram

2025 partners of the month

January: Forest Society North at The Rocks
February: Mt. Eustis Ski Hill
March: Theatre UP
April: North Country Beekeepers Association
May: Disabled American Veterans of the North Country
June: Second Chance Animal Rescue
July: Boys & Girls Club of the North Country
August: Above the Notch Humane Society
September: Colonial Theatre
October: Littleton Co-op Community Fund
November: Local Food Pantries
December: Adaptive Sports Partners