

ATKINS Farms



OPEN JULY 4th 7am - 6pm

at the Corner of Rte. 116 & Bay Rd.
1150 West St., South Amherst, MA
(413) 253-9528 www.atkinsfarms.com
OPEN DAILY 7AM - 7PM
Bakery Drive-Thru: Open Daily 5am -1pm
Pizza Shop: Open Daily 11am -7pm
Ice Cream Window: Open Daily 11am -8pm

JULY NEWSLETTER

KEEP YOUR KITCHEN COOL WITH HELP FROM ATKINS....

Deli

- ◆ Sandwiches & Salads
- ◆ Entrees & Sides
- ◆ Chef's Seasonal Dinner Selection



Artisan Pizza Shop

- ◆ Open Daily 11am-7pm (July 4th 11am-6pm)
- ◆ Order 16" Pizzas & Calzones ahead or pick up a slice to go!

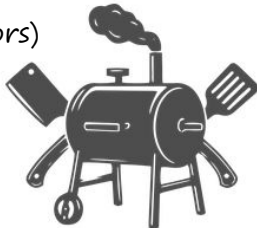


Butcher Shop

- ◆ Pick up our freshly marinated chicken breasts or steak for the grill!

Make your Dinner Smokin' with our Butcher's NEW SMOKED MEATS!!!
Just Heat and Eat!!

Chicken Wings (assorted flavors)
Half Chickens
Whole Chickens
Baby Back Ribs
St. Louis Ribs



Join us for our monthly
BEER & WINE TASTING
Saturday, July 18th
from 1-3pm



NOTE: This month's tasting event will be held in the store in the Beer & Wine area.

****The Loft will be closed****

MASSACHUSETTS NATIVE PRODUCE

Arriving fresh from local farms every day!!!

JULY'S LOCAL HARVEST INCLUDES

BLUEBERRIES
BROCCOLI
CAULIFLOWER
CORN ON THE COB
CUCUMBERS
GREEN BEANS
LETTUCE
RASPBERRIES



ONIONS
PEACHES
PEPPERS
POTATOES
SCALLIONS
STRAWBERRIES
TOMATOES
KALE/COLLARDS



****Availability depends on many factors, including crop varieties and weather. Feel free to call ahead to make sure what you are looking for is available.**

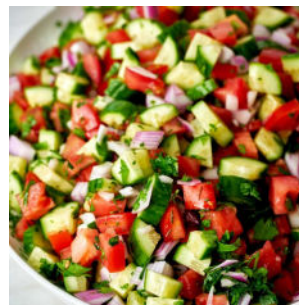
HEALTHY OPTIONS SPOTLIGHT

Looking for healthier options? Here are just a few of our clean options with no additives and no seed oils.

IN THE BAKERY

Chewy Chocolate Cookies

Our bakers created this recipe with all clean ingredients!!
Organic Flour, Sugar, Cocoa powder, Butter, Eggs, Organic Vanilla Bean Paste, Salt, Baking soda



IN THE DELI

Cucumber Tomato Basil Salad

Made right here in our deli, this fresh salad is made with chopped cucumber, tomato, red onion and fresh basil tossed with lemon juice, olive oil, salt and black pepper.

IN THE GROCERY DEPT.

Primal Kitchen Italian, Oil & Vinegar, and Ranch Dressing & Marinade

Made with Avocado Oil
No Soy, Seed or Canola Oils
No Artificial Sweeteners
No gluten or grains














July 2026

Atkins Farms...
...Often imitated, never duplicated!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>July is National: Grilling Month Picnic Month Hot Dog Month Baked Bean Month Blueberry Month</p>	<p>Recreation & Parks Month Independent Retailers Month Sarcoma Awareness Month World watercolor Month Ice Cream Month Culinary Arts Month</p>		<p>1</p> 	<p>2</p> <p>Roughly 150 million Hot Dogs & 375 million Burgers will be consumed on July 4th!</p>	<p>3</p> <p>Massachusetts was the first state to recognize July 4th as an official holiday in 1781.</p>	<p><i>Happy 4th of July</i></p> <p>Atkins is open today! 7am- 6pm</p>
<p>5</p> <p>Enjoy watermelon on a hot day to help rehydrate and enjoy something sweet.</p> 	<p>6</p> <p>Indulge in Blueberry Month with fresh native Blueberries!</p>	<p>7</p> <p>World Chocolate Day Annual global celebration marking the introduction to Europe in 1550</p>	<p>8</p> <p>Senior Discount Day 10% off! Some exclusions apply. <i>EVERY WEDNESDAY</i></p>	<p>9</p> <p>National Sugar Cookie Day Treat yourself to an Atkins homemade sugar cookie.</p>	<p>10</p> <p>National French Fry Day! It's easy to make your own...Cut up Russets or Sweet Potatoes. Toss with olive oil and seasonings.</p>	<p>11</p> <p>National Blueberry Muffin Day! Grab one with a coffee at our Drive-thru!</p>
<p>12</p> <p><i>As Always... We would like to thank everyone for supporting Atkins Farms and keeping it Local!</i></p>	<p>13</p> <p>Support Independent Retailer Month by shopping locally!</p>	<p>14</p> <p>National Mac & Cheese Day Try adding bacon, pulled pork or fresh tomatoes for a twist on this classic!</p>	<p>15</p> 	<p>16</p> <p>FUN FACT: It takes about 540 peanuts to make a 12 ounce jar of peanut butter.</p>	<p>17</p> <p>Apply Witch Hazel to relieve itching from mosquito or flea bites.</p>	<p>18</p> <p>BEER & WINE Tastings are in THE STORE 1pm-3pm *The Loft is closed for renovations.</p>
<p>19</p> <p>National Ice Cream Day Get it while you can at Atkins seasonal Ice Cream Shop! Open everyday 11am - 8pm</p>	<p>20</p> <p>July Birthstone: Ruby</p> 	<p>21</p> <p>July Flower: Larkspur</p> 	<p>22</p> <p>National Penuche Fudge Day Have you ever tried Atkins Homemade Fudge? So many Smooth and Creamy flavors!</p>	<p>23</p> <p>National Lemon Day! The lemon first cultivated around 1000BCE. A natural hybrid between a bitter fruit and a citron.</p>	<p>24</p> <p>Rough day at the office? Call Atkins for Pizza and hit the Beer section when you pick up!</p>	<p>25</p> <p>National Wine & Cheese Day Have you checked out Atkins great selections of Wine and Cheese?</p>
<p>26</p>  <p>CANCER 6/21—7/22</p>	<p>27</p>  <p>LEO 7/23—8/22</p>	<p>28</p> <p>National Chocolate Milk Day By far...Local Mapleline is the BEST!</p>	<p>29</p> <p>National Lasagna Day Let us do the work...we have Meat Lasagna and Lasagna Florentine in our deli. Grab some for dinner tonight!</p>	<p>30</p> <p>National Cheesecake Day Try one of our classic or swirled cheesecakes at your next gathering.</p> 	<p>31</p> <p>National Avocado Day Health benefits galore... Whether you mash it, slice it, or blend it, we can all agree Avocados deserve this day!</p>	<p>BUY LOCAL.</p>