



at the Corner of Rte. 116 & Bay Rd.
1150 West St., South Amherst, MA
(413) 253-9528 www.atkinsfarms.com

STORE HOURS:
OPEN DAILY 7AM - 7PM
OPEN LABOR DAY 7am - 7pm

Bakery Drive-Thru: Open Daily 5am - 1pm

Pizza Shop: Open Daily 11am - 7pm

Ice Cream Window: Open Daily Noon - 7pm

SEPTEMBER NEWSLETTER

Fall Season at ATKINS FARMS



There is something about fall and New England, they go together like cider donuts and hot apple cider at Atkins Farms. Many families have their leaf peeping traditions that include Atkins on their stop. Picking out that perfect pumpkin and taking that bunch of corn stalks home to decorate gets the fall festivities started. Gathering to sit in our café to have a coffee, tea, or cider and a fresh baked breakfast treat, a sandwich made from our Deli, or a slice of Pizza with a drink from our big drink case selection, we are sure to have something to keep you going. After fueling up, don't forget to shop our aisles of specialty foods. Browse our Meat, Seafood & Deli departments and grab something for dinner. Take a stroll through our Beer & Wine section and see our many offerings. Get a bag of fresh picked apples, a gallon of fresh squeezed apple cider, a dozen or more of our famous cider donuts, and don't forget our delicious homemade fudge! We here at Atkins take pride in welcoming any of our customers' shopping traditions, and it's here where we strive to always leave you with a lasting impression of a caring unique way of how shopping should be.



Join us for our monthly
**BEER & WINE
TASTING**

**Saturday, September 19th
from 1-3pm**

We're back in THE LOFT this month!!



Orchard Run Ice Cream Shop
Back to School Hours
OPEN DAILY
Noon - 7pm

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 DELI

Mango Quinoa Salad

Quinoa, mango, cherry tomatoes, red onion, jalapeno peppers, and fresh cilantro is tossed in our house made dressing made with olive oil, lime juice and zest, salt, and black pepper.



IN THE BAKERY

Brown Sugar Blueberry Coffee Cake

Made with Organic flour, eggs, sugar, butter, brown sugar, organic nonfat Greek yogurt, organic vanilla bean paste, cinnamon, salt, baking soda, baking powder and local blueberries

IN THE GROCERY DEPT.

Olde Haven Farm Gourmet Pickles

Olde Haven Farm makes handcrafted, clean-ingredient gourmet pickles, pickled veggies and pickled eggs on their 90-acre family farm in Chelsea, Maine.



SEPTEMBER 2026

Atkins Farms...

...often imitated, never duplicated

Welcome back College Students!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 VIRGO 8/23—9/22	 LIBRA 9/23—10/22	1 	2 Senior Discount Day 10% off! Some exclusions apply <i>EVERY WEDNESDAY</i>	3  was founded today in 1995	4 Orchard Run Ice Cream 'Back to School Hours' Beginning 8/31 12-7 Daily 	5  Humming Bird Day They beat their wings 50-80 times per second.
6 READ A BOOK DAY Wind down and rest with a good novel	7 Labor Day Atkins is open 7am—7pm	8 STAR WARS DAY  Are you a Trekkie?	9 National I LOVE FOOD Day We are pretty passionate about the foods we make and the products we carry.	10 Birthstone Sapphire  Flower Aster 	11  911 Remembrance We Will Never Forget!	12 Chocolate Milkshake Day Treat yourself at our ice cream shop today!
13 National Peanut Day Roasted, Unsalted Salted, In the shell Honey Roasted & Peanut Butter! We have them all...	14 National Cream Filled Donut Day Celebrate with an award winning Atkins Bakery Donut!	15 SAFETY TIP: Test smoke alarms & fire extinguishers now before the heating season begins.	16 Guacamole Day Pick up fresh produce and make your own. 	17  There's nothing like the taste of a fresh picked apple. Enjoy while the apple season lasts.	18  Happy Birthday! 79 Years! Thanks to all those who served and those who continue.	19 Beer & Wine tastings in THE LOFT today from 1pm-3pm 
20  Pepperoni Pizza Day Call ahead, and Atkins will have your pizza ready for you.	21  ALZHEIMER'S AWARENESS	22 <i>As Always...</i> We would like to thank everyone for supporting Atkins Farms and keeping it Local!	23 Today is the first day of the Autumnal Equinox  Day & Night are nearly equal in length.	24 Get out your flannel and get your pumpkin latte on! It's officially FALL! #fallatatkinsfarms	25  FOGBUSTER COFFEE WORKS Coffee Tasting today 1-4pm.	26 Happy National Johnny Appleseed Day! 
27 Enjoy our Orchard Run Ice Cream Shop before it closes for the season in October	28 It's National Drink Beer Day Check out our Beer Section and find one to celebrate. 	29  COFFEE DAY Stop in at Atkins and enjoy a fresh cup today.	30 Hot Mulled Cider Day Get one at Atkins Bakery and don't forget the pastry to go with it!	September is National: Self Care Awareness Month Suicide Awareness Month Whole Grains Month Alzheimer's Month Service Dog Month Mushroom Month Recovery Month Chicken Month Honey Month Potato Month		