



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 Indigenous Peoples' Day/Columbus Day 7am - 7pm

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

Pizza Shop: Open Daily 11am - 7pm

Ice Cream Window: Open Daily Noon - 7pm until 10/5/26 *see below*

OCTOBER 2026 NEWSLETTER

HEALTHY OPTIONS SPOTLIGHT

IN THE DELI

Bok Choy Slaw

Made with bok choy, carrot, scallions, sesame seeds in our house made dressing made with rice vinegar, sesame oil, dijon, sugar, and salt.



IN THE BAKERY

Pumpkin Coffee Cake

Made with pumpkin, organic all-purpose flour, avocado oil, eggs, brown sugar, butter, cinnamon, sugar, baking soda, baking powder, salt.



IN THE GROCERY DEPT.

Kittylamb Baking Mixes

Kittylamb makes certified USDA organic, small-batch baking mixes featuring separate, clearly labeled ingredient pouches for scratch-quality treats at home.



IN THE GIFT SHOP

Florian Soaps Laundry Powder

Healthy Ingredients for a Healthier Home.

NEW & LOCALLY MADE!!!

Made with clean, plant-based and mineral ingredients for effective, no-nonsense cleaning.



Join us for our monthly
**BEER & WINE TASTING
IN THE LOFT**



**Saturday, October 17th
from 1-3pm**



October Coffee Sale

10/1/26 - 10/31/26

Fogbuster® Coffee Works
ATKINS COUNTRY BLEND

WHOLE BEAN or GROUND

10 oz. bag

SALE: \$19.99 (reg. price \$21.99)



Atkins will donate
proceeds of every purchase of
PINK FUNFETTI CUPCAKES
**and PINK CARAMEL &
FUDGE APPLES**

to
Cancer House of Hope
in West Springfield

Cancer House of Hope provides care and comfort to
men and women in treatment, survivors, and family members.

*Every dollar makes a difference in the
fight against breast cancer.*

ICE CREAM SHOP OCTOBER HOURS

Beginning on Monday, October 5th

Monday - Friday 3-7pm*

Weekends Noon-7pm

Indigenous Peoples' Day/Columbus Day
Open Noon - 7pm

**Closed Weekdays beginning on Tues., 10/13
CLOSING FOR THE SEASON ON SUNDAY, 11/1*



TRICK OR TREAT



**CHILDREN 12 & UNDER COME IN COSTUME
FOR A FREE SCOOP ON HALLOWEEN.**

(*One Scoop Only * While Supplies Last * Flavors may be limited)

OCTOBER 2026



Follow us on Facebook
Atkins Farms Country Market
and Instagram @atkinsfarmsmarket



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
October is: Vegetarian Month Fire Prevention Month Chiropractic Health Month Adopt a Shelter Dog Month Breast Cancer Awareness Month		Dessert Month Cookie Month Apple Month Pizza Month		1 National Homemade Cookie Day Do you have a favorite at Atkins?	2 It's Pumpkin Season!! Get your fall fix with tasty pumpkin sweets and treats from our Bakery	3 Birthstone Opal Flower Calendula
4 National 10-4 Day Long before cell phones, the language of the open road was the golden age of CB Radio used by truckers.		5 Apple Cider Season is in full swing! Stop in for some sweet & tasty fresh pressed cider... Hot or Cold!		6 Our Candy Shop's Hand Dipped Caramel & Fudge Apples make the perfect fall treat!	7 National Chocolate Covered Pretzel Day Dark, Milk or both? Whatever your taste, you can find it here!	8 National 'Fluffer Nutter' Day Who had these in their school lunch boxes?
11 Pizza Month Celebrate by calling Atkins to order a homemade artisan thin crust pizza. Check out the pizza's in our freezer section too!	12 COLUMBUS DAY INDIGENOUS PEOPLES' DAY ATKINS is open 7am—7pm today	13 Happy U.S. Navy Birthday! 243 Years!! Thank You to all those who served and those who continue.	14 Senior Discount Day 10% off! Some exclusions apply EVERY WEDNESDAY	15 <i>As Always... We would like to thank everyone for supporting Atkins Farms and keeping it Local!</i>	16 Happy Boss's Day Show your Boss appreciation today!	17 Beer and Wine Tasting in THE LOFT 1pm-3pm
18 National Chocolate Cupcake Day Add buttercream icing & sprinkles...mmm	19 HALLOWEEN IS NEXT WEEK! We've got lots of candy for all your little goblins!	20 Have Atkins deliver your groceries! Visit atkinsfarms.com for more info!	21 National Apple Day Enjoy all treats with apples. How about Atkins famous Cider Donuts??	22 National Nut Day We have lots of varieties. Add some nuts to your yogurt or salad. Enjoy as a snack for more protein and healthy fats.	23 PUMPKINS 	24 NATIONAL FOOD DAY Sustainable food practices are vital for the health of our planet. By choosing locally sourced foods, we can reduce our ecological footprint.
25 Thanksgiving is one month away! We will begin taking orders for Fresh Turkeys, Thanksgiving Dinners & Sides November 1st.	26 NATIONAL PUMPKIN DAY There is still plenty of time to carve or paint your pumpkin!	27 National American Beer Day David G. Yuengling established the oldest brewery that is still running in the U.S.A. in 1829!	28 National Chocolate Day Our Bakery & Candy departments are loaded with chocolate goodies!! Try Atkins Homemade Fudge!	29 National Cat Day!	30 National Candy Corn Day We always have plenty of this fall staple!	31 Happy Halloween Kids 12 & under Come in costume to our Ice Cream Shop for a free ice cream treat today!! Open Noon-7pm

ORCHARD RUN ICE CREAM SHOP IS CLOSING FOR THE SEASON on SUNDAY, NOV. 1st