



MIDDLEBURY  
NATURAL  
FOODS  
CO-OP

Flip over to  
join today!

Being a member-owner of the  
Middlebury Natural Foods Co-op  
means you own a piece of everything we do.

## About The Co-op

### Our Mission

The Co-op is a democratic, member-owned cooperative committed to providing healthy, competitively priced foods; encouraging ecologically sound and healthful patterns of production and consumption; and responding to members' needs accordingly.

### Our History

The Co-op began in the early 1970s as a pre-order buying club. Its purpose was to provide members with wholesome, natural foods that were not available elsewhere. To maximize savings, members bought in bulk and packaged the food themselves. Over the last 40 plus years, the Co-op has grown and evolved to become an extensive store-front operation that is open to members and the public seven days a week. As a cooperative we are owned by our members and are committed to serving them and strengthening our community through jobs, services, and community involvement.

To learn more about our history, visit [middlebury.coop/learn/history/](http://middlebury.coop/learn/history/)

### Board of Directors

As a member-owner, you elect your eleven member Board of Directors, the governing body of the Co-op. They are responsible for developing policies that steer us in the right direction. They'd love to hear from you!

[board@middlebury.coop](mailto:board@middlebury.coop)

9 Washington Street  
Middlebury, VT



[middlebury.coop](http://middlebury.coop)  
802-388-7276

Open Daily 8am-7pm

# Your Benefits

# Buying

## Ownership

Membership is ownership at the Co-op. Your annual \$20 membership share purchase makes you a valued member-owner of the Co-op. You are the primary shareholder, though your member benefits extend to your entire household. Membership shares are fully refundable according to bylaws 2.6 and 2.7.

## Patronage Dividends

As member-owners of the Co-op, you also own the profits, and a patronage refund system allows us to distribute and reinvest those profits in a transparent, mutually beneficial way.

When the Co-op is profitable, member-owners receive a share of the profits in proportion to how much they purchased during the fiscal year (April – March). To learn more, please see our Patronage Dividend brochure at [middlebury.coop/join/patronage-dividend/](http://middlebury.coop/join/patronage-dividend/)

Present your Co-op card every time you shop to ensure all purchases are applied to your patronage refund.

## Co-op Savvy

## Member Deals

Save an additional 20% on the full line of products from a featured producer each week. Look for the display near the demo counter in the Produce department.

## Co-op Connection Deals

Show your Co-op card at 20 different local businesses and receive special deals! Please see the full Co-op Connection list of participating businesses and special deals for Co-op member-owners at [middlebury.coop/join/co-op-connection/](http://middlebury.coop/join/co-op-connection/)

## Senior Discount

Member-owners age 60 or older receive 5% off purchases (excluding alcohol, by law) every Tuesday and Thursday.

The Co



ADDED HORMONES  
& ANTIBIOTICS



ANIMAL  
TESTING



IRRADIATED  
INGREDIENTS



PARABENS



# Criteria

# Our Ends

-op strives to select food that is local, organic, and free of:

HIGH FRUCTOSE CORN SYRUP

TRANSFATS

ADDED PRESERVATIVES, COLORS, & FLAVORS

Member-owners, customers, and the community benefit from:

- Healthy foods
- Vibrant local economy
- Environmentally sustainable practices
- Cooperative democratic ownership
- Learning about these values



# Cooperative Principles

Co-ops of all kinds across the globe are united by a shared set of values known as the Seven Cooperative Principles:

- ✓ Voluntary and Open Membership
- ✓ Democratic Member Control
- ✓ Member Economic Participation
- ✓ Autonomy and Independence
- ✓ Education, Training, and Information
- ✓ Cooperation among Cooperatives
- ✓ Concern for Community



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## MEMBERSHIP SHARE PURCHASE

Membership shares are fully refundable according to bylaws 2.6 and 2.7

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Telephone Number \_\_\_\_\_

E-mail \_\_\_\_\_

for Co-op Newsletter

Date of Birth \_\_\_\_\_

for Senior Discount Eligibility



Please return this form with your payment the next time you are in or send to:

Middlebury Natural Foods Co-op  
1 Washington Street  
Middlebury, VT 05753

Member #

OFFICE USE ONLY

Purchase Date