

Shop locally & save!



Support your downtown!



# CO-OP CONNECTION



Present your Middlebury Natural Foods Co-op Member card at any of the following businesses to receive the listed discount!

## What is it?

At the Co-op, our investment in a Vibrant Local Economy extends beyond our store walls and the local producers whose products we sell. Through our Co-op Connection program, we've formed a partnership with 20 Middlebury businesses, to help sustain and grow our downtown. These local shops, salons, service centers and health clubs have entered into a partnership with the Co-op, providing a discount or special deal for our member-owners. In turn, the Co-op provides a discount to these business owners and their households and helps to get the word out about the products and services they provide. As Co-op member-owners, you can contribute to AND benefit from using this program, by shopping locally. **Put your money where your home is.**

Member-owners, take a look at the benefits you'll enjoy through the Co-op Connection when you present your Co-op Card!

*These discounts may not be used on sale items or combined with other offers*

## Natural Medicine of Vermont

Dr. Karen Miller-Lane, N.D., L.Ac. is a Naturopathic physician and licensed acupuncturist, providing comprehensive, integrated health care to meet your specific needs, using diet & nutrition, acupuncture, counseling, and western & Chinese herbs. Office hours: Mon. by appt, Tues. 9-4, Wed. 1-5, Thurs. 9-4.

50 Court Street, Middlebury, 388-6250  
www.naturalmedicineofvermont.com

**10% Off 1st Visit -  
\$5 Off Subsequent Visits**

Natural Medicine  
of Vermont



## Jumelles Wellness Midwifery

Chenoa Hamilton, CPM, LM, provides a woman-centered practice offering central Vermont families home birth midwifery care, doula services, lactation counseling, child birth education, and support in pregnancy, birth, and beyond.

5 Park St. Suite 3C, Middlebury, 503-961-4132  
jumellesvt.com

**10% off initial prenatal visit  
10% off birth tub rental**



## Vermont Sun

Since 1985, 25,000 sq. ft. state of the art facility. Voted best fitness center every year! Olympic swimming pool. Over 250 group fitness classes each month, including Yoga, Spinning, Body Pump, Arthritis & Aqua Aerobics, Senior Fitness, & more. Programs for kids to seniors, Personal Training & more!

812 Exchange Street, Middlebury, 388-6888

11 Main Street, Vergennes -- vermontsun.com

**50% off Lifetime Membership Fee!  
Also, call for free swim, class,  
or workout!**

# HEALTH & WELLNESS



## Middlebury Fitness

We feature a wide variety of the most current cardio & strength training equipment, and over 45 group fitness classes per week highlighted by a knowledgeable, caring and professional staff. Classes include Yoga, Barre, Body Pump, Core & More, Strength & Stability, Spinning, Senior Fitness, and more! Drop by or visit us at [www.middfit.com](http://www.middfit.com) to learn more!

175 Wilson Road, Middlebury, 388-3744

**50% Off Enrollment Fee  
10% Off Short Term  
Membership  
First Class or Workout is FREE**



## Otter Creek Yoga

Offers daytime, evening, and weekend classes for beginning & experienced students. Our faculty includes two certified Iyengar teachers. We have classes for all ages, from preschool to seniors! Visit our sunny studio to calm and center body & mind.

Marbleworks, Middlebury, 388-1961  
ottercreekyoga.com

**Your First Class is Free**

## Stone Leaf Tea House

Importing the freshest loose leaf tea! Each year we travel to source our quality teas from family farms and organic estates. Relax with a pot of tea at our Teahouse in the Marbleworks or purchase in the Bulk department at the Co-op!

Marbleworks, Middlebury, 458-0460,  
[stoneleaftea.com](http://stoneleaftea.com)

**10% Off**



# S H O P S



## Main Street Stationery

A complete line of office supplies, greeting cards, gifts, full color copies and fax services. We are an authorized Fed Ex agent.

40 Main Street, Middlebury, 388-6787

**10% Off**



## County Tire Center, Inc.

We offer complete front end work, alignments, brakes, shocks, tires & exhaust. We are also Hybrid/EV qualified to work on all makes & models, specializing in Toyota Prius. We have an in town shuttle for your convenience.

33 Seymour Street, Middlebury, 388-7620  
[info@countytirecenter.com](mailto:info@countytirecenter.com)  
[countytirecenter.com](http://countytirecenter.com)

**10% Off Parts; 5% Off Tires**



**OTTER  
CREEK  
USED  
BOOKS**

## Otter Creek Used Books

An eclectic used bookstore - paperback to hardcover, used and antiquarian. Open Monday - Saturday 10am - 5pm, Sunday by chance.

99 Maple Street, Marbleworks,  
Middlebury 388-3241  
[ottercreekusedbooks.com](http://ottercreekusedbooks.com)

**10% Off**

## Danforth Pewter

Danforth Pewter handcrafts everything out of metal in our Middlebury workshop. We are well known for high-quality gifts, ornaments, jewelry, oil lamps, and much more!

52 Seymour Street, Middlebury  
46 Main Street, Middlebury, 388-8666  
[danforthpewter.com](http://danforthpewter.com) &  
[shirleypewtershop.com](http://shirleypewtershop.com)

**10% Off**

Danforth  
we work metal by hand



## Kiss the Cook

Offering innovative cookware, outstanding cutlery, and unique gifts for people who love to cook! Regular sampling events and demonstrations.

Vermont-owned for over 25 years!

16 Merchants Row, Middlebury  
349-8803 [kissthecook.net](http://kissthecook.net)

**10% Off**

## Maple Landmark Woodcraft

Locally crafted wooden toys, gifts, & games, made from sustainably harvested local lumber. Full factory tours offered Mon-Fri 10:00 am & 1:00 pm. Retail store open Mon - Sat stocking new items, classics, and limited-time offers. Find us online, too!

1297 Exchange Street, Middlebury, 388-0627 [maplelandmark.com](http://maplelandmark.com)

**10% Off**

Maple  
Landmark

### Pro Skin Studio

A boutique spa offering a unique experience unparalleled to that found in a large salon and spa or medspa. Pro Skin Studio offers skin treatments, peels, microdermabrasion, LED, microneedling, full body waxing, eyebrow design, lash lifts, brow & lash tinting, fireless cupping, shiatsu, & full body massage.

In Marbleworks next to Stone Leaf Teahouse  
111 Maple St, Suite 24 Middlebury, 458-8964  
proskinstudio.com

**10% Off**



### Honey Holistic Esthetics

A private holistic esthetic space in Middlebury to serve the needs of those desiring beauty from the inside out. Nutrition and wellness coaching and esthetic services available.

54 Main Street Middlebury,  
989-9122  
honeyholisticesthetics.com

**10% Off**



# BEAUTY



### Waterfalls Day Spa

Located in the historic Middlebury Inn, Waterfalls goal is to provide a one of a kind, exceptional spa experience. We strive to improve our customers quality of life through tailored treatments designed to satisfy the whole body with treatments ranging from massage therapy, esthetics, hair, skin and nail care. We understand the importance of holistic hair care and use only nontoxic products free of unnecessary chemicals.

14 Court Square, Middlebury, 388-0311  
middleburyspa.com

**10% Off**

### Texture Salon

A full service salon, offering ammonia free organic color, as well as healthy alternatives for skin & hair.

58 North Pleasant St., Middlebury, 388-9449  
texturesalonvt.com

**10% Off Your First Visit**

(service & retail)



### Juice Amour

100% Organic Fresh Pressed Fruit & Veggie Juice, Juice Cleanses, Guilt Free Raw Smoothies, Chia Pudding Bowls, ACAI Bowls, Raw, Sprouted Nut Milks & Snacks.

1396 VT Rt 7 S., Unit 5, Middlebury  
989-7271 - juiceamour.com

**10% Off**



### Shafer's Market and Deli

Shafer's Market and Deli is located in the heart of Middlebury. We are a family-run market and pride ourselves on serving quality food at affordable prices to our community.

54 College Street, Middlebury  
388-6408 shafersdeli.com

**10% Off**

# DINING



### Green Peppers Restaurant

A Middlebury family restaurant. Eat in or take out. Pizza, calzones, fresh salads, soups, pasta, subs, hoagies, grinders. Lots of fresh veggies & lots of toppings to choose from. Open every day at 10:30 am. We now carry a gluten free crust on a regular basis!

10 Washington Street, Middlebury, 388-3164

**10% Off**



### Middlebury Sweets

Vermont's largest candy store. Over 1,000 products including handmade chocolates, bulk candy, jelly belly beans, 21 colors of "my m&ms", gummies, taffy, licorice, old fashioned candies, ice cream, malted milk shakes, maple syrup & so much more!

1395 Route 7 South, Middlebury, 388-4518  
middleburysweets.com

**10% Off**