

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

A modern 18,000 square foot fitness facility featuring state of the art strength and cardio equipment, 3 spacious group fitness studios and a packed group fitness schedule. Superior cleanliness and exceptional customer service have always been core to our mission!

175 Wilson Road, Middlebury, 388-3744

**50% Off Enrollment Fee
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. Open for curbside pickup for hot or iced tea to-go, loose leaf tea, & teaware window shopping! Or purchase in the Bulk department at the Co-op!

Marbleworks, Middlebury, 458-0460,
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.

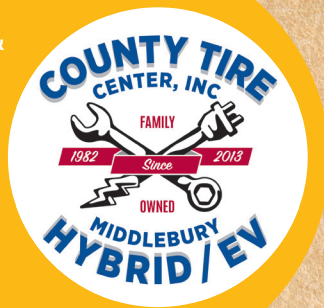
We offer complete front end work, alignments, brakes, shocks, tires & exhaust. We are also Hybrid/EV qualified to work on all makes & models, specializing in Toyota Prius. We have an in town shuttle for your convenience.

33 Seymour Street, Middlebury, 388-7620

info@countytirecenter.com

countytirecenter.com

10% Off Parts; 5% Off Tires



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

10% Off

Danforth Pewter

Handcrafted jewelry, ornaments, oil lamps, and home & personal accessories -- all made in Middlebury! Boutique on Main St, Workshop Store at 52 Seymour St, online at www.danforthpewter.com

52 Seymour Street, Middlebury

46 Main Street, Middlebury, 388-8666

danforthpewter.com

10% Off

Danforth
we work metal by hand



Green Mountain Adventures

Located in the heart of historic Middlebury Vermont we share our passion for outdoor sports with other outdoor enthusiasts. Providing only the best gear and apparel with a commitment to quality merchandise, and a high standard of personal customer service.

56 Main St, Middlebury 388-7245
mmvt.com

10% Off

Maple Landmark Woodcraft

Your favorite local woodworkers, crafting toys, games, gifts, and decor from sustainably harvested local lumber. Retail store open Mon - Sat, stocking new items, classics (including the famous NameTrains), and limited time offers. Find us online, too!

1297 Exchange Street, Middlebury, 388-0627 maplelandmark.com

10% Off

Maple
Landmark

11th Hour Botanical Wellness

A wellness spa-fé (pronounced spa-fay) combines the spa services offered by Pro Skin Studio with a coffee shop offering regular and CBD-infused espresso and many other CBD products.

In Marbleworks next to Stone Leaf Teahouse
111 Maple St, Suite 24 Middlebury, 458-8964
11thHourBotanicals.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

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 & Deli



TAKE IT HOME OR EAT IT HERE

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 offering curbside pickup of 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

GREEN PEPPERS



Middlebury Sweets

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