

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!

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

## 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!

### 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  
NaturalMedicineOfVermont.com

**10% Off 1<sup>ST</sup> Visit**

**\$5 Off Subsequent Visits**

Natural Medicine  
of Vermont

**VERMONT**Sun  
FITNESS CENTERS

### 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!**

## HEALTH & FITNESS



### 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 - MiddleburyFitness.com

**50% Off Enrollment Fee  
First Class or Workout  
is FREE**

**middlebury**  
**Fitness**  
a community wellness center

OTTER  
CREEK  
YOGA

### 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**

## 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**



# SHOPPING



## 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**

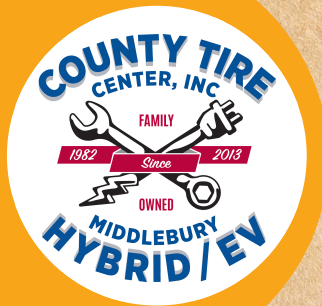


## County Tire Center, Inc.

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**



## Maple Landmark

## 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**

## Addison West

Addison West offers home furnishings, decor, and gifts to Middlebury.

With an eclectic mix that ranges from soaps and jewelry to sofas and kitchen items, Addison West aims to help everyone find the magic of that special something.

44 Main Street, Middlebury, 528-7980  
TheAddisonWest.com

**10% Off**



## 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**



## Green Mountain Adventures

GMA has been outfitting people for Fly Fishing, Hiking, Trail Running, and Nordic Skiing in the greater Middlebury area for over 23 years. Providing only the highest quality gear and apparel with a strong commitment to customer service. Authorized retailer of Patagonia and Darn Tough.

56 Main St, Middlebury 388-7245  
mmvt.com

**10% Off**

# DINING & COFFEE



## 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.  
16 Merchants Row, Middlebury 989-7271  
JuiceAmour.com

**10% Off**



## Royal Oak Coffee & Lost Monarch

**Craft Coffee** are sister coffee shops, nestled in the heart of Middlebury. We strive to provide excellent coffee and other locally-sourced goods and to serve the community. We would love to have you!

*Royal Oak - 30 Seymour St., Middlebury, 349-1609  
RoyalOakCoffee.com*

*Lost Monarch - 3 Mill St., Middlebury, 349-1609  
RoyalOakCoffee.com/LostMonarch*

**10% Off**



## 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. Hot & Iced Tea, teapots, strainers, travel tea mugs, and all things tea available!

*Marbleworks, Middlebury, 458-0460,  
StoneLeafTea.com*

**10% Off**

## 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**



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

**Pro Skin Studio** - A Skin Transformation & Wellness Studio offering a unique, customized experience unparalleled to that found in a large salon, spa or medspa. Our botanical skincare line from Australia gives outstanding results with no irritation & without clogging your pores!

*812 Exchange St, Suite 1, Middlebury, 458-8964*

*ProSkinStudio.com*

**10% Off**

**PROSkinSTUDIO**

Simple. Beautiful. You.



# SALON & SPA

**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, aesthetics, 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**

**honey wax bar**

## Honey Wax Bar

Honey Wax Bar is a specialized waxing boutique in downtown Middlebury that offers comfortable hair removal and also now featuring microblading which is a technique that gives faces full fresh brows that are semi-permanent.

*54 Main Street Middlebury,  
989-9122 - HoneyWaxBar.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)

**Texture SALON**