

### Lizzard's Art Gallery & Framing

11 West Superior Street | Duluth, MN 55802  
218.722.5815 | [www.lizzards.com](http://www.lizzards.com)

- ▶ WFC Owner Benefit: 10% off framing orders.

### Luke Chiropractic & Wellness

916 Hammond Avenue | Superior, WI 54880  
715.392.2476 | [www.lukechiro.com](http://www.lukechiro.com)

- ▶ WFC Owner Benefit: 20% off your first purchase of products from our office.

### Master Framing Gallery on London Road

1431 London Road | Duluth, MN 55805  
218.728.4056

- ▶ WFC Owner Benefit: 10% off any custom framing. Not to be combined with any other discount or offer. WFC Owner card must be presented at time of order to receive discount.

### Northwest Outlet

1814 Belknap Street | Superior, WI 54880  
715.392.9838 | [www.northwestoutlet.com](http://www.northwestoutlet.com)

- ▶ WFC Owner Benefit: 10% off all regular-priced Columbia, Northface and camping gear.

### Paula Williams - Certified Life Coach

218.428.2862 | [www.livethislifeonpurpose.com](http://www.livethislifeonpurpose.com)  
[paulajwilliams@gmail.com](mailto:paulajwilliams@gmail.com)

- ▶ WFC Owner Benefit: 50% off single-session Coaching Conversation. See website for more information.

### Personal Best Pilates

301 West 1st Street | Duluth, MN 55802  
218.625.2378

- ▶ WFC Owner Benefit: First class free and 10% off purchase of a 10-punch card.

### Pineapple Art Center & Supply

124 West 1st Street | Duluth, MN 55802  
218.722.2919 | [www.pineappleartscenter.com](http://www.pineappleartscenter.com)

- ▶ WFC Owner Benefit: 10% off all art supplies year-round (offer does not include consignment or classes).

### Playing with Yarn

276 Scenic Drive | Knife River, MN 55609  
218.834.5967 | [www.playingwithyarn.com](http://www.playingwithyarn.com)

- ▶ WFC Owner Benefit: All purchases can be applied to your Playing With Yarn card anytime, all year.

### Red Mug Coffeehouse

916 Hammond Avenue | Superior, WI 54880  
715.392.2662 | [www.redmugcoffee.com](http://www.redmugcoffee.com)

- ▶ WFC Owner Benefit: Buy one bowl of soup, get one free. Must purchase one beverage. Dine-in only.

### Rustic Inn Café & Gifts

2773 Highway 61 | Two Harbors, MN 55616  
218.834.2488 | [www.rusticinncafe.com](http://www.rusticinncafe.com)

- ▶ WFC Owner Benefit: 20% off total purchase. Excludes sale and clearance items.

### Saffron & Grey Couture Floral Design

2303 Woodland Avenue | Duluth, MN 55803  
218.728.1455 | [www.saffronandgrey.com](http://www.saffronandgrey.com)

- ▶ WFC Owner Benefit: \$25 off any event order of \$250 or more. \$5 off a floral/plant delivery of \$75 or more. Must present WFC Owner card.

### Sarah VanderMeiden Coaching

218.879.3352 | [www.sarahvandermeiden.com](http://www.sarahvandermeiden.com)

- ▶ WFC Owner Benefit: Complementary session plus 50% off first month personal or professional coaching.

### The SunSpot

Mobile rescue unit fighting vitamin D deficiency and winter blues.  
218.728.1067 | [facebook.com/thesunspotduluth](https://facebook.com/thesunspotduluth)

- ▶ WFC Owner Benefit: 20% off each 30-minute light therapy session.

### SuperAmerica

602 East 4th Street | Duluth, MN 55805  
218.729.5500 | [www.curtisoil.com](http://www.curtisoil.com)

- ▶ WFC Owner Benefit: \$0.03 off per gallon at all locations. Discount can be used with SA Rewards.

### Tavern on the Hill

1102 Woodland Ave | Duluth, MN 55812  
218.625.6114 | [www.tavernduluth.com](http://www.tavernduluth.com)

- ▶ WFC Owner Benefit: 15% off any purchase Sunday – Tuesday.

### Trailfitters

600 East Superior Street | Duluth, MN 55802  
218.722.6776 | [www.trailfittersduluth.com](http://www.trailfittersduluth.com)

- ▶ WFC Owner Benefit: 10% off all regular-priced Keen, Merrell, & Icebreaker merchandise. In-stock items only.

### Tortoise & Hare Footwear

4002 Grand Ave | Duluth, MN 55807  
218.624.4840 | [www.tortoiseharefootwear.com](http://www.tortoiseharefootwear.com)

- ▶ WFC Owner Benefit: \$10 off a purchase of \$100 or more.

### Yarn Harbor

4629 East Superior Street | Duluth, MN 55804  
218.724.6432 | [www.yarnharborduluth.com](http://www.yarnharborduluth.com)

- ▶ WFC Owner Benefit: Annual one-time 15% discount on yarn purchase. Not available with any other store sales.

### Zeitgeist Arts Café

222 East Superior Street | Duluth, MN 55802  
218.722.9100 | [www.zeitgeistartscafe.com](http://www.zeitgeistartscafe.com)

- ▶ WFC Owner Benefit: 10% off food and drinks.

### Zinema 2

222 East Superior Street | Duluth, MN 55802  
218.722.7300 | [www.zinema2.com](http://www.zinema2.com)

- ▶ WFC Owner Benefit: One free small popcorn with movie ticket purchase.

## ENDS STATEMENT

*"In Duluth, there is a thriving consumer-owned cooperative that supports, invests and partners to create a healthy community including, but not limited to, a healthy regional food system."*

## WHOLE FOODS CO-OP

# Community Cooperation Program



This brochure was printed with soy ink on 100% post-consumer waste recycled paper at a local, green certified printer. Before recycling, please pass this brochure along or share it with a friend or neighbor. It's a great way to introduce your friends, family and co-workers to your co-op!

### HILLSIDE + DENFELD

610 East 4th Street  
Duluth, MN 55805

4426 Grand Avenue  
Duluth, MN 55807

[www.wholefoods.coop](http://www.wholefoods.coop)  
218.728.0884

[www.wholefoods.coop](http://www.wholefoods.coop)

WHOLE FOODS  
CO-OP



## COMMUNITY COOPERATION PROGRAM

### Your Community Cooperators

As a Whole Foods Co-op Owner, you can receive discounts at local businesses. Simply present your WFC swipe card at participating businesses and receive the benefit listed here. Please note that some of the participating businesses also request that you mention your WFC Ownership when making appointments, so read the offers carefully.

#### A Place for Fido

600 East Superior Street | Duluth, MN 55802  
218.464.4484 | [www.aplaceforfido.com](http://www.aplaceforfido.com)

- ▶ WFC Owner Benefit: 10% off purchase. Excludes food, special orders, and custom work. Must present WFC Owner card to receive discount. Cannot be combined with any other offers or discounts.

#### Amazing Grace

394 South Lake Avenue | Duluth, MN 55802  
218.724.3431 | [www.amazinggraceduluth.com](http://www.amazinggraceduluth.com)

- ▶ WFC Owner Benefit: 10% off beverages. Excludes alcohol. Limit one per customer per day.

#### Amazing Alonzo Inc. (Paperback Exchange)

1831 East Superior Street | Duluth, MN 55812  
218.724.3431 | Open 10 AM – 5 PM Tuesday – Saturday

- ▶ WFC Owner Benefit: 10% off your book purchase price.

#### Angela's Bella Flora

138 West 1st Street | Duluth, MN 55802  
218.279.3444 | [www.angelasbellaflora.com](http://www.angelasbellaflora.com)

- ▶ WFC Owner Benefit: 10% off any plant order. Not to be used in conjunction with any other offer, discount, or promotion.

#### Art in the Alley

230 East Superior Street | Duluth, MN 55802  
218.464.4822 | [www.artinthealley.com](http://www.artinthealley.com)

- ▶ WFC Owner Benefit: Free earrings (\$12.95 value) with any \$25 purchase.

#### Bent Paddle Brewing Co.

1912 West Michigan Street | Duluth, MN 55803  
218.279.2722 | [www.bentpaddlebrewing.co](http://www.bentpaddlebrewing.co)

- ▶ WFC Owner Benefit: One taproom beer size upgrade per visit (during regular taproom hours).

#### The Bookstore at Fitger's

600 East Superior Street | Duluth, MN 55802  
218.727.9077 | [www.fitgersbookstore.com](http://www.fitgersbookstore.com)

- ▶ WFC Owner Benefit: 10% off regular-priced items. Excludes candy and magazines.

#### Burrito Union

1332 East 4th Street | Duluth, MN 55805  
218.728.4414 | [www.burritounion.com](http://www.burritounion.com)

- ▶ WFC Owner Benefit: 10% off any purchase.

#### Continental Ski & Bike

1305 East 1st Street | Duluth, MN 55805  
218.728.4466 | [www.continentalski.com](http://www.continentalski.com)

- ▶ WFC Owner Benefit: 10% off regular-priced merchandise (excluding bicycles). Not valid with any other offer, coupon or promotion.

#### Daugherty Appliance Sales & Service

3931 West 1st Street | Duluth, MN 55807  
218.722.3925 | [www.daughertyappliance.com](http://www.daughertyappliance.com)

- ▶ WFC Owner Benefit: Free local delivery and hook-up of non-built-in appliances \$399 or more. \$5 off trip charge on any appliance service call.

#### Duluth Children's Museum

115 South 29th Avenue West | Duluth, MN 55806  
218.733.7543 | [www.playduluth.org](http://www.playduluth.org)

- ▶ WFC Owner Benefit: \$2 off daily admission rate. Offer good for up to 5 persons.

#### Duluth Homebrew Supply

600 East Superior Street | Duluth, MN 55802  
218.464.0060 | [www.duluthhomebrew.com](http://www.duluthhomebrew.com)

- ▶ WFC Owner Benefit: \$5 off any beer, wine, cider, kombucha, or cheese equipment starter kit. Cannot be combined with any other offers or discounts.

#### Duluth Natural Medicine & Chiropractic

1731 London Road | Duluth, MN 55812  
218.724.4525 | [www.duluthnaturalmedicine.com](http://www.duluthnaturalmedicine.com)

- ▶ WFC Owner Benefit: 10% off Nutritional Response Testing

#### Electric Fetus

12 East Superior Street | Duluth, MN 55802  
218.722.9970 | [www.electricfetus.com](http://www.electricfetus.com)

- ▶ WFC Owner Benefit: 10% off regular-priced items store-wide. Some restrictions apply.

#### Fitger's Wine Cellars

600 East Superior Street | Duluth, MN 55802  
218.733.0792 | [www.fitgerswinecellars.com](http://www.fitgerswinecellars.com)

- ▶ WFC Owner Benefit: 10% off organic wine.

#### Frost River Trading Co.

1910 West Superior Street | Duluth, MN 55806  
218.727.1472 | [www.frostriver.com](http://www.frostriver.com)

- ▶ WFC Owner Benefit: One free pound of coffee by Duluth Coffee Company with purchase of \$100 or more.

#### Grihastashrami Yoga

21 North 28th Avenue East | Duluth, MN 55812  
218.728.9942 | [www.grihastashramiyoga.com](http://www.grihastashramiyoga.com)

- ▶ WFC Owner Benefit: One free yoga class. Classes held at Pilgrim Congregational Church.

#### Hanabi Japanese Cuisine

110 North 1st Avenue West | Duluth, MN 55802  
218.464.4412 | [www.hanabimn.com](http://www.hanabimn.com)

- ▶ WFC Owner Benefit: 10% off your purchase. Not valid for lunch specials, happy hour, or alcohol.

#### Hawk Ridge Bird Observatory

PO Box 3006 | Duluth, MN 55803  
218.428.6209 | [www.hawkridge.org](http://www.hawkridge.org)

- ▶ WFC Owner Benefit: 20% off one Hawk Ridge membership at any level.

#### Healing Ways since 1983

1420 East 1st Street | Duluth, MN 55805  
218.724.9737 | [www.healingways.org](http://www.healingways.org)

- ▶ WFC Owner Benefit: Owners receive a one-hour massage for \$48. Good for 3 sessions per year per Owner.

#### Holistic Path

1607 Woodland Ave | Duluth, MN 55803  
218.464.8947 | [www.holisticpathduluth.com](http://www.holisticpathduluth.com)

- ▶ WFC Owner Benefit: 10% off a 60 or 90-minute Swedish/Deep Tissue massage. Must present WFC Owner card to receive discount.

#### Jazzercise • Linda Herron

Duluth, MN 55812  
218.728.2843 | [www.jazzercise.com](http://www.jazzercise.com)

- ▶ WFC Owner Benefit: \$25 discount for first-time participants with registration for EFT pass. Valid for 8:30 AM classes Monday, Wednesday, Friday and Saturday.