

ELK RIVER AREA FOOD CO-OP MEMBER BENEFITS

Current as of 06/06/2017

**Discounts are for Elk River Area Food Co-op Members ONLY.
Please show membership card to receive discount.**

N O U R I S H M E N T

CITY CENTER MARKET

5% monthly discount, case ordering and monthly owner deals!
Located at: 122 N. Buchanan St. Cambridge, MN.
Visit: www.citycentercoop.com

ELDERBERRY QUEEN

10% off 24oz. jars of elderberry syrup.
Contact: Lindsey at 612-481-4943 **Facebook:** Elderberry Queen

FRESH SQUEEZE

A free wellness shot with any \$20 in-store purchase.
Visit: thefreshsqueezemn.com **Located:** Otsego

IRON SHOE FARM

5-10% off all micro greens, hydroponic vegetables, pasture raised beef, chicken and pork.
Contact: Carla Metz at info@ironshoefarm.com or by phone 763-389-0111.
Visit: www.ironshoefarm.com

OLIVE-A-DAY PLUS MORE

5% off your entire purchase when you show your member card. Discount cannot be used with any other specials. Olive-a-Day offers a variety of olive oils, balsamic vinegars, spices, teas, and lotions.
Facebook: Olive-A-Day Plus More **Located:** Downtown Elk River

PURE NATURE HONEY, LLC

\$1.00 off your any size jar of honey. Pure Nature Honey, LLC prides itself on providing award winning pure, raw and local honey.
Contact: Aaron at astaenke@hotmail.com or by phone 612-508-4062.
Facebook: Pure Nature Honey, LLC.

UPROOT FARM

5% discount off of a full or half vegetable **CSA share** The full share is \$30.75 and a half share is \$16.50. Please use coupon code ERAFC2016 at checkout when signing up.
Contact: Sarah Woutat at 763-389-8450 or info@uprootfarm.com for more information.
CSA Online Registration: www.uprootfarm.com.

WALKER FARMS

5% off all meat products and eggs for \$3.25/dozen (bi-weekly deliveries to Elk River)
Contact: Andy Walker at 320-339-3911 or walkerfarms3406@yahoo.com for more information.
Visit: www.walkerfarmsmn.com **Located:** Princeton

W E L L N E S S

CAROLDON SOAP CO.

10% off five or more bars of handmade soap .

Contact: Carol at 763-274-1692 for more information.

CHIROWAY

\$29.00 initial visit, including consultation, exam and adjustment. (Valued at \$50.00)

Contact: Blake Bredeson, DC, 877-442-4476 ext. 112, Blake@ChiroWay.com

FITNESS AND BEYOND

FREE - Personal training and nutrition consult, **\$100 off** a 20 hour package of personal training, **40% off** a 30-day nutrition package, **\$2.00 Introductory** Pound Fitness Class.

For more information and to register: <https://www.facebook.com/juliejfnb>

MOE THERAPEUTIC MASSAGE

New client discount of \$15 off your 1st massage (60 or 90 min). Members of the co-op and their immediate family can also take advantage of 15% off any session and 10% off the purchase of any gift certificate (this cannot be combined with any other discount).

Contact: Luanne Moe (Moe) at 763-441-0041

Visit: www.moemassage.com

S U S T A I N A B L E P R O D U C T S

BLIND SPOT CREATIVES

Buy 3 handcrafted greeting cards, get **one free**.

Order Online: BlindSpotCreatives.com/support/

Facebook: Blind Spot Creatives

SOARING TURTLE CREATIONS

10% off your entire order of handmade clothing for kids and the whole family.

Contact: Christina at soaringturtlecreations@gmail.com

Facebook: Soaring Turtle Creations LLC **Visit:** www.soaringturtlecreations.com

C O M M U N I T Y C L A S S E S

All owners receive **member only discounts** on co-op community classes. For classes and events visit our Facebook Page or Events tab on our website.