



Your Community Grown
Grocery Store

Business Partner Specials Dining

Barn Happy

FREE Bottomless Cup of Coffee

Brass Tap

10% off any draft beer, any time (Other in-house discounts excluded)

CC Greens

10% discount per order

Chad's Pizza

Free Cheesebread with purchase of a Large Specialty Pizza

Chocolaterie Stam

10% discount on Stam baking products like cocoa, baking chocolate chips & squares

Cottonwood Canyon

10% off entire order PLUS free small cup of coffee

Cup of Joe

Get a large cup of drip coffee for the price of a medium

Ginger Thai

10% off of any meal/purchase

Gravy's Diner

10% off dine-in meal, Tues.-Fri. Excluding weekends

Jameson's Public House

10% off check (excludes alcohol)

Lark Brewing

20% off all beers on menu

Laughing Tree Tea & Café

10% off food plus buy 1 bag of tea & get a 2nd for half price

Maid-Rite

10% off dine-in

Milkbox Bakery

10% off of in-shop purchase

Mirch Masala Grill

1) With a Purchase of Lunch Buffet - Free Fountain Bev.
2) With a purchase dine or carry-out of \$50 - \$99 - Complimentary Dessert
3) With a \$100 or more dine in or carry out purchase - 5% off bill (plus complimentary dessert)

Moment in Thyme Catering

10% off of the first \$500 of your event

Mulligan's Brick Oven Grill & Pub

10% off a meal of \$20 or more

Oneota Food Co-op

Free Coffee with purchase of any bakery item

Second State Brewing Co.

10% off beer draws

Sidecar Coffee Café

10% off ANY coffee drink

SingleSpeed Brewing Co.

10% off a meal of \$20 or more

The Pie Lady

\$1 off a pie for Member Owners

Tony's La Pizzeria

10% off entire meal (dine in only; Mon - Thu)

Urban Pie

15% off dine in order

Wild Carrot

10% off dine-in and gift store items



Your Community Grown
Grocery Store

Business Partner Specials Health & Wellness

Agape Therapy

10% off of 60-minute massage

Align Chiropractic and Wellness

Free Muscle Stimulation on
Initial Visit

Ananda Holistic Movement Studio

10% off all yoga, meditation &
AYA classes. Enter coupon
code COOP10 & type member
in notes when purchasing
online

Balance Hot Yoga

\$5 off BHY monthly unlimited
auto-pay plan

Calease

Chiropractic Center

50% off Nutrition Response
Testing Initial Consultation and
Report of Findings

Cedar Valley Massage Therapy Specialists

\$10.00 off any regular priced
service

D'vine Medical Spa

5% off all Day Spa Services
(not combined with any other
offer or Promotion. Excludes all
Med Spa Services)

Donna Heller Yoga

10% off an 8-week class

Eagle Peak Healing Arts Center

First Treatment is only \$50 for
Co-op member-owners (regularly
\$69)

Fit Xpress

Yoga Classes: 1st month free (at
the Community Center, Cedar
Falls), Free Fit Xpress DVD with
first pd. monthly membership,
Personal Training/Health
Coaching: 1st 2 sessions free.

Good Food Vibes

\$100 off a private health
coaching program

Heart Rhythm Healing

First 30-minute session is free
(\$30 value) and all subsequent
sessions are \$5 off

Kate & Co. Salon & Spa

Show your co-op member card
and receive \$10 off a one hour or
90 minute massage plus 10%
off of one service per month

Luann Alemao & Associates

\$5 off one class per year. Also,
bring someone who is new to the
class and get \$5 off

Maria's Angelic Enlightenment

10% off a 50 minute session

New Dawn Yoga

10% off of Class Packages
(not including boundless auto
renew package)

NRG Pilates

10% off of a 16-visit studio
pass. Includes Pilates, Barre &
Kettlebell group class

Shakti Holistic Healing

\$20.00 discount off any
healing session

Synergy Chiropractic & Wellness Center

½ off initial Nutritional
Consultation

Upper Cervical Health Center

\$150.00 off of your initial
visit, which includes an exam
and x-ray

Wayson Family Chiropractic

20% off Chiroflow pillows

Yoga with Yuko

10% off Drop-In Class Fee (at
State Street location only)



Your Community Grown
Grocery Store

Business Partner Specials Shopping

Backyard Living

10% off recycled poly lumbar furniture to co-op members

Basket of Daisies

10% off of your purchase

Batteries + Bulbs

15% OFF entire purchase. Discount cannot be combined with any other offers. Must show membership card upon purchase. Retail customers only

Budget Blinds

25% off order plus free decorative pillow on orders over \$500

Crawdaddy Outdoors (Waverly)

5% off suggested retail items (excludes sale items, kayaks, canoes, SUPs, trips, classes and rentals)

Europa Cycle and Ski

15% off suggested retail of in-stock bicycling apparel and accessories

Fosters Mattress

Free sheet set with purchase of new mattress (minimum \$399)

Greenfields Health Food Center

10% off all regularly-priced natural products

Hansen's Dairy Outlet

Card-carrying members of BOTH Hansen's Dairy Outlet & CFFC receive an additional 5% off of milk

Kitchen Essentials & Gifts

One free knife sharpening order per year

Miss Wonderful

10% off all vintage items (\$10 minimum purchase, excluding sales and other promotional offers)

Mohair Pear

10% off purchases of \$10 or more (this discount cannot be combined with other sales or discounts)

Moo Roo

Card-carrying members of BOTH Moo Roo & CFFC receive an additional 5% off of milk

Natural Soy Products, Ltd. (Clean Environment Co.)

10% discount from list price in store

Pink Peony Studio

10% off total purchase through Facebook, custom orders, or at various flea market locations. Exclusions may apply

Purse-N-ality

10% off one product! Exclusions may apply

The Runner's Flat

\$20 off every second pair of shoes, \$40 off 11th pair purchased (per household)

Sidecar Coffee Roasters

10% off any online order of coffee. You must: Enter the coupon code CFCOOP10 And type your member # into the notes section when placing your online order

Slumberland Furniture

\$50.00 off qualifying purchases of \$99.00 or more. Exclusions apply

Wapsie Pines Nursery & Greenhouse

10% off nursery and greenhouse purchase. Excludes balled and burlapped trees, Lawn care and landscape. Other exclusions may apply

Wheatsfield Cooperative

All Wheatsfield Member Owner Benefits extended. Must present your member card at checkout



Your Community Grown
Grocery Store

Business Partner Specials Services

College Hill Design

Screen Printing Only: \$100 off
any order over 50 pieces/\$50
off any order 36-49 pieces

Kickin Grass Lawn Care

25% off of your first 2 mows

The Shinehouse: Automotive Detailing/Window Tint

10% off one full detail

Cory's Painting

5% off labor for painting and
drywall repair

L&M Transmission and Towing

10% off any service.

Exclusions: cannot be combined
with any other shop offers and
excludes towing service

Three Pines Farm

10% off one Iowa-based/local
class per year (dining events not
included and some other
exclusions may apply). To use
your discount, please enter your
Co-op member-owner number
and the code "coop10" when
registering online

Dan Phillips Photography

One free session per calendar
year plus a \$50.00 print credit
for members (limit one session
per household, no additional
purchase required)

Maxx Rentals

15% off rentals over \$20

Waterloo Community Playhouse

\$5 off each admission to WCP
with online ticket purchase only
(does not include Blackhawk
Children's Theatre)

Hannam Design

\$25 off initial consultation