



To schedule an appointment please visit: [grassrootsvermont.com](http://grassrootsvermont.com) or call 802-465-8081

## Things to know before your appointment...

- Vermont Marijuana Registry (VMR) Patients are allowed to possess up to 56.7 grams of usable Cannabis at any one time.
- Patients are allowed to purchase up to 56.7 grams of Cannabis within a 30-day period.
- Patients are allowed to purchase up to 7 clones within a 30-day period.
- Patients can only be seen by scheduled appointment. No walk-ins will be accepted.
- To enter the dispensary, patients must have their valid Vermont Marijuana Registry (VMR) card with them and have "Grassroots Vermont" designated as their dispensary.
- Only valid Patients and/or Caregivers are allowed in the dispensary. There are no exceptions.
- Grassroots Vermont cannot facilitate sales between 3:00pm and 3:30pm daily.
- Dispensing appointments are scheduled in 15 minute blocks.
  - Please arrive on time and have your VMR card ready.
- Appointments for New Patients are schedule in 30 minute blocks.
  - Please arrive early to complete paperwork. Paperwork is also available on our website. We encourage all patients to submit this paperwork to Grassroots Vermont prior to their first appointment.
- If you require more time, or have questions, let us know and we will schedule a 30 minute Consultation Appointment.
- If you are more then 10 minutes late, we may not be able to accommodate you that day.
- Appointments can be made through our website or by calling the dispensary and leaving a message with the requested appointment date and time.
  - Please wait for confirmation from the dispensary staff before arriving.
- Patients are welcome to include their requested order in a voice message or by entering it into the 'Appointment Notes' section of the online scheduler.
  - A Daily Menu of available items is uploaded to our website by 10:30am each business day. Inventory is subject to change throughout the day.
- We accept Cash, Check and CanPay. Please come prepared with payment. There is no ATM on site.
- Grassroots Vermont will not tolerate any abusive behavior towards our staff.
- We reserve the right to refuse services at any time.
- We are unable to accept returns or exchanges. Call us immediately if there is a defect or a problem, and we will do our best to make it right.
- Ask us about our sliding scale and Military discounts.

A Daily Menu of available items is uploaded to our website by 10:30am each business day.



Grassroots Vermont offers state-wide delivery services to all our qualified patients.

## Delivery Services

- To be eligible you must have authorized the Vermont Marijuana Registry (VMR) to provide us with your address when applying.
- By law, we can only deliver to the address provided to the State. This can be either the Patient or Caregiver's address.
- All address changes must be made through the Vermont Marijuana Registry.
- The Patient or Caregiver must be present at the time of deliver to receive an order.
- The Patient or Caregiver must have a current, valid VMR card in-hand to receive order.
- Changes / Cancellations must be finalized by 3:00pm the business day prior to the scheduled delivery or you may be subject to a \$20 cancellation fee.
- Grassroots Vermont delivery services operate during regular business hours using an inconspicuous vehicle.

## Scheduling

- Delivery routes are coordinated based on demand.
- Routes fill quickly. Please plan to schedule at least one week in advance.
- We will attempt to deliver in a timely manner. Please let us know of any time constraints when requesting delivery.
- A minimum purchase of \$50 in products is required. The delivery fee\* does not count towards your minimum purchase.
- We accept Cash, Check and CanPay.
- A Dispensing Agent will confirm the time, order and total the business day prior to the arranged delivery.
- Please have your VMR card ready, as well as payment, when the Delivery Agent arrives.
- Please no home tours.
- The Delivery Agent is not able to make changes to an order once it has left the dispensary.
- Keep dogs and other animals, away from the Delivery Agent at all times.
- Please let us know if you live in an area that is challenging to get to or has limited cell service.
- Grassroots Vermont will not tolerate any abusive behavior towards our staff.
- We reserve the right to refuse services at any time.

Miles from GRVT	Fee
0 - 20	\$5
20 - 30	\$10
30 - 50	\$15
50 +	\$20

\*distance from Grassroots Vermont

To request delivery, leave a voice message at 802-465-8081.

Please include your name, town, desired delivery date(s) and order.

A requested delivery date/order is not guaranteed until scheduled and confirmed.



## Cannabis

Cannabis is an annual, deciduous, flowering plant. When flowers from the plant reach maturity, they are then harvested, dried and cured. Flower can then be heated and inhaled through **vaporization or smoking**. Cannabis flower can be prepared into other forms including edibles, concentrates and topicals.

Different varieties of Cannabis are often called “strains.” Strains are differentiated in three ways – **Cannabis sativa**, **Cannabis indica** and a genetic combination of the two is considered a **Cannabis hybrid\***.

### **Cannabis sativa**

Known for its cerebral high, which some prefer **for daytime use**.

May provide more invigorating, uplifting cerebral effects that pair well with physical activity and creative projects.

### **Cannabis indica**

Known for its physically sedating effects which some prefer **for nighttime use**.

Perfect for yoga, relaxing with a book or movie, or to assist with sleep.

\*Cannabis hybrids may exhibit characteristics of both sativa and indica.

## **Potency, Terpenes and Cannabinoids**

*Cannabinoids* are a class of diverse chemical compounds found in Cannabis.

**THC (Delta 9-Tetrahydrocannabinol)** is the most known cannabinoid. It is the primary psychoactive cannabinoid found in Cannabis. **CBD (Cannabidiol)** is another notable cannabinoid. CBD is non-psychoactive. THC and CBD can be consumed in a variety of ways and may be taken alone or combined.

One of the most distinct characteristics of Cannabis, is the aroma. The often strong and pungent smell of Cannabis comes from *terpenes*. Terpenes are organic, aromatic compounds that are found in flowers and plants. Many patients find that consuming different terpenes, in combination with varied cannabinoids, can enhance and enrich their Cannabis experience.

Our individual and unique endocannabinoid system combined with unique and various strains, results in our personal experience with cannabis. Each strain possesses a different *cannabinoid* and *terpene* profile, **so an effective strain for a patient may not be the one with the “highest THC content.”**

### **Possible Adverse Effects**

Patients who are new to Cannabis **must exercise caution when consuming**.

Please talk to your doctor about possible interactions with all medications you are currently using, including herbal medications.

Some patients may experience short term negative feelings such as: dry mouth, increased heartbeat, coughing (when smoking,) panic, anxiety, confusion and paranoia.

One should never drive or operate heavy machinery while using Cannabis.



## Cannabis at Grassroots Vermont

### Inhalable

'Flower/bud/nug' refers to the smokable part of the Cannabis plant. Cannabis flower can be smoked in a variety of ways including using joints, blunts, in a pipe or bong or vaporized. Effects are usually instantaneous and can last from one to three hours, depending on the dose and person. Grassroots Vermont offers pre-weighed and packaged flower, as well as prerolled joints.

**Time to onset:** 1-15 minutes\* **Duration:** 1-3 hours

### Concentrates and Extracts

Concentrates are made from Cannabis that has undergone an extraction process. Extraction removes plant materials and isolates the preferred compounds like THC and CBD. Cannabinoid levels are more potent. Concentrates can be smoked, vaporized or used to make edibles. Different types of concentrates available at Grassroots Vermont include kief, rosin and CO2 oil cartridges. Concentrates can also be used in making edibles.

**Time to onset:** 1-15 minutes\* **Duration:** 1-3 hours

### Edibles

Grassroots Vermont uses full spectrum infused coconut oil to create a variety of edible products, including chocolate, capsules and vegetable glycerin tinctures. Infused coconut oil is also available for DIY edibles or topicals. Proper dosage is different for each individual depending on the potency of the edibles and the individual's unique biology and tolerance. Patient who are new or sensitive to Cannabis should start by taking 1.5mg to 5mg of THC and increase, as necessary. Take your time, over several sessions, to find the right THC dosage for you. It is recommended to take note of the consumed dosage, time to onset, and the effects felt in order to adjust dosage accordingly. Cannabis ingested orally may take 1 to 3 hours to feel the effects. Consuming too high of a dosage may result in adverse effects such as nausea, anxiety and paranoia.

**Time to onset:** 1-3 hours\* **Duration:** 3-8 hours

**\*start small – go slow – and be patient.**

**Please, give Cannabis time to act before consuming an additional dose.**



## Sliding Scale and Military Discounts

### Sliding Scale Qualifications

- Patients may be eligible for a 5-10% discount depending on your total household income.
  - Income range discounts are given based on the total combined household income of the patient.
- **Proof of Income** documentation is required. Paperwork will be reviewed internally to determine if your household is eligible. **We must have this approval from our Controller before the discount will apply.** Please plan accordingly, this process may take up to 1-2 weeks.
- **Proof of Income** documentation includes one or more of the following:  
*1040 Tax Form - 1099 Tax Form - SS or SSI Documentation*
- The 'Sliding Scale Application' Form and provided **Proof of Income** will be used to determine your discount level.
- Forms and supplemental documentation must be reviewed annually.

Annual Household Income	Discount %
\$0 - 16,000	10%
\$17,000 - 24,999	7.5%
\$25,000 - 33,000	5%
\$34,000 +	0%

### Military Discount

- Patients may be eligible for a military discount of 10%.
- Military discounts require proof of a **Military Service ID** or **Military Veterans ID**.
- Please show your Military ID to a Dispensing Agent to establish discount.

### Policy

- Discounts cannot be combined. This includes combining Sliding Scale/Military discounts with current promotional pricings.
- The income ranges are derived from the income distribution qualities provided by the US Census Bureau, while taking into consideration both average income of Vermont residents as well as the estimated income levels of our current patients. Income ranges are represented as slightly lower than the national income ranges to provide an even greater discount.