

APRIL 15-21

Did you know Owners can sign up to get this flyer emailed to them each week? Visit www.willystreet.coop/Owner-Rewards to see how.

Grocery



**Artisan Kettle
 Chocolate Chips**
 All Kinds on Sale!
 10 oz • Owners save 50¢

\$4.99

**Bella Terra
 Traditional Basil Pesto**
 6.3 oz • Owners save \$1

\$3.99

Bitchin' Sauce
 All Kinds on Sale!
 8 oz • Owners save \$1

\$4.79

**Green Forest
 Unscented
 Facial Tissue**
 175 sheets • Owners save 50¢

\$1.99

**Garofalo
 Bucatini Pasta**
 16 oz • Owners save 50¢

\$1.49

Produce

**Organic
 Pixie Tangerines**
 From California
 Rndm wt • Owners save \$1/lb

\$2.49/lb

**Organic Garnet
 Sweet Potatoes**
 From California
 Rndm wt • Owners save 70¢/lb

\$1.79/lb

**Organic
 Ataulfo Mangoes**
 From Mexico
 1 ea • Owners save 30¢-\$1.37

**3 for \$4 or
 \$1.49/ea**

**Organic
 Broccoli**
 From California
 Rndm wt • Owners save \$1/lb

\$2.29/lb

Organic Asparagus
 From California
 Rndm wt • Owners save \$2/lb

\$4.49/lb

Wellness & Housewares

Innovative
All CBD products!
 at least
15% off

Repair & Restore
Curl Defining Gel
 8 oz • Owners save \$4.50
\$10.49/tx

Quantum
**Digital Blue
 Eye Health**
 60 softgels • Owners save \$4
\$19.99/tx

NatraCare
Dry & Light Pads
 Natural Incontinence Pads
 20 pc \$1 \$4.79
 20 pc • Owners save \$1
\$4.79/tx

Organic Strawberries
 From California
 1 lb • Owners save \$2

\$4.79

Cheese

Milton Creamery
Prairie Breeze
 Rndm wt • Owners save \$1/lb

\$12.99/lb

Meat

Wisconsin Meadows
Grass-Fed Ribeye Steak
 Rndm wt • Owners save \$2/lb

\$14.99/lb

Bone-In Hams
 Wisconsin Meadows & Willow Creek Farms
 Owners Save
20% OFF



*Serving Suggestion

Sale for Willy Street Co-op Owners only through 4/21/19. All specials subject to availability and while supplies last.

**ON SALE THURSDAY,
 APRIL 18 ONLY**

Pinn Oak
Boneless Leg of Lamb
 Rndm wt • Owners save \$2/lb
\$11.99/lb

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Community Room Class Calendar

Please see class descriptions for fees. Owners enrolled in the Access Discount Program receive a 10% discount. Payment is required at registration; please register by stopping at the Customer Service desk or by calling Willy West at (608) 284-7800 or Willy East at (608) 251-6776. For more information about individual activities and classes, see willystreet.coop/calendar.

Refund Policy: Unless otherwise specified in the description of the event, registration for events that Willy Street Co-op cancels will be refunded in full. Individuals who wish to cancel their registration must contact Customer Service with 72 hours notice to receive a full refund or transfer their registration to another class. No refunds or transfers will be granted for cancellations within 72 hours of an event. In order to cover costs incurred, there are absolutely no exceptions to the Refund Policy.

KIDS IN THE KITCHEN: PERFECT POTATOES!

Location: Willy West Community Room
Tuesday, April 23, 4:30pm–5:30pm

Ages: 9–12 years old; adult supervision not required

Instructor: Lily Kilfoy

Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily Kilfoy in this hands-on cooking class for kids. Almost everyone loves the humble potato, and in this class, participants will work together to prepare several dazzling dishes that highlight this incredible ingredient. Baked, whipped, french-fried—even sweet potatoes will be explored. Vegetarian.

COOKING WITH CHEF PAUL: EXPLORING VIETNAMESE AND FRENCH CRÊPES

Location: Willy West Community Room
Thursday, April 25, 6:00pm–8:00pm

Ages: 13 and older; adult supervision required

Your Co-op's Own Instructor: Paul Tseng

Fee: \$10 for Owners; \$30 for non-owners

Join Chef Paul to explore the unique cultural experience of crêpes from across the globe! Learn all about the differences between French and Vietnamese crêpes—how they're made, how they're filled, and how they're enjoyed in these two distinct regions of the world.

SALT AND ITS HEALING PROPERTIES

Thursday, April 25, 6:00pm–7:00pm

Ages: Any; adult supervision required

Fee: Free; registration required

Katy Wallace, Traditional Naturopath of Human Nature LLC, presents ways that our bodies demonstrate salt imbalances such as Candida overgrowth, SIBO, stomach acid issues, low and high blood pressure, hormonal problems and over-acidity. We'll discuss the various sources of salt available to consumers and how to incorporate raw salts into your regular routine. Vegan, gluten-free and grain-free.

COOKING TOGETHER: FLAVORS OF GERMANY

Location: Willy East Community Room
Friday, April 26, 5:30pm–6:45pm

Ages: 5 and older; registration for adults and kids required

Instructor: Lily Kilfoy

Fee: \$10 for Owners; \$20 for non-owners

Join Chef Lily in this hands-on cooking class for families. Learn about different foods and where they come from, how to follow recipes and how to use a variety of tools. In this class, participants will prepare Chef Lily's take on a homemade meal inspired by flavors from Germany. Cabbage, Berox, potatoes, Spatzel, and a buttery cherry dessert are just a few of the tasty things that will be explored. Vegetarian.

HERBAL APPROACHES TO LYME DISEASE AND PREVENTION

Location: Willy East Community Room
Thursday, May 2, 6:00pm–8:00pm

Ages: 13 and older; adult supervision required

Instructor: Linda Conroy

Fee: \$20 for Owners; \$30 for non-owners

There is much confusion about Lyme disease and how to prevent as well as treat it naturally. Join veteran herbalist Linda Conroy for this overview of how to play in the woods mindfully as well as how to respond when you have been exposed to the various infections that are related to tick bites. Everyone will leave with resources and information on how to access resources for further support. This class is not designed to and does not provide medical advice, professional diagnosis, opinion, treatment, or services. Classes provided by Willy Street Co-op are for informational and educational purposes only and are not meant to replace medical consultation with your physician.

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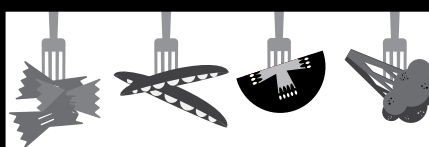
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menus on our website.

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