

**MAY 13-19**

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



**Grocery**



Sunshine Burger Company  
**Veggie Burgers**  
 Garden Herb,  
 Falafel Burgers  
 8 oz • Owners save \$1  
**\$4.49**

Newman's Own  
**Organic Pretzel Sticks**  
 8 oz • Owners save 50¢  
**\$2.99**

Stubb's  
**Original BBQ Sauce**  
 18 oz • Owners save 50¢  
**\$3.49**

Miyoko's Creamery  
**Plainly Classic Vegan Cream Cheese**  
 8 oz • Owners save 80¢  
**\$4.49**

Sonoma  
**Ivory Teff Wraps**  
 6 pc • Owners save \$80¢  
**\$3.99**

**Produce**

**Organic Raspberries**  
 From Mexico  
 1/2 pint • Owners save 50¢-\$1.98  
**2 for \$8 or**  
**\$4.49/ea**

**Organic Blackberries**  
 From Mexico  
 1/2 pint • Owners save \$1-\$2.98  
**2 for \$5 or**  
**\$2.99/ea**

**Organic Zucchini**  
 From Mexico  
 Rndm wt • Owners save 80¢/lb  
**99¢/lb**

**Organic Mini Sweet Bell Peppers**  
 From Mexico  
 1-lb • Owners save \$1.50  
**\$2.99**

**Organic Rio Star Grapefruit**  
 From Texas  
 Rndm wt • Owners save 50¢/lb  
**99¢/lb**

**Organic Blueberries**  
 From California  
 1 pint • Owners save \$1.50-\$3.98  
**2 for \$10 or**  
**\$5.49/ea**

**Organic Spinach**  
 From Wisconsin  
 Rndm wt • Owners save \$2/lb  
**\$7.99/lb**

**Cheese**

Renard's  
**2-Year White Cheddar**  
 Rndm wt • Owners save \$1/lb  
**\$8.99/lb**

**Meat**

Wisconsin Meadows  
**Grass-Fed 80/20 Ground Beef Pre-Pack**  
 16 oz • Owners save \$1.30  
**\$5.49**

Cedar Road  
**Old World Hotdogs**  
 Rndm wt • Owners save \$1/lb  
**\$4.99/lb**

**Wellness & Housewares**

Desert Essence  
**Tea Tree Toothpastes**  
 All Kinds on Sale!  
 6.25 oz • Owners save \$1  
**\$4.79/tx**

Wedderspoon  
**Organic Manuka Honey Pops**  
 4.15 oz • Owners save \$2.50  
**\$9.99/tx**

Natural Vitality  
**Natural Calm**  
 All Kinds on Sale!  
 8 oz • Owners save \$15%  
**15% off**

NatraCare  
**Ultra Pads w/Wings**  
 Super, Long  
 10-12 pc • Owners save 50¢  
**\$4.49/tx**



**ON SALE THURSDAY, MAY 16 ONLY**  
 Willow Creek  
**Pasture-Raised Bone-In Pork Chops**  
 Rndm wt • Owners save \$1.50/lb  
**\$7.99/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](http://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: BETTER BRUNCH!

Location: Willy East Community Room  
Tuesday, May 21, 4:30pm–5:30pm

Ages: 5–8 years old; adult supervision not required

Instructor: Lily Kilfoy

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

Join Chef Lily Kilfoy in this exciting cooking class for kids. You can't beat brunch—the cool combination of breakfast and lunch. In this class, participants will cook up some of Lily's favorite recipes—pancakes and french toast, muffins, eggs, smoothies, fruits and more! Vegetarian.

## VEGAN CHEESE-MAKING

Location: Willy West Community Room  
Tuesday, May 21, 6:00pm–8:00pm

Ages: 13 and older; adult supervision not required

Instructor: Cara Moseley

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

Join Vegan Chef Cara Moseley to learn her basic vegan cheese recipe, variations to make different styles of vegan cheeses, and several ways to achieve the perfect texture and flavor using unique ingredients. She will also share information about how to use the vegan cheeses in place of dairy in many culinary applications. Many samples will be provided. Vegan, gluten-free and grain-free.

## MERITS OF A KETOGENIC (FAT-BASED) DIET

Location: Willy East Community Room  
Thursday, May 30, 6:00pm–7:00pm

Ages: Any; adult supervision required  
Fee: Free; registration required

Until recently, the benefits of a fat-based diet were poorly understood by most. Katy Wallace, Traditional Naturopath of Human Nature, LLC will present how a fat-based diet may be key to resolving issues such as weight-loss resistance, cognitive decline,

insomnia, and blood sugar swings. Learn what to expect, how to balance a meal, and how to track your progress. Gluten-free and grain-free.

## FAIR TRADE BANANAS

Location: Willy West Community Room

Wednesday, May 22, 6:00pm–7:30pm

Ages: Any; adult supervision required

Your Co-op's Own Instructor: Megan Minnick

Fee: Free; walk-ins welcome

Have you ever wondered what's behind the Fairtrade sticker on the organic Fairtrade certified bananas you buy at the Co-op? Megan Minnick, our Director of Purchasing recently went on a week long expedition to Colombia to find out, and she is eager to share her experience! In this class you will learn about the Fairtrade International standards, and how your purchase of Fairtrade bananas here in Wisconsin positively affects banana growers, workers, their families, and their communities halfway around the world.

## MERITS OF A KETOGENIC (FAT-BASED) DIET

Location: Lakeview Library

Tuesday, June 4, 6:00pm–7:00pm

Ages: Any; adult supervision required

Fee: Free; registration required

Until recently, the benefits of a fat-based diet were poorly understood by most. Katy Wallace, Traditional Naturopath of Human Nature, LLC will present how a fat-based diet may be key to resolving issues such as weight-loss resistance, cognitive decline, insomnia, and blood sugar swings. Learn what to expect, how to balance a meal, and how to track your progress. Gluten-free and grain-free.

## LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

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

Ages: 18 and older

Your Co-op's Own Instructor: Paul Tseng

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

Join Chef Paul as he guides participants through hands-on knife skills, including the major cuts, slices and dices. Chef Paul will discuss kitchen knife essentials, including how to sharpen and maintain a knife. Participants should bring their favorite kitchen knife from home to practice with. Vegan.

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