

willy street co•op

# READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI

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on pg. 28

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READER

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The Willy Street Co-op *Reader* is the monthly communications link among the Co-op Board, staff, and Owners. It provides information about the Co-op's services and business as well as about cooking, nutrition, health, sustainable agriculture, and more. Views and opinions expressed in the *Reader* do not necessarily represent those of the Co-op's Directors, staff, or Ownership. Willy Street Co-op has not evaluated the claims made by advertisers. Acceptance of advertising does not indicate endorsement of the product or service offered. Articles are presented for informational purposes only. Before taking action, you should always consult a professional for advice. Articles may be reprinted with permission from the editor.

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The Board meets 8–10 times a year, meetings are held at the Central Office, 6:30–8:30pm. Owners are invited to attend during the open session of the BoD meeting. See [www.willystreet.coop/events](http://www.willystreet.coop/events) and select the Board category for details.

**January 28, 2026**

**March 25, 2026**

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**June 24, 2026**

**EMAIL: BOARD@WILLYSTREET.COOP**  
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(includes the GM, Executive Assistant, and Board Administrator)

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THE WILLY STREET GROCERY CO-OP

MISSION STATEMENT

Cultivate and empower community, customers, employees, and suppliers through cooperative principles and practices.

**EIGHT COOPERATIVE PRINCIPLES**

VOLUNTARY OPEN MEMBERSHIP

DEMOCRATIC MEMBER CONTROL

COOPERATION AMONG COOPERATIVES

AUTONOMY AND INDEPENDENCE

DIVERSITY, EQUITY, AND INCLUSION

MEMBER ECONOMIC PARTICIPATION

CONCERN for the COMMUNITY

EDUCATION TRAINING AND RECREATION





## KERNZA GRAIN N/A BEER

I write today to inform your beer purchasers of another carbon reducing effort I would like to support--and would like the coop to support. Deschutes Brewery and Patagonia Provisions partnered to develop N/A and regular lager beer from kernza grain. The product has won some awards. As I am sure the Coop's buyers know, kernza is an ancient, perennial grain that grows very deep roots and sequesters significant amounts of carbon. You already carry kernza cereal from Cascadian Farms. You also carry products by Patagonia Provisions and Deschutes Brewery. Low carbon beer seems like a natural for a Wisconsin coop. I will buy the product if you stock it

Thanks so much for your email regarding kernza grain beer! Willy North is already carrying Deschutes 6 packs of NA Kernza Golden Brew. I will look into Patagonia Provisions beers, as we haven't carried any of their beers previously and am not sure which alcohol distributor works with this brand. I appreciate your feedback! -Nick Heitman, Meat, Seafood, Beer, Wine & Spirits Category Manager

## PLASTIC IN PRODUCE

Something I like to do when shopping at the co-op is checking out the discount not-so-hot fruit and veg. While I like to buy these items often, something that often is discouraging is the amount of plastic I am accumulating from grabbing items in this section. I like shopping at the co-op for the reduced/no plastic ways of shopping. While I understand that the plastic bags make it easier to sell the items together, is there a way for these to be packaged without the plastic bags?

Thanks for the comment. Reducing plastic use in the Co-op is an important issue that we continue to work on as an organization. We've trialed some alternative products, found success with some of those for other applications throughout the stores, but they did not hold up well in the discount produce areas. We'll keep looking. I think as a result of general growing consumer concern around plastics, we'll see some better options soon! -Andy Johnston, Produce Category Manager

## DOUBLE DOLLARS

Thank you for the Double Dollars! This, and that other food program you offer, are so very welcome right now especially! Excellent presentation on this Double Dollars program online, but I did want to ask, or just clarify, that there are no dairy or meat products included. If this is correct, I can understand why this is the case, and I understand the goal. Just wondering: if there have been a lot of questions about this, perhaps the online info can be expanded to include this info. Thanks again for these programs, you guys. It means a lot. By the way, I am one of the many, many Elders, who co-founded this co-op grocery movement, and I want to tell you that I am proud of you.

First off, thank you for being a founding Owner with us! We would not be where we are today without you. Thank you for your kind positive feedback on how we have gone about supporting the Double Dollars program this month. It means a lot to us. You are correct, both meat and dairy products are not part of the Dollars Program due to us needing to follow USDA nutrition grant guidelines, in addition to having the same parameters as our Dane County Farmers' Market partners. We sit on the City/County Double Dollars stakeholders core team, and we all have to follow the same guidelines due to funding parameters. Thanks for asking. -Kristina Kuhaupt, Customer Experience Manager

## NEW CENTURY EGGS

I usually buy my organic eggs from a lady who raises chickens. I eat them hard boiled daily. Yesterday I ran out of eggs. So I bought New Century Farm Pasture Raised Organic Eggs from you. Best eggs i've ever had. Thank you so much for having them

So glad you liked the New Century Eggs! We are a pretty big fan of them around here also. -Jason Zabinski, Willy East Grocery Manager

## ABE'S CORNBREAD

Why don't you have Abe's cornbread anymore? It's the best we've ever had.

Thank you for asking about the Abe's Cornbread. We have been wondering the same thing ourselves. It's been out of stock from our vendor for a good while now. I assure you we have not discontinued the cornbread and that we continue to order it. Hopefully it will be available to us and back on the shelves again soon. -Bob Smith, Willy East Deli Manager

## KUDOS TO CO-OP DRIVERS

I live right by Willy East and frequently walk in the neighborhood around there, the production kitchen, and the main office. I see staff driving the Willy St Co-op vehicles, including the big trucks, all the time, and they do such a good job! They are always going slow and seem very conscious of all the pedestrians and bicyclists in the area. I really notice the difference when I am in crosswalks. The Co-op staff always make eye contact with me and give me a wave so I know it is safe to cross in front of them. I wish this were normal behavior for all drivers, but it isn't. I'm glad that at least the Co-op staff are trying to keep the streets safe. Thanks!

Thank you so much for reaching out! This is such a nice comment to receive. My team is in charge of transporting the Deli and Bakery items from our Off-Site Kitchen to all sites with our large box truck, and delivering food to the Madison Children's Museum using vans from our little fleet. They'll be happy to hear that their safe and considerate driving has been noticed. -Lacey Smith, Logistics Manager

## WALLABY YOGURT

Please return wallaby yogurt: <https://wallabyyogurt.com/>. You used to stock it, and now only Whole Foods has it. It is very inconvenient for me to go there just for yogurt since I leave on the east side. Any time i go to get yogurt there, i buy all other groceries there too. I prefer shopping at my local coop vs Whole Foods, but there's no comparable alternative to this yogurt. And when i say tried all of your yogurt - i tried it all.

Thank you for your email, and we too want Wallaby to return to the Co-op. Wallaby was recently bought out by another company, so their distribution changed. We are awaiting our distribution partners to

have them back in their catalog. When that happens, we will have it back on the shelves. Sorry for the inconvenience, but this soon should be resolved. -Garet Bauer, Willy East Assistant Grocery Manager

## GIFT CARDS FOR CLASSES

I have a quick question about the kids cooking classes you offer. Do I need to be a co-op member to reserve a spot, and also, I'd like to give this to my nephew as a birthday gift but want to allow them to choose which classes. Is there any sort of gift certificate option I could give them that they could put towards classes?

What a fun gift idea! You do not need to be an Owner to register for classes. Sprouts kids classes are \$15 for Owners and \$25 for non-owners. If you're interested in becoming an Owner (for as little as \$10 for the year), check out our Ownership information and pricing on our website: [willystreet.coop/ownership](http://willystreet.coop/ownership). We don't have a gift certificate specifically for classes, but you could purchase a gift card at any of our stores or over the phone. Alternatively, we can send you a link to pay for a certain number of classes, and then your nephew can register for the classes he wants via the registration form. Please let me know which is easier for you, and I can help you with that. -Liz Hawley, Education and Outreach Coordinator

*Editor's Note: We now have class-themed gift cards at Customer Service.*

## CHICKEN VACCINES

Thanks for your article on "Know your local egg farmer". I have a question: Is M&M Organic Farms the only egg producer that vaccinates their chickens or did the other producers just not mention that because it wasn't directly asked? I'm also interested in what you can tell me about the use of mRNA vaccines for livestock by any of the meat and dairy producers that sell their products at the Co-op.

Thank you for your questions. We did not ask our egg producers specifically about vaccinations. The question we asked was how animals were treated if they were sick. So that just came up as part of M & M Organic Farms' answer. I checked in with my colleague about meat producers using mRNA vaccines. As far as we know, there are no mRNA vaccines currently licensed or approved for use for dairy or beef cattle. -Dean Kallas, Grocery Category Manager

## BUCKET-O-BUTTS

Bucket-o-Butts. Sell the butts of the sweet breads as a gag gift to send to friends - or enemies.

Thank you for taking the time to write to us with your idea about our ends of the loaves of our sweet breads! We will discuss this idea within our team here at the Willy Street Co-op Kitchen. Your friends and enemies alike would be able to make a delicious bread pudding with those! -Renee Strobel, Kitchen Director

## STRAUS ICE CREAM

Kudos to the purchasing department for buying Straus Ice Cream. Someone did their homework and discovered the cutting edge research Strauss Creamery has done with UC Davis. The astonishing breakthrough in reducing methane emission from dairy cows is very important for dairy farmers and society combating climate change. Strauss is helping all of us. We in turn should support it. If you buy Strauss milk or other products, I will buy them, too. Please let us know if other dairy suppliers in your store are following Stauss' example.

Thank you for your positive comments about Straus Family Creamery. They have done some interesting work with UC Davis that could have an impact on the methane emissions of cows. I have not heard or read much lately about other companies' incorporation of red seaweed as a feed supplement in their dairy or cattle herds, but it sounds promising! -Dean Kallas, Grocery Category Manager


Have a comment or request you would like to share?

We would love to hear from you!




[www.willystreet.coop/contact-us](http://www.willystreet.coop/contact-us)





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## JUST ENOUGH!

Feel free to purchase just one stalk of celery or broccoli, one bunch of grapes, or one banana.  
 Produce Staff can cut a cabbage or cauliflower in half for you.

Some restrictions apply.  
Feel free to inquire if you have a question!


**willy street co-op**



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**By: Anya Firszt,  
General Manager**

**H**ello Co-op Owners. 2026 is here! Happy New Year.

**THINKING OF MAKING A NEW YEAR'S RESOLUTION?**

If expanding your culinary skills is on your list, consider taking a cooking class at the Co-op. You can learn how to prepare pork belly in three different ways or discover how to create a traditional Turkish meal. Additionally, you might be interested in a series of classes focused on Taiwanese street food or the cultural influences of gumbo. My mouth is watering just thinking about this! Happy cooking (and eating).

**FIND YOUR WELLNESS AT THE CO-OP**

Wellness Wednesday is on January 7 and, as an additional Owner benefit, we're offering a 15% discount this month on your health and wellness purchases. See you in the wellness aisle. We'll also have sales on organic citrus, salmon, and Willy Street Co-op packaged salads. See page 16 for more information.

**CHANGE AT THE REGISTER**

The idea that the penny would ever be discontinued seemed to me as far-fetched as enjoying a delicious vegan donut. However, Level 5 Donuts has created a delightful vegan donut you can truly sink your teeth into, and the minting of American pennies officially ended last November.

Starting December 29, all cash-back from Co-op transactions will be rounded up to the nearest nickel, applicable at both staffed registers and self-checkout stations. This rounding will benefit the customer.

What's not affected by this change:

- The prices of products on shelves or online
- Transactions made with credit or debit cards, checks, Google Pay, Apple Pay, Wisconsin FoodShare/QUEST, WIC and gift cards (basically all non-cash transactions).

**FY25 PATRONAGE**

I am sharing this update yet again to emphasize one crucial way cooperatives differ from other businesses: patronage. We are excited to announce that we can offer patronage refunds for the fiscal year 2025 to you, our Owners.

Fiscal Year 2025 (FY25) ran from June 30, 2024, to June 29, 2025, and was a profitable year. We had net income of \$579,723 before provision for income

taxes. This surplus allowed us to continue operating on a sound financial basis and to return a portion of the profit to Owners. We greatly appreciate your part in making it a successful year for your Co-op!

Per bylaw 6.5, your Board of Directors voted to allocate part of the surplus, or profit, as a patronage refund, with a portion distributed as a store credit.

Those Owners who are receiving a store credit will be sent an email by January 5 or a letter by January 14 with details about their refund. Store credits for eligible Owners will be available at the registers starting on January 12. You can apply the credit towards a purchase, request cash back, or donate it to the Double Dollars program. To ensure that only the primary (or secondary, for household accounts) Owner uses credits, you need to sign for the refund. If you request your store credit as cash, you must provide a photo ID. Owners must claim their patronage store credits by June 28, 2026.

If you prefer to receive Co-op notifications via email, please make sure we have your current email address, which can be updated at Customer Service or by sending an email to [ora@willystreet.coop](mailto:ora@willystreet.coop).

**2026 COMMUNITY REINVESTMENT FUND (CRF)**

The Community Reinvestment Fund annual granting cycle deadline is only weeks away. CRF applications are available online and due on January 15. Find more information at: [www.willystreet.coop/crf](http://www.willystreet.coop/crf).

These grants are funded by abandoned and donated equity. The funds are deposited into a separate foundation, held in our name, and withdrawn to support qualified 501(c)3 nonprofits and cooperatives incorporated under Wis. Statute 185.

This year, the Co-op will award a total of \$85,000 in grants to selected recipients. Out of that amount, \$20,000 is specifically reserved for up to two recipients who will make larger capital purchases or investments that will support our local food system.

**FY2025 ANNUAL REPORT**

The FY2025 Annual Report was sent out last month to Owners either by printed copy or electronically. If you missed it, you can check out the report on our website here: [willystreet.coop/fy25-annual-report](http://willystreet.coop/fy25-annual-report).

**DATES TO THINK ABOUT:**

- January 1: New Year's Day - closed
- January 7: Wellness Wednesday - 15% off

All the best to you in this new year.  
-Anya



**ONE MORE REASON CO-OPS ARE GREAT**

**By: Dan Streit, Board Member**

**M**aybe, like me, you first started shopping at Willy Street Co-op because you value the delicious array of local, sustainably grown foods that the Co-op's three stores offer. Or perhaps you like the idea that your grocery dollars are supporting a local business that gives back to the communities that it serves through grant-making, support for local organizations, and sponsorship of neighborhood events.

In addition to offering delicious, healthy foods and investing in its community, being a cooperative is central to Willy Street Co-op's identity and its way of doing business. Being a member of the Co-op means that you are also an Owner of the Co-op.

On behalf of your Board of Directors, I'm pleased to share that the Co-op was profitable in Fiscal Year 2025 (June 30, 2024-June 29, 2025)! As a co-op, Wisconsin state law gives the Board several options for how to use the organization's net surplus. The Board can choose to retain that surplus

on its balance sheet, or it can distribute the surplus among the cooperative's members.

Every October, Willy Street Co-op's Owners cast votes to elect the organization's Board of Directors. As Board members, we represent the interests of the Co-op's 34,442 Owners, while also being responsible for governing the organization in a way that supports the Co-op's long-term financial sustainability.

The Board weighed these responsibilities as it deliberated on how to use the FY25 surplus. Owners have invested in the Co-op and have sustained the Co-op for more than 50 years. Willy Street Co-op's staff work tirelessly to ensure that the amazing local, sustainable foods that first drew you to the Co-op are there for you any time you choose to stop by one of the stores. We also recognize that Willy Street Co-op needs to manage its financial resources so that it can continue to thrive in an increasingly competitive and consolidated retail grocery market.

The Board decided to distribute the FY25 net surplus so as to recognize the value of the investments of Owners in Willy Street Co-op and the essential contributions of staff, while also investing in supporting the financial wellbeing of the organization. To achieve these objectives, the Board voted to distribute a profit share to staff and to use 40% of the available funds to issue patronage refund store credits to Owners and to retain the remaining 60% of the funds on the Co-op's balance sheet in order to sustain Willy Street Co-op through any challenges in the year ahead.

Please look for more information on how to access your store credit (if you spent more than \$586.50 in FY25) in your mailbox or email inbox by January 14. Thank you and enjoy!



**New**

Now offering premium wild seafood from Sitka Seafood Market, a local company partnering with small-boat fishers in Alaska and beyond. Their sustainably harvested, traceable, flash-frozen selections—like cold-smoked lox, salmon candy, coho, sockeye, swordfish, sablefish, and salmon breakfast sausages—are caught in cold, clean waters and processed for peak freshness. Available at all three stores.

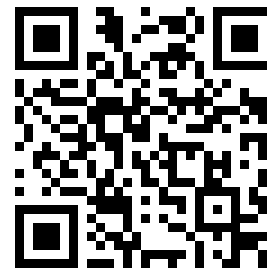
Learn more at [sitkaseafoodmarket.com/pages/about](http://sitkaseafoodmarket.com/pages/about).





To register for classes and check out our refund policy, scan the QR code or go to:

[www.willystreet.coop/events](http://www.willystreet.coop/events)



### CULTURAL INFLUENCES OF GUMBO: NATIVE AMERICAN

Location: Aubergine, 1226 Williamson St.  
Tuesday, January 6, 5:30pm–7:30pm  
Ages: 13+, adult supervision required  
Instructor: Steffry Langham  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 10

We will explore the history, culture, and foods that made Louisiana a true melting pot. We will explore by ingredients and/or culture, sampling foods that contributed to the main dish of the state, Gumbo. Join Steffry to discuss the traditions and history that make Louisiana what it is today. On the menu: Macque Choux, Three Sisters Succotash, File Lasagne, and Fry Bread. Recipes contain: wheat. Demonstration with limited hands-on opportunities.

### COOKING WITH CHEF PAUL: NUTRITIOUS MEALS ON A BUDGET

Location: Lakeview Library  
Thursday, January 8, 6:30pm–7:30pm  
Ages: 12+; adult supervision required  
Your Co-op's Own: Paul Tseng  
Fee: Free; registration required  
Capacity: 12

Join Chef Paul to learn how to select and store produce, meal plan to make the most of fresh fruits and vegetables, and how to reduce food waste in your kitchen. Register at <https://www.madisonpubliclibrary.org/spaces/events/calendar>. Registration will open two weeks prior to the program date.

### A TRADITIONAL TURKISH DINNER

Location: Willy West Community Room  
Wednesday, January 14, 5:30pm–7:30pm  
Ages: 16+; adult supervision not required  
Instructor: Sharon Long  
Fee: \$45 for Owners; \$55 for non-owners  
Capacity: 8

Help prepare a culturally traditional Turkish meal with Sharon! On the menu: Ottoman Salad, Kofte made with a combination of beef and lamb, and the quintessential Turkish dessert, künefe. You will also take home a sample of either Ottoman spices or Kofte spices, hand-carried to Madison from Istanbul. Recipes contain: milk, tree nuts, and wheat. Demonstration and hands-on.

### VEGETARIAN COOKING: LENTILS AND LEGUMES

Location: Aubergine, 1226 Williamson St.  
Wednesday, January 14, 5:30pm–7:30pm  
Ages: 12+; adult supervision required  
Your Co-op's Own: Mike Tomaloff  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 10

You don't have to be a vegetarian to enjoy hearty and healthy ingredients like beans, lentils, and peas. Chef Mike will demonstrate and serve a hearty lentil stew with greens and potatoes, classic split pea soup, and dal saag (curried red lentils with spinach), and we'll even make a batch of naan bread from scratch. Vegetarian. Recipes contain: wheat, milk, and eggs. Demonstration with limited hands-on opportunities.

### COOKING WITH CHEF PAUL: PLANT-BASED MEALS

Location: Willy West Community Room  
Thursday, January 15, 5:30pm–7:30pm  
Ages: 12+; adult supervision required  
Your Co-op's Own: Paul Tseng  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 10

Join Chef Paul to learn helpful tips to get started eating more plant-based foods—from setting up your pantry to cooking techniques to replacing animal proteins with plant-based ones to adding more fiber into your daily meals. The options are limitless! Recipes contain: soy and tree nuts. Demonstration only.

### A MADE-WITHOUT-GLUTEN MEAL

Location: Willy West Community Room  
Tuesday, January 20, 5:30pm–7:30pm  
Ages: 12+; adult supervision required  
Your Co-op's Own: Mike Tomaloff  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 10

Join Chef Mike for some made-without-gluten goodness that everyone can enjoy. Let's start with some soup, hot and sour thickened a little with some cornstarch. Next on the menu: creamy pan grilled polenta cakes with a rich mushroom ragout and goat cheese. Finally, to finish our foray into flourless foods, a decadent chocolate cake with brandied Wisconsin cherries. Recipes contain: milk, eggs, soy. Demonstration with limited hands-on opportunities.

### COOKING WITH CHEF PAUL: FONDUE AND SHABU-SHABU

Location: Aubergine, 1226 Williamson St.  
Thursday, January 22, 5:30pm–7:30pm  
Ages: 12+; adult supervision required  
Your Co-op's Own: Paul Tseng  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 10

In cold weather, making stock will

warm up our dwellings and hearts. We also like to sit down with family and enjoy a cozy meal together. One of the best ways is to have a hotpot or fondue dinner. This melting pot experience will delight and warm our hearts. In this cooking class, Chef Paul will show you how to make hot and comforting meals from a range of cultural backgrounds from Switzerland to Japan. Recipes contain: milk, wheat, and seafood.

### CHICKEN: FROM PROCESSING TO PREPARATION

Location: Willy West Community Room  
Tuesday, February 3, 5:30pm–7:30pm  
Ages: 12+; adult supervision required  
Your Co-op's Own: Mike Tomaloff  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 10

Whole chickens cost less per pound than pieces, and can save a pretty penny if you know how to process them. Join Chef Mike for a lesson in butchering and the basics of cooking poultry. Recipes include chicken picatta and Aunt Hattie's cornflake chicken. We will also discuss food safety when handling raw meat, chicken in particular. Recipes contain: wheat and milk. Demonstration with limited hands-on opportunities.

### THE BEST OF SCOTLAND

Location: Willy West Community Room  
Tuesday, January 27, 5:30pm–7:30pm  
Ages: 16+; adult supervision not required  
Instructor: Sharon Long  
Fee: \$45 for Owners; \$55 for non-owners  
Capacity: 8

Scotland isn't the first country you think of when someone says gourmet cuisine. Sharon will share with you the excellent dishes she learned from the Isle of Mull and Edinburgh. On the menu: Seafood Fritters, Salmon with Caviar-Dill Creme Fraiche, and an adaptation of Cranachan, a Scottish layered dessert with drunken fruit. Recipes contain: milk, fish, shellfish, and wheat. Demonstration and hands-on.

### COOKING WITH CHEF PAUL: CAST IRON 101

Location: Willy West Community Room  
Thursday, January 29, 5:30pm–7:30pm  
Ages: 12+; adult supervision required  
Your Co-op's Own: Paul Tseng  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 10

Bring your cast iron skillet from home to learn how to season, clean, and maintain it properly—this is one cooking pan you shouldn't be without! On the menu: flatbread pizza, blackened salmon, steak fajitas, and berry cobbler—all made in cast iron! Recipes contain: fish and wheat. Demonstration and hands-on.



### HORMONE BALANCE, NATURALLY

Location: Zoom  
Wednesday, January 21, 12:00pm–1:00pm  
Instructor: Katy Wallace, ND  
Fee: Free; registration required  
Capacity: 50

Do you suspect your hormones are out of whack? Katy Wallace, Naturopathic Doctor of Human Nature will present four priorities to focus on to balance your hormones naturally, without replacement- or bio-identical hormones.

### BALANCING BLOOD PRESSURE

Location: Zoom  
Wednesday, February 18, 12:00pm–1:00pm  
Instructor: Katy Wallace, ND  
Fee: Free; registration required  
Capacity: 50

To succeed in lowering blood pressure naturally, it helps to combine proper dietary changes with natural supplements and activities. Join Katy Wallace, Naturopathic Doctor, of Human Nature, LLC, in a presentation of multiple strategies to lower blood pressure.



### SPROUTS: IT'S EASY BEIN' CHEESY

Location: Willy West Community Room  
Tuesday, January 13, 4:00pm–5:00pm  
Ages: 5–11 years old; adult supervision not required  
Your Co-op's Own: Mike Tomaloff  
Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner  
Capacity: 10

Cheese comes in all shapes, sizes, colors, and smells! Join the Sprouts and Mr. T. to sample a bunch of different cheeses, some familiar and some not so familiar. Then, we'll turn some of that



cheese into a creamy sauce and put it on macaroni for a delicious mac and cheese! Recipes contain: milk, eggs, and wheat. Hands-on

**SPROUTS: CHICKEN AND DUMPLING SOUP**

Location: Aubergine, 1226 Williamson St.  
Monday, January 19, 4:00pm–5:00pm  
Ages: 5-11 years old; adult supervision not required  
Your Co-op’s Own: Mike Tomaloff  
Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner  
Capacity: 10

The holidays are behind us, the New Year is underway, and there’s still more chilly weather ahead! What’s a Sprout to do? How about warming up with some classic comfort foods? Join Chef Mike to make a pot of rich and hearty chicken soup full of pillowy soft dumplings, which we’ll enjoy with buttery rolls. Be warned, you might need a nap afterwards—this is serious winter coziness. Recipes contain: eggs and wheat. Hands-on.

**SPROUTS: I DIP, YOU DIP, WE DIP**

Location: Willy West Community Room  
Tuesday, February 10, 4:00pm–5:00pm  
Ages: 5-12; adult supervision not required  
Your Co-op’s Own: Mike Tomaloff  
Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner  
Capacity: 10  
Roll up those sleeves ‘cuz this might get a little messy. The Sprouts are getting together again to roll some truffles and make some bon bons to dip and enrobe in some delicious Fair Trade chocolate from the Co-op. We’ll make traditional chocolate ganache truffles, salted caramel chocolates, and some creamy coconut balls! We’ll eat a few, and you can take some home for your Valentine, too! Recipes contain: milk. Hands-on.

**SPROUTS: TANGHULU**

Location: Aubergine, 1226 Williamson St.  
Thursday, February 26, 4:00pm–5:00pm  
Ages: 5-12; adult supervision not required  
Your Co-op’s Own: Mike Tomaloff  
Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner  
Capacity: 10  
Tanghulu, fresh fruit coated in a hard sugar shell, has been a big hit online lately and has been a popular treat in China since the Song Dynasty, 1000 years ago! It’s easy and fun to make, looks really cool, and is of course very tasty. Mr. T. will guide the Sprouts to carefully prepare the sugar, skewer our fruits, dip them in the sugar and quickly plunge them into icy water. Recipes contain no allergens. Hands-on.

**SPROUTS: BOBA? YOU BETCHAI!**

Location: Willy West Community Room  
Tuesday, March 10, 4:00pm–5:00pm  
Ages: 5-12; adult supervision not required  
You’re gonna need a big straw to get all those squishy boba pearls from the bottom of your cup! Fortunately, Mr. T has a stash of them and all the fixings to make our own brown sugar boba teas at home! Recipes contain: milk (non-dairy milk option available). Hands-on.



**45-MINUTE INDIVIDUAL NUTRITION CONSULTATIONS**

Location: Aubergine, 1226 Williamson St.  
Tuesday, January 20, 1:30pm–4:45pm  
Wednesday, February 4, 1:30pm–4:45pm  
Wednesday, March 18, 1:30pm–4:45pm  
Location: Willy West Community Room  
Wednesday, January 28, 1:30pm–4:45pm  
Tuesday, March 3, 1:30pm–4:45pm  
Virtual:  
Wednesday, March 4, 1:30pm–4:45pm  
Fee: \$55 for Owners; \$90 for non-owners  
An individual nutrition consultation is your opportunity to learn how the correct food choices for your body can enhance your well-being. A one-on-one session with Katy Wallace of Human Nature includes a 45-minute consultation regarding your health goals, as well as lifestyle and food choice suggestions geared toward addressing health goals and developing sustainable change. Appointments are confirmed upon payment. Payment is due at the time of scheduling; otherwise, the appointment will be released to other interested parties. Payment is non-refundable and non-transferable unless notice of cancellation or rescheduling is provided seven (7) or more days prior. To register for the next available opening, email [info@humannaturellc.com](mailto:info@humannaturellc.com) or call 608-301-9961.

*Classes provided by Willy Street Co-op are not designed to and do not provide medical advice, professional diagnosis, opinion, treatment, or services. Classes are for informational and educational purposes only and are not meant to replace medical consultation with your physician.*



**BAKING SOURDOUGH BREAD**

Location: Willy West Community Room  
Saturday, January 10, 2:00pm–4:00pm  
Location: Aubergine, 1226 Williamson St.  
Thursday, January 29, 5:30pm–7:30pm  
Ages: 12+; adult supervision required  
Instructor: Wendy Porterfield  
Fee: \$30 for Owners; \$40 for non-owners  
Capacity: 12  
Learn the art of sourdough—and enjoy fresh bread, too! Discover the health benefits of sourdough, how to care for a starter, and how to mix, knead, shape, and bake bread. You’ll take home a dough ball to bake, an organic starter with locally grown flour to feed it, and a recommended supply list. Please bring a small bowl and a tea towel to transport your dough. Recipes contain: wheat. Hands-on.

# Keep your resolutions on track with Willy Street Co-op!

## Cook more at home!

Improve your skills with new kitchen tools and cooking classes.

### Sign up for classes like:

- Baking Sourdough Bread
- Vegetarian Cooking
- Plant-Based Meals
- A Made-Without-Gluten Meal
- Individual Nutrition Consultations
- Nutritious Meals on a Budget and more!

### See all of our classes at:

[willystreet.coop/events](http://willystreet.coop/events)



## FIND YOUR WELLNESS

# Get Cooking in the New Year!

Purchase 5 adult or 5 kids cooking, baking or food preparation classes in 2026 and receive either an adult Willy Street Co-op Apron, or a kids Sprouts Apron for free! Let's get cooking!

Sign up at [willystreet.coop/events](http://willystreet.coop/events)

\*While supplies last.\*

\*Adult and kids classes can't be mixed to receive an apron.\*



## Advertise in the Reader!

Reach over 35,000 Co-op Owners

Find info at [willystreet.coop/advertising](http://willystreet.coop/advertising)

**willy street co-op**





FIND YOUR WELLNESS WITH CO-OP CLASSES

By: Kristina Kuhaupt, Customer Experience Manager

Happy New Year, fellow cooperators! I hope you had beautiful and nourishing holiday seasons filled with all the things that bring you joy.

January tends to be a time for many of us to contemplate what in our lives is helping us achieve our goals, and what potential new things to try out. It can also be a time to reconsider ideas we may have put on the back burner for another time—pun intended! Before I worked for the Co-op, I was an Owner for many years who enjoyed looking over all the contents of the *Reader*, and thinking to myself, “Oh, that class seems interesting and may help my nutrition goals,” but quite honestly—confession time—I never took the next step. It was always, “I will do that when my life slows down a bit.” As we know, that rarely happens, and now seeing what I could have experienced, I missed out on a lot of knowledge and encouragement to try new things to enhance my day-to-day life. Intention is really the key driver that determines what we choose to focus our time on and why. January is a great time to reflect on what those things are. As you do that mindful practice, I encourage you to consider Co-op classes as one of those things to more positively align your mind and body.

Our cooking classes, wellness classes, individual nutrition consultations, and lectures are some wonderful options to put into practice this new year. Below are some class options and food concepts to jumpstart your wellness journey.

SOURDOUGH BREAD

Sourdough got its revival into mainstream culture during the pandemic. Folks were looking for ways to connect to both food and people they may not have before. Beyond being a very yummy bread, do you know some of the benefits of sourdough?

It helps manage blood sugar better than other types of bread due to having a significantly lower glycemic index rating, thus allowing your body to process these sugars more slowly and not causing as large of a spike. This is due to the acetic and lactic acids produced in the sourdough fermentation process.

- 1. It can help boost your gut health due to the same fermentation process. Sourdough starter contains a lactic acid

- bacterium that can help release prebiotics, which can improve probiotic activity in the digestive system.
- 2. This same lactic acid can break down the not-easy-to-digest carbs that are present in flour, which leads to better digestion and less bloating.
- 3. The fermentation process in sourdough also helps break down phytic acid, which then allows your body to absorb more of the higher nutrients naturally found in this bread.
- 4. This same fermentation process also breaks down more of the gluten in wheat, which means sourdough bread contains less gluten than many other types of bread. It is not gluten-free, but it does help out with mild gluten sensitivity.
- 5. Sourdough helps your body to absorb antioxidants due to the lactic acid in the bread. This also helps with some disease prevention.

Sourdough classes at the Co-op:

- Baking Sourdough Bread with Wendy Porterfield (January 10, 15, and 29). See description on page 7.

VEGETARIAN COOKING

Vegetarian cooking can help pack a punch for those looking for nutrient-dense meals while helping slim down your grocery bill for the week, according to several studies. It can also have a positive environmental impact due to lower energy and emission outputs from fruit and vegetable farming rather than livestock farming.

Vegetarian meals tend to be high in antioxidants and fiber with lower saturated fat and cholesterol. These types of meals help reduce heart-related diseases, diabetes, and obesity-related illnesses. When these meals are planned out appropriately for your specific nutritional needs, focusing on whole fruits and vegetables and not additional sugars and synthetic non-meat foods, they can lead to more energy and less

sluggishness throughout the day.

Vegetarian classes at the Co-op:

- Vegetarian Cooking: Lentils and Legumes with Mike Tomaloff (January 14). See description on page 6.
- Cooking with Chef Paul: Plant-Based Meats with Paul Tseng (January 15). See description on page 6.

COOKING WITHOUT GLUTEN

Gluten intolerance is becoming more and more common. People experiencing this might feel bloated or gassy, have inflammation in the body, have a hard time focusing, and be very tired when eating foods made with that protein found in many wheat and grain-based foods. The options for a gluten-free diet are starting to become more mainstream, which is great to see. Jumpstart your own journey with Chef Mike.

Made-without-Gluten classes at the Co-op:

- A Made-without-Gluten Meal with Mike Tomaloff (January 20). See description on page 6.

CHICKEN ON THE CHEAP

If you are a meat-eater and want to purchase a whole chicken and use it to the fullest, the class below not only shows you how to save money, but also how to utilize the parts you may not know how to cut properly. If we are to consume meat, it is a great skill to utilize as much as possible before discarding. Plus, the carcass can be used to make your own home-made chicken stock.

Chicken classes at the Co-op:

- Chicken: From Processing to Preparation with Mike Tomaloff (February 3). See description on page 6.

Whole chickens cost less per pound than pieces, and can save a pretty penny if you know how to process them. Join Chef Mike for a lesson in butchering and the basics of cooking poultry. Recipes include chicken picatta and Aunt Hattie’s cornflake chicken.

We will also discuss food safety when handling raw meat, chicken in particular.

CONSULTATIONS AND FREE LECTURES

These are great one-on-one sessions that are tailored to your specific health needs and goals.

- 45-Minute Individual Nutrition Consultations with Katy Wallace (January 20 and 28, February 4, March 3, 4, and 18).

An individual nutrition consultation is your opportunity to learn how the correct food choices for your body can enhance your well-being. A one-on-one session with Katy Wallace of Human Nature includes a 45-minute consultation regarding your health goals, as well as lifestyle and food choice suggestions geared toward addressing health goals and developing sustainable change.

If you have not tried our classes before, a virtual lecture is a perfect way to jump in at no cost, and you can do it from home! Free and educational, while sitting on your couch—say no more!

Free Virtual Lectures with Katy Wallace:

- Hormone Balance Naturally (January 21)
- Balancing Blood Pressure (February 18)
- Food-Based Cleansing (March 11)

To register for any of these classes and more, see [willystreet.coop/events](http://willystreet.coop/events).



# Vegetarian Diets

## Lacto-Vegetarian

Excludes meat, poultry, seafood, and eggs. Dairy products (milk, butter, cheese, yogurt, etc.) are included.

## Pescatarian

Excludes meat and poultry, but includes fish, dairy, and eggs.

## Ovo-Vegetarian

Excludes meat, poultry, seafood, and dairy products, but allows eggs.

## Vegan

Excludes meat, poultry, fish, eggs, and dairy products. Some vegan diets also exclude honey.





MAGNESIUM GLOSSARY

By: Micky Ellenbecker,  
Purchasing Assistant

WHY IS MAGNESIUM IMPORTANT?

Magnesium is the fourth most common mineral found in the human body, and it’s known to play a part in more than 300 chemical reactions that take place in our bodies. It’s especially important for nerve and muscle function, cardiovascu-

lar health, blood pressure regulation, blood sugar control, bone density, protein synthesis, energy production, and DNA repair, which are all quite significant. Our bodies are complex ecosystems that never cease to amaze with constant cascading effects. For example, magnesium assists in the conversion of vitamin D to an active form, which then makes it available for your liver, and kidneys to metabolize it, and in turn the available vitamin D aids in calcium absorption.

MAGNESIUM DEFICIENCY

It’s estimated that 45% of Americans have a magnesium deficiency and 60% don’t achieve the recommended daily intake. It turns out there are many reasons for this. Firstly, mineral depletion in our soils has led to depleted mineral content in cultivated fruits and vegetables. Secondly, the increased consumption of processed foods, which is an average of 60% of the modern diet, leads to deficiencies due to mineral loss through grain bleaching and vegetable cooking and an overall reduced consumption of

whole foods. There are many other daily practices that lead to deficiencies as well. Caffeine and alcohol consumption act as diuretics and increase the body’s demand for magnesium. Regular soda consumption disrupts magnesium absorption and availability. Filtered and softened water either eliminates or makes magnesium unavailable in our drinking water, which would roughly account for about 10% or our daily intake. Common medications—like antacids, antibiotics, and oral contraceptives—disrupt magnesium absorption as well.

DIET VS. SUPPLEMENTATION

There is mixed information out there stating whether or not we can actually get enough magnesium from our diet. Some sources say yes and others say the soil is so depleted that our foods could have up to an 80% reduction in magnesium. It is worth saying that organic soils tend to be less depleted, so you’ll likely be ahead if you primarily eat organic. Foods that are recognized as being rich in magnesium include nuts and seeds, especially pumpkin seeds, chia seeds, and almonds; leafy greens, especially spin-

ach, chard, and kale; legumes, especially black beans and edamame; whole grains, especially quinoa, buckwheat, and brown rice; and fruits, like avocados, bananas, and blackberries. Luckily, dark chocolate is also on this list.

The recommended daily intake (RDI) is 320 mg for women and 420 mg for men, which would be at least 3-5 servings per day of these magnesium rich foods. As much as we all try to eat a well-balanced diet, achieving something optimal each day seems like it might require a spreadsheet (unless that’s your thing, of course). Taking a supplement to ensure you’re getting enough magnesium to fill the gap might be worth considering, assuming you don’t have any relevant health conditions or are taking medications that would require input from your doctor.

There are several forms, but the key being they are all magnesium so you’ll get the benefits from each of them, like supporting bone health, good sleep, nerve and muscle function, etc. However, choosing a form to address your specific needs might be the best approach. So here we go!

MAGNESIUM CITRATE

Magnesium citrate is magnesium bound to citric acid, which aids in the absorption of the mineral. It is used for general magnesium deficiency. Depending on the person, it’s also more likely to have a laxative effect, so if you have a sensitive stomach this is something to keep in mind. However, if you’re prone to constipation this may be a benefit.

MAGNESIUM GLYCINATE AND BISGLYCINATE

You’ll see some products labelled as Magnesium glycinate and others labelled as Magnesium bisglycinate. They are the same compound, where glycinate is the common name and bisglycinate is the chemical name. In this form, magnesium is bound to the amino acid glycine, which again allows for better magnesium absorption. This form is largely regarded as a sleep aid, partly due to the addition of glycine, which lowers body temperature and in turn allows you to fall asleep faster. It also helps reduce stress and anxiety and aids in muscle relaxation. It’s regarded as being gentler on the stomach than magnesium citrate and is considered highly bioavailable and easily absorbed.

MAGNESIUM L-THREONATE

This supplement binds magnesium to L-theronic acid. This form of magnesium was only identified in 2010, so there haven’t been as many studies yet, but it’s significant because the L-theronic acid facilitates the crossing of the blood-brain barrier, and studies have shown this particular magnesium source has the most direct impact on cognitive function, memory, and sleep. It’s believed that magnesium glycinate can cross the blood-brain barrier as well, but not very effectively.

MAGNESIUM MALATE

Magnesium malate is magnesium bound to malic acid. Malic acid is important for cellular energy production, so people generally turn to magnesium malate for both muscle recovery and—you guessed it—energy production. Some studies also suggest it may help with fibromyalgia by reducing pain and inflammation. Again, it’s less likely to cause a laxative effect.

CHELATED MAGNESIUM

Nearly all forms of magnesium are chelated (even if the label doesn’t specifically state it as so), which means the mineral has been bound to an organic molecule. This is done to aid in maximum absorption and also reduce the possibility of stomach upset. We sell a few products explicitly labeled as “Chelated Magnesium,” so look more closely at the specific products to identify which form of magnesium it is specifically if that’s of importance to you. Non-chelated forms of magnesium, like Milk of Magnesia (aka magnesium hydroxide) and Epsom salt (aka magnesium sulfate), are less popular for daily supplementation because their primary use is for their laxative effect.

Here are some magnesium products you’ll find at all three stores. Many list the magnesium type right in the name, but for others, you’ll need to check the supplement panel to see which form they contain.







## TOP CO-OP PRODUCTS OF 2025

By: Melissa Reiss, Purchasing Assistant

Everyone loves a good “Best Of” list! It’s a fun way to celebrate the products we rely on, rave about, and love. So for 2025, we’re excited to share our annual roundup of top Co-op products—the tried-and-true essentials and crowd-pleasers that flew off the shelves and into your baskets.

This list reflects what our community loved most, based on sales data from all three Willy Street Co-op locations. These are the items shoppers purchased most often from January 1 through November 25, 2025. Ranked by total units sold, they highlight everything from everyday staples to delightful treats.

### TOP 5 GROCERY ITEMS SOLD

- 1 Bulk Water (one gallon refill) 166,248 gallons
- 2 Yuppie Hill Poultry: Grade A Large Eggs 41,570 (one dozen) L
- 3 New Century Farm: Organic Grade A Large Eggs 25,414 (one dozen) L
- 4 Bulk Organic Rolled Oats 25,004 pounds
- 5 New Century Farm: Organic Grade A Jumbo Eggs 15,023 (one dozen) L



### TOP 5 GENERAL MERCHANDISE ITEMS SOLD

- 1 West Star Organics Organic Plant Starts 22,036 plants i L
- 2 Voss Organics Organic Plant Starts 17,280 plants L
- 3 Artist to Watch Greeting Card 9,199 cards
- 4 Tree-Free Greetings Greeting Card 4,933 cards
- 5 Bouquet Collection Wildflower Bouquet 3,195 bouquets



### TOP 5 PRODUCE ITEMS SOLD

- 1 Organic Bananas 348,365 pounds
- 2 Organic Hass Avocado 268,774 avocados
- 3 Organic Cosmic Crisp Apples 119,325 pounds
- 4 Organic Broccoli 70,179 pounds
- 5 Organic Strawberries 66,896 pounds

i = Inclusive Trade L = Local





TOP 5 DELI ITEMS SOLD

- 1 Willy Street Co-op Hot Bar 80,911 pounds L
- 2 Willy Street Co-op 12oz Coffee 20,025 cups L
- 3 Level 5 Donut 16,221 donuts L
- 4 Willy Street Co-op 16oz Coffee 15,957 cups L
- 5 FEED Bakery Chocolate Chip Cookie 3 pack 14,898 packs L

TOP 5 MEAT ITEMS SOLD

- 1 Bell & Evans Boneless/Skinless Chicken Thigh 21,167 pounds
- 2 Bell & Evans Boneless/Skinless Chicken Breast 20,150 pounds
- 3 Bell & Evans Organic Boneless/Skinless Chicken Thigh 13,331 pounds
- 4 Bell & Evans Chicken Thigh 12,803 pounds
- 5 Bell & Evans Organic Boneless/Skinless Chicken Breast 12,104 pounds

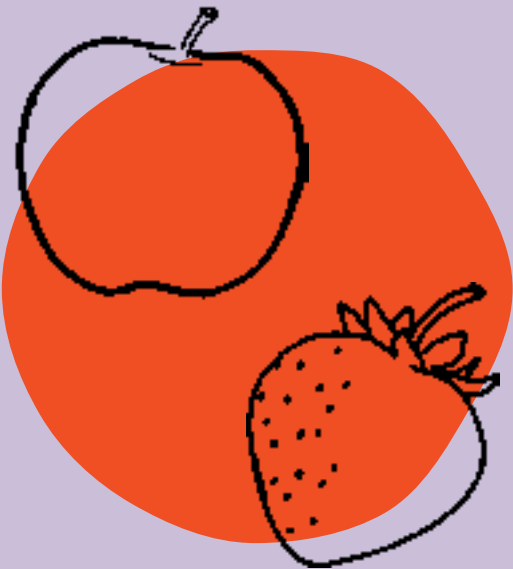
TOP 5 CHEESE ITEMS SOLD

- 1 Bagels Forever Whipped Cream Cheese 11,254 tubs L
- 2 Sartori Shredded Parmesan 8,112 bags L
- 3 Organic Valley Finely Shredded Organic 3 Cheese Mexican Blend 6,429 bags L
- 4 Organic Valley Organic Cream Cheese 5,026 bars L
- 5 Sartori Grated Parmesan 4,531 bags L



TOP 10 ITEMS SOLD AT THE CO-OP

- 1 Organic Bananas
- 2 Organic Hass Avocado
- 3 Bulk Water (one gallon refill)
- 4 Organic Cosmic Crisp Apples
- 5 Willy Street Co-op Hot Bar
- 6 Organic Broccoli
- 7 Organic Strawberries
- 8 Organic Celery
- 9 Organic Blueberries
- 10 Organic Yellow Onions







Beekeeper's Naturals  
**Elderberry Propolis Soothing Lozenges**  
14 ct • Save \$9.49 on 2

Buy One, Get One  
**FREE**



Oregon's Wild Harvest  
**Organic Milk Thistle**  
90 cap • Save \$34.99 on 2

Buy One, Get One  
**FREE**



Oregon's Wild Harvest  
**Turmeric**  
60 cap • Save \$34.99 on 2

Buy One, Get One  
**FREE**



Oregon's Wild Harvest  
**Organic Cranberry**  
60 cap • Save \$29.99 on 2

Buy One, Get One  
**FREE**



Enzymedica  
**Digest Gold**  
45 cap • Save \$32.99 on 2

Buy One, Get One  
**FREE**



Preserve  
**Toothbrushes**  
1 ea • Save \$2.99–\$3.29 on 2

Buy One, Get One  
**FREE**



Garden of Life  
**RAW Organic Protein Powders**  
19.75–24.69 oz • Save \$43.99 on 2

Buy One, Get One  
**FREE**



Dauids  
**Toothpaste**  
4–5.25 oz • Save \$7.99 on 2

Buy One, Get One  
**FREE**



**FIND YOUR WELLNESS**



DECEMBER 31–JANUARY 20

**coop deals**  
Sales For Everyone!

WishGarden  
**Kick-Ass Immune**  
2 fl oz • Save \$26.99 on 2

Buy One, Get One  
**FREE** 



Manitoba Harvest  
**Organic Hemp Hearts**  
7 oz • Save \$10.99 on 2

Buy One, Get One  
**FREE**



Liquid I.V.  
**Hydration Multiplier**  
10 ct • Save \$21.99 on 2

Buy One, Get One  
**FREE**



SolaRay  
**Magnesium Glycinate**  
120 cap • Save \$26.99 on 2

Buy One, Get One  
**FREE**



simply tera's  
**Organic Bourbon Vanilla Whey Protein Powder**  
12 oz • Save \$32.99 on 2

Buy One, Get One  
**FREE**



Country Life  
**Coenzyme B-Complex**  
120 cap • Save \$31.99 on 2

Buy One, Get One  
**FREE**



GoMacro  
**Organic Bars**  
2–2.4 • Save \$1.98 on 2

**2 for \$5**  

Spectrum  
**Organic Extra Virgin Olive Oil**  
25.4 fl oz • Save \$6.50

**\$17.49**

Muir Glen  
**Organic Tomatoes**  
14.5 oz • Save \$2.98–\$3.58 on 2

**2 for \$4**



Evolution Fresh  
**Organic Cold-Pressed Juices & Smoothies**  
15.2 fl oz • Save 99¢–\$1.29

**\$4.00**

Organic Valley  
**Organic Mozzarella Cheese**  
8 oz • Save \$1.00

**\$5.99** 

Equal Exchange  
**Organic Tea**  
1.41 oz • Save \$1.99

**\$3.50** 



Deep Indian Kitchen  
**Potato & Pea Samosas with Tamarind Chutney**  
11 oz • Save \$2.00

**\$5.49** 

Stonyfield  
**Organic Yogurt**  
32 oz • Save \$1.00

**\$4.19**

Nixie  
**Organic Sparkling Water**  
8 pk • Save \$1.00

**\$4.99**



Annie's Homegrown  
**Macaroni & Cheese**  
Select Varieties  
6 oz • Save \$7.49 on 4

**4 for \$6**

Seventh Generation  
**Laundry Detergent**  
90 fl oz • Save \$2.00

**\$13.99**

Lesser Evil  
**Organic Popcorn**  
4.6–6.4 oz • Save \$1.49

**\$3.00**



Epic  
**Bone Broth**  
14 fl oz • Save \$2.00

**\$4.99**

Field Roast  
**Apple Maple Breakfast Sausage**  
9.3 oz • Save \$1.80

**\$4.99**

Ithaca  
**Hummus**  
10 oz • Save \$1.50

**\$3.99**



Blue Diamond  
**Almond Breeze Almondmilk**  
32 fl oz • Save \$1.98 on 2

**2 for \$5**

Once Again  
**Organic Peanut Butter**  
16 oz • Save \$2.00

**\$6.99**

Poppi  
**Prebiotic Soda**  
12 fl oz • Save \$1.58 on 2

**2 for \$4**



Sales on this page valid December 31, 2025–January 20, 2026.  
All sales and coupons subject to availability. Sales quantities limited.





Rishi Tea  
**Organic Tea Sachets**  
1.32–2.11 oz • Save \$2.50  
**\$6.49 L**

Vive Organic  
**Organic Immunity Boost**  
2 fl oz • Save 98¢ on 2  
**2 for \$5**



Forager Project  
**Organic Cashewgurt**  
5.3 oz • Save 30¢  
**\$1.69**



Ultima Replenisher  
**Electrolyte Powder**  
3.4–3.7 oz • Save \$8.00  
**\$15.99**



Forage Kombucha  
**Organic Kombucha**  
12 fl oz • Save 98¢ on 2  
**2 for \$4 L**



Food for Life  
**Organic Sprouted Whole Grain Bread**  
24 oz • Save \$1.30  
**\$5.49**



GoodBelly  
**Organic Probiotic Fruit Drink**  
32 fl oz • Save \$1.49  
**\$3.50**

Organic India  
**Organic Whole Psyllium Husk**  
12 oz • Save \$10.60  
**\$10.39**



Orgain  
**Organic Vegan Nutritional Shake**  
11 fl oz • Save 80¢  
**\$2.99**

Woodstock  
**Organic Frozen Vegetables**  
Select Varieties  
10 oz • Save \$1.10  
**\$2.69**



# FIND YOUR WELLNESS



JANUARY 21–FEBRUARY 3

**coop deals**  
Sales For Everyone!

Daiya  
**Plant-Based Shreds**  
7.1 oz • Save \$1.00  
**\$3.99**



GT's  
**Cocoyo Yogurt**  
8 oz • Save \$1.00  
**\$5.49**



Yogi Tea  
**Organic Tea**  
16 ct • Save \$1.80  
**\$3.99**



Bragg  
**Organic Unfiltered Raw Apple Cider Vinegar**  
32 fl oz • Save \$2.30  
**\$5.49**



La Croix  
**Sparkling Water**  
12 pk • Save \$1.00  
**\$5.79**



Just Egg  
**Plant-Based Folded Egg**  
8 oz • Save \$1.90  
**\$5.39**



Imagine Foods  
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## FIND YOUR WELLNESS







## 2026 CITRUS REPORT & CITRUS GUIDE

By: Andy Johnston,  
Produce Category Manager

January is peak citrus season in the Produce departments at Willy Street Co-op. Sure, we have lemons and limes all year, and in the summer months, we get Valencia oranges, but January is when the domestic citrus season is at its best! There are more varieties and options than any other time of the year, and they're all bursting with their own unique flavors!

Citrus is packed with vitamin C and is loaded with fiber, flavonoids, and carotenoids that help support health from your head to your toes. The fruits are sweet and juicy, and are perfect for a little "pick-me-up" on a cold winter day. Each bite is like a little taste of sunshine!

Almost all of our organic oranges and mandarins are grown in California's San Joaquin Valley. The hot, dry summers and mild winters, along with nutrient rich soil, produce the ideal conditions that allow citrus to thrive and develop its rich flavors and bright colors. Some of our favorite citrus products in January are Churchill Orchards organic Kishu mandarins, Satsuma mandarins from Johansen Ranch, and Minneola tangelos, blood oranges, and TDE mandarins from Buck Brand Citrus. All of the January citrus is really good, but over the years, these products are consistently mind-blowingly delicious!

Not sure what you want to try? Use our citrus guide to find the fruit that's right for you! And, always feel free to ask the Produce staff what's really good right now. We're tasting products as they're coming into the stores, and we love helping customers find the most delicious citrus items in the Produce department!

Here are the varieties that will most likely be available in January. If you want to be sure, we recommend calling ahead to ask! Satsuma Mandarins, Clementine Mandarins, Kishu Mandarins, Rio Star Grapefruit, Pome-los, Navel Oranges, Cara Cara Oranges, Blood Oranges, Kumquats, Minneola Tangelo, Meyer Lemons, TDE Triple Cross Tangerines, and Buddha's Hand Citrons.

# 2026 CITRUS GUIDE



## Blood Orange

Intense dark red flesh. Sweet/tart with hints of berry flavor.



## Buddha's Hand Citron

Extremely fragrant peel that is used to infuse spirits and in baking—similar to lemon peel.



## Cara Cara Navel Orange

Beautiful pink flesh with less acid, more sweetness, and a complex, delicate flavor with hints of blackberry or cranberry.



## Clementine Mandarin

Firm texture with a very sweet, rich flavor.



## Daisy Tangerine

Complex citrus flavor that strikes a good balance between sweet and tart.



## Dancy Mandarin

Beautiful, vibrant color, with a deliciously rich and sweet flavor.



## Gold Nugget Mandarin

Small mandarin with a rich, complex, and sweet flavor.



## Kishu Mandarin

Very small and very sweet mandarin. One of our favorites!



## Kumquat

Bitter sweet rind, with flesh that's exceptionally tart and juicy.



## Limequat

Extremely tart, with a hint of sweet in the rind.



## Mandarinquat

Sweet rind, with tart, mandarin flavored flesh.



## Melogold Grapefruit

Very juicy with a mild sweet, subtly tart flavor.



## Meyer Lemon

Sweeter and more complex than common lemons. Use in any recipe that calls for fresh lemon.



## Minneola Tangelo

Juicy, with a nice blend of rich grapefruit and tangerine flavors.



## Murcott Tangerine

Exceptionally rich, sweet, and juicy.



## Navel Orange

Classic, sweet orange flavor.



## Oro Blanco Grapefruit

Delicately sweet flavor with a floral aroma and no bitterness.



## Page Mandarin

Juicy and sweet with classic mandarin flavor.



## Pixie Mandarin

Small and exceptionally sweet, with a complexity of flavor that's unrivaled.



## Pomelo

Thick, aromatic skin, with sweet, mild flesh that lacks the bitterness of grapefruit.



## Rio Star Grapefruit

Exceptionally sweet and juicy with a beautiful red color and almost no bitter flavor.



## Satsuma

Sweet/tart with wonderfully soft juicy flesh.



## Seville Sour Orange

Very sour. Typically used in marmalade and savory dishes as one would use lemons or limes.



## TDE Triple Cross Tangerine

Firm flesh with a wonderful sweet / tart balance.



## Valencia Orange

Sweet and juicy with classic orange flavor.





### Harvest Snaps Mango Chili Lime

These are the perfect snack! Made with lentils, it's a healthier and just as delicious munching alternative. The flavor is a perfect mix of a little sweet, with a little heat. My favorite part is that it has 4 grams of protein per serving! Perfect for me as I work on my muscles!

-Rachael, Deli

### Epic Salmon Smoked Maple Strip

For anyone who enjoys smoked salmon, you should really try this meat strip. With 7 grams of protein it's a delicious and nutritious snack you can take on-the-go.

-Jake, Produce

### Mamachit Sushi Raw Tuna Poke Bowl

Such a satisfying lunch. Always fresh and prepared well and the flavors all mixed together are perfect. It's quick, easy and packed with protein and nutrients. A go to!

-Nick, Purchasing

### Wildwood Baked Tofu

This comes in both savory and teriyaki flavors. I always keep some in the freezer to thaw for a quick meal. Crisp it up in your air fryer or toaster oven and add some steamed veggies and rice or quinoa for a tasty, protein-packed meal.

-Michele Front End

### Nordic Naturals CoQ10 Gummies

Great flavor and interesting texture. Sugary, but slightly tart! I think they helped me stave off the bad cold that was going around and I look forward to taking them as a little treat everyday.

-Kait, General Merchandise

### Mary Ruth's Raspberry Liquid Morning Multivitamin

This checks all the boxes—as a liquid, it's great for kids or those with trouble swallowing pills, and it's easy to scale the dosage to meet everyone's needs. Finally, it offers a broad spectrum of vitamins and minerals, including the full B complex.

-Juliet, General Merchandise

### Nature's Path Organic Flax Plus Red Berry Crunch

This is a great start to the day—it's not too heavy, and the berries in it are nice and crunchy. I also love that it's organic and that there's a good amount of servings in one box!

-Lily, Grocery

### Teecino Hazelnut Herbal Coffee

I am no longer a coffee drinker, even though I love the taste of coffee, and this product is the closest thing I've discovered to fill that void. I look forward to waking up and drinking a cup of it every morning! It is especially delicious when paired with your favorite chocolate bar of your choosing (I suggest Alter Eco Classic Blackout). Willy West only.

-Laura, Administrative

### GoMacro Smooth Sanctuary

GoMacro has become my go-to protein bar because of their great taste and variety of flavors. They're one of the few protein bars that meet my dietary restrictions, and they're organic and locally and inclusively owned and operated.

-Jake, Communications

### Flax 4 Life Lemon Zest Cookies

I love cookies like these. The "Healthy" ones, like from the 70's Natural Food Stores. These are Gluten-free, Dairy-free, Nut-free, Kosher, Compostable packaging and a nice lemony flavor! If you like Nothing Muffins, you will likely enjoy these.

-Amy, Administrative







### Organic Cara Cara Navel Oranges

These pretty pink-fleshed citrus are so refreshing and provide just a bit more sweetness rather than tartness like their sibling the navel orange. They are only in season for a short time, so get them while they're hot, folks!

-Arlo, Front End

11

### Organic Blood Oranges

The first time I had a blood orange I was in a sauna, breaking fast with a new friend. The powerful delight of flavors that hit me were unforgettable. Or maybe it was the heat followed by a cold plunge followed by more sauna that preceded the orange... Either way, I was mindful when I had that first bite. I closed my eyes and savored it. These are not available all year round; delight in them while you can.

-Lauren, Facilities

12

### Organic Kumquats

These grape-sized citrus fruits are unique because you can eat them whole. The skin is sweet rather than bitter, delivering all the vibrant flavor of citrus zest without any astringency. The inside, however, can be quite tart. Kumquats are like nature's Sour Patch Kids in reverse—sweet first, then sour.

-Lucas, Produce

13

### Mad Hippie Triple C Night Cream

i

This really helps my skin in the winter. It keeps my skin moisturized, bright, and healthy looking during the winter blues. I also buy this as gifts since it's not harsh and good for any skin type.

-Steffry, Finance

14

### Diana's Bananas

Diana's Bananas is one of my favorite frozen treats, it's an awesome alternative as a healthier choice (if you enjoy bananas.) Buy a box of these you get to eat fruit and pretend it's banana flavored ice cream ;)

-Asias, Grocery

15

### Willy Street Co-op Aztec Quinoa Salad

L

This refreshing, simple, and protein-rich vegan salad tastes particularly delicious if you mix in diced ripe avocado.

-Jason, Produce

16

### Kevita Tangerine Probiotic Refresher

I enjoy this product because it supports gut health and is loaded with vitamin C so it's great for flu/cold season. It also has a great flavor and without spoiling anything...it is very refreshing!

-Justin, Produce

18

### Renard's Door County Reserve, "Terrific Trio"

L

Made in Wisconsin. Great taste, makes the best grilled cheese sandwiches, blend of cheddar, gouda, and parmesan. Yumm!

-Ellen, Logistics

17

### Doudlah Farms Cranberry Beans

i

L

Similar to pinto beans in size and taste, these are also called borlotti beans. Easy to cook, they are at home in soups like minestrone and pasta e fagioli.

-Isabel, Grocery

19

### LaCroix Beach Plum

Remember when you used to drink Capri Suns when you were riding the bench on your youth soccer team? Do you ever get a hankering to sip fruit punch from a tiny yellow straw but find it too embarrassing, or perhaps too impractical to drink as an adult? This hits the same spot but it comes in a can instead of a pouch, and it's probably healthier for you or something.

-Shannon, Front End

20



16



17



18



19



20



# TOGETHER WE STAND STRONG IN SUPPORT OF JUSTICE AND A HEALTHY COMMUNITY

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These local nonprofits work on essential issues like civil liberties, sustainability, LGBTQ+ rights, voting rights, healthy food and farms, criminal justice reform, affordable housing, and diversity, equity, and inclusion.

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Photo provided by Wisconsin Women's Network

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**CALL: 608-630-5068**

## Shopping with Kids?

Kids are free to take a piece of pre-washed fruit from the basket near the Produce Department.



Compliments of the Willy Street Co-op Produce Department

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Get affordable, carbon-free energy from MGE's Strix Solar array in Fitchburg. Learn more about Shared Solar today! Scan the code or visit [mge.com/sharedsolar](https://mge.com/sharedsolar) to enroll.



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# Do you currently get the print *Reader* mailed to you?

For decades we've mailed Co-op Owners the print *Reader*, but printing and postage costs have greatly increased in the last few years. The Co-op is committed to offering a print newsletter for the near future, but we need to reduce costs. We are sure there are some Owners who would be open to or even prefer receiving the newsletter via email, maybe occasionally picking up a print copy in the store. And switching to the email version could help save a few trees as well!

**In April 2026 we'll be switching Owners who don't confirm they want to continue receiving the newsletter via mail over to getting the emailed version. Please let us know what you'd prefer!** (If you already get the newsletter via email, no action is needed on your part.)

## I want to switch to an emailed *Reader*

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Please fill out this short form by **March 15** if you'd like to continue being mailed the newsletter.





By: Katy Wallace, ND

*It seems like protein is being added to more and more foods these days, from beverages to cereals to snacks. We all know that we need protein, but how much do we need and does it matter how we get it? We asked Katy Wallace, ND, these and other questions.*

### WHAT IS PROTEIN AND WHY DOES IT MATTER?

The word protein is derived from the Greek word proteios, meaning “of the first rank,” or “of prime importance.” Proteins are of vital importance in the human body because they function in every body system. They work as structural components (think of bones, teeth, joints, and healthy hair, skin, and nails), enzymes, and transporters (helping us respond to stress, absorb and move nutrients around, and repair damaged cells and tissues). Proteins are the basis for neurotransmitters and hormones, so they play a big role in mood and cognitive health. They also are made into antibodies and support the immune system.

Protein is something we must eat as the body does not manufacture it. If we don’t eat enough protein, we can survive in the short term, but we deplete our body’s protein stores in the skeletal muscles which ultimately causes health problems. Protein is an important part of the traditional

“balanced” meal with carbs and fats to help sustain energy throughout the day. Protein supports satiety or feeling full after a meal. Because of protein’s comprehensive support of the body systems, including blood sugar control, it keeps inflammation at bay in the body and helps with maintaining health and preventing disease. Basically, without protein, you wouldn’t be able to grow, and you wouldn’t be able to heal.

### HOW DOES OUR BODY USE IT?

Our body digests the protein that we eat in foods. It breaks protein down into amino acids and then they get absorbed into the bloodstream and used in various processes. Digesting protein takes longer than it does for carbohydrates and that’s one of the reasons why protein is helpful. It keeps our blood sugar stable and reduces the spikes and falls. This in turn helps keep insulin levels in a healthy range which keeps inflammation better controlled. This helps reduce snacking and boosts the metabolic rate of the body.

### WHAT ARE THE DIFFERENT SOURCES THAT PEOPLE GET PROTEIN FROM?

People can get protein from a wide range of foods including fish, seafood, poultry, meat, and eggs. Some legumes like lentils, mung beans, and soybeans are especially high in protein. Protein

can also be more concentrated in dairy such as cottage cheese and Greek yogurt. Some plant foods are high in protein, like spirulina and chlorella, almonds, and even Brussels sprouts and broccoli, though these levels are lower than those found in animal foods.

### HOW MUCH DO WE NEED?

The Mayo Clinic says that you should eat 10%-35% of your calories from protein, and that’s a pretty big range. The American Heart Association’s general suggestion is 0.8 grams per kilogram of body weight for the average adult. So, for an adult who weighs 150 pounds, that is about 55 grams per day. Once someone is over the age of 40 or 50, sarcopenia, or muscle loss, starts to kick in so the general protein requirement jumps up to 80 grams daily. Children, and pregnant and lactating women have higher protein requirements. As a naturopathic doctor, I find most clients feel best when they eat a minimum of 80-90 grams of protein daily, especially if they are active.

For those focused on building muscle, the daily protein need gets even higher like 150 grams daily for a 150-pound person, which would get someone closer to 35% of their calories from protein. For those looking to lose fat, I typically suggest they get about a third of calories from protein, too. This supports healthy metabolism while in a calorie deficit. Though fat loss can be beneficial, you don’t want to slow your metabolism down and lose muscle in the process because that makes it harder to recover metabolically from the fat loss phase. Eating adequate protein protects oneself from these processes.

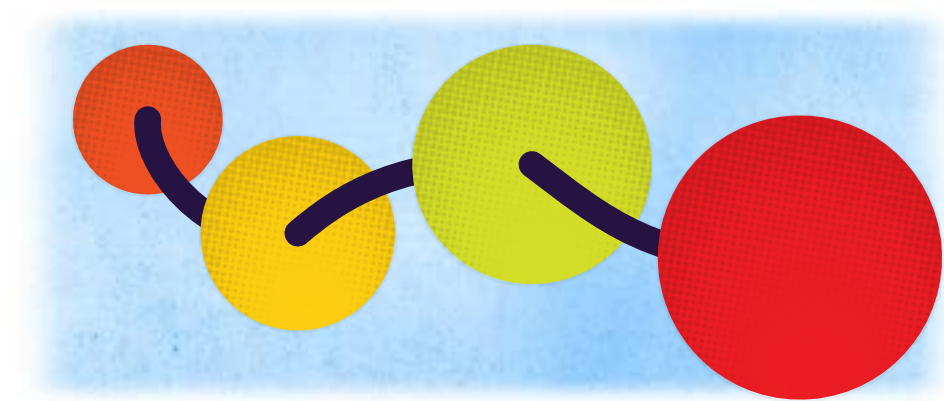
At the individual level, you can figure out how you are doing by getting your protein blood level checked (an optimal level is 6.9-8.0) in a comprehensive metabolic panel. If your protein

level is below this range, you might talk with a functional medicine practitioner like me about ways to eat and also digest more protein. You can also keep tabs on how you are doing by logging food intake on an app on your smartphone. Many apps today allow for easy entry of the food and portion size and then will tell you at the end of the day what percentage of your calories came from protein and how many grams you ate. This can help you to keep track of what levels make you feel best. It will be most accurate if you use a kitchen scale to weigh protein.

### WHY IS IT A BUZZWORD NOW?

Protein is more popular now for many reasons. I think a big reason is the increase in consciousness around strength training in recent years, especially with women. A lot of the buzz is attributed to fitness influencers who talk about protein through social media. Protein can play a big role in weight management and muscle gain. Plus, protein is the most satiating macro-nutrient according to a review of studies published by researchers in the Netherlands, and this is especially true for women as shown by a preliminary study. Its satiating nature, plus the benefits for helping people to become and stay lean, make it attractive for those focused on weight management.

Also, as the U.S. population becomes increasingly older, there is rising interest in nutrient-dense foods for wellness and longevity. Protein supports mitochondrial health, too, which is at the forefront in research about chronic disease and how to address it. A study out of Duke University showed that muscle cells are anti-inflammatory and part of this has to do with their mitochondrial activity. Therefore, by eating more protein and building muscle through strength training, a person can enhance the anti-inflammatory pro-





cesses in the body through increasing mitochondrial activity.

In the field of functional medicine, protein is emphasized in dietary recommendations because it is fundamental to better blood sugar balance which helps with managing and preventing chronic disease. Blood sugar balance is also fundamental to balancing hormones, fostering a healthy mood, and reducing chronic pain. As people pay more attention to all aspects of wellness, protein is in the forefront of dietary approaches.

**DOES IT MATTER HOW/WHEN WE EAT PROTEIN?**

There is a circadian rhythm to how food is digested in the body, which means that our digestive system has an internal clock for its activities. According to Traditional Chinese Medicine, our digestive systems typically handle protein best earlier in the day when digestive secretions are strongest. This idea is supported by modern researchers such as Satchidananda Panda, PhD, who found that avoiding high protein meals late at night improves digestive wellness and reduces symptoms of acid reflux. This goes against most people’s norms, which is to focus on protein at supper but perhaps neglect it earlier in the day. Instead, most people would benefit from more of their protein at breakfast and lunch. It’s good to have it at the evening meal, too, but it’s important to leave enough time for digestion before bed.

It’s also good to spread protein throughout the day. Researchers have found that timing does matter. A study published in 2014 in the Journal of Nutrition found that athletic performance of individuals was better when they ate protein throughout the whole day instead of just focusing on it in the evening meal. Eating protein throughout the day is generally thought to improve blood sugar control better as well.

In terms of how we eat protein, I’m of the opinion that eating the whole food is best. However, protein powders, like collagen, can be very helpful for those who struggle with eating enough protein or those who are trying to maximize their intake. Beware that for some individuals, eating an excess of processed protein powders could lead to negative health outcomes and stress the kidneys. One or two servings of protein powder daily are okay for most people but any more than this should be reviewed by a health professional. This is because an isolated protein powder can put more stress on the body than a whole food would.

Some people have problems with bloating from protein powders, so it’s worth sampling different ones to see what works best for you. I find collagen powder is typically well-tolerated and serves as a good source of protein, too, in addition to its benefits for hair, skin, and nails.

To digest protein easily, one needs to have strong digestive secretions. Some people prefer to focus on fish or poultry as they can be easier to digest than red meats, for example. If a person feels like protein sits in the stomach like a brick, that is likely the sign they would benefit from a digestive sup-

plement. I encourage people to take a supplement when needed because eating protein is critical to health. I would rather see someone do this than cut more food out of their diet, if possible. There is a wide range of supplements to help protein digestion, but good ones to start with are a digestive enzyme capsule or a tablespoon of apple cider vinegar in a little water with the meal.

If you’re choosing processed proteins like those in a shake, a bar, or nut butter, be sure to watch for added sugars. Read the label to see how much protein you’re getting. I look for Protein = 10 grams in a snack like a meat stick or a couple of hard-boiled eggs, for example, and 30-45 grams in a meal such as in a can of tuna or a generous meat portion. For blood sugar balance, look for at least a 1:1 ratio of protein to carbs. So, if there’s 10 grams of carbs in the food, I want there to also be 10 grams of protein. I don’t want to have more carbohydrates in my food than proteins, in general, because too many carbohydrates may cause blood sugar to swing.

**WHAT EXTRA CONSIDERATIONS ARE THERE FOR THOSE WITH DIETARY RESTRICTIONS?**

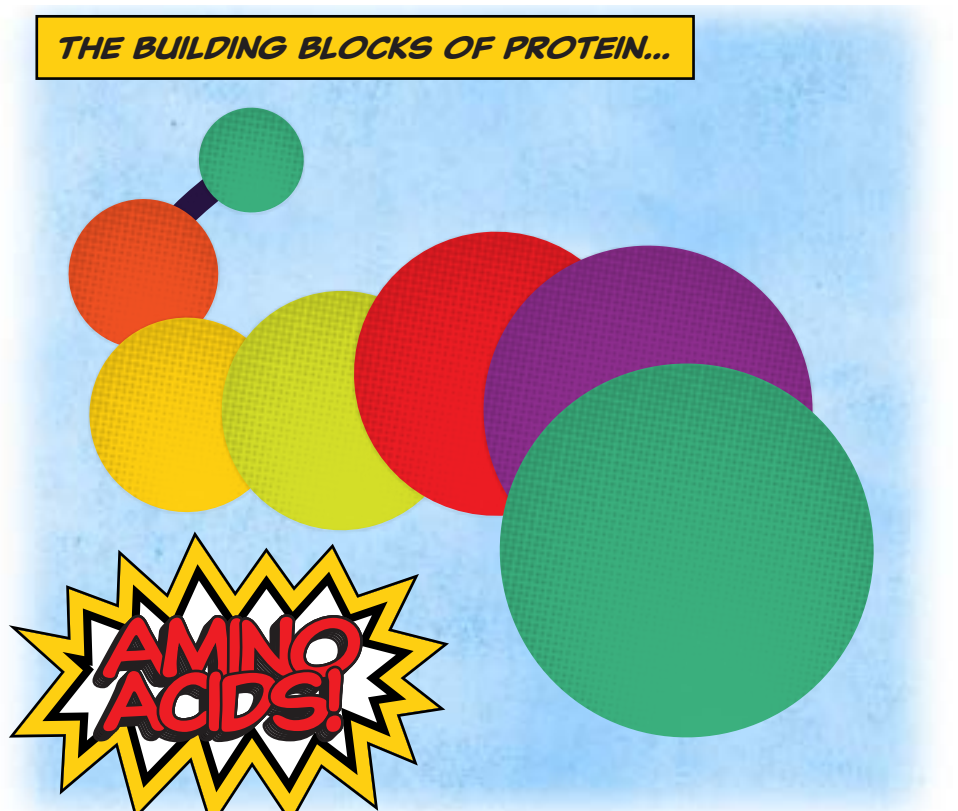
It is sometimes challenging for vegans and vegetarians to get enough protein. Even with the most conscientious eater, I recommend testing bloodwork to make sure nutrition levels are good because absorption varies from person to person. People who avoid animal proteins, particularly red meat over the long term, may not get enough iron and B vitamins. Red meat is one of the best food sources for iron, and B12. These nutrients are not as plentiful in poultry, fish, or vegetarian sources of protein. Testing is not just important for vegans or vegetarians, but for anyone with dietary restrictions, a history of health issues, or a desire to optimize their health.

Ferritin is a blood test of iron stores and can be helpful. A homocysteine test can help identify the need for folate, B12, and B6. When I work with people, I am looking to optimize these levels, and I use what are called “functional ranges” instead of standard medical ranges. Functional ranges can identify ways to optimize nutrition that might normally go undetected.

For those who prefer not to eat meat, I encourage them to eat high-quality dairy, eggs, and legumes like mung beans and lentils at each meal to get all the benefits protein has to offer. If someone is looking for protein from legumes, be sure to look at the protein content of the different types as most do not have the high levels found in mung and lentils, for example. Additional vegan protein options with relatively lower levels of carbohydrates include hemp seeds, almonds, tempeh, lupini beans, and spirulina.

**WHAT QUESTIONS ABOUT PROTEIN DO YOU OFTEN GET?**

Some people ask me about the ill effects of animal protein on one’s cholesterol levels and risk for heart disease. Higher consumption of red meat is thought in our culture to contribute to heart disease and cancer. However, the



most rigorous comprehensive reviews of the studies on red meat published in the Annals of Internal Medicine in 2019 have shown there is little high-quality evidence supporting the notion that red meat is bad for health.

I often get questions about how a person can get more protein during the day. Since people’s dietary preferences vary, I encourage people to schedule one of the Co-op’s Individual Nutrition Consultations with me where we can come up with a personal plan. In general, starting off the day with a protein-rich meal like eggs is a good start. An egg bake can be made in advance and reheated for those that don’t like to cook every morning. Or, if they’re on the go, a no-sugar protein shake can be helpful.

For snacks before and after a workout, cottage cheese or Greek yogurt can help. A plain collagen powder can be added to boost protein counts. Hard-boiled eggs, sustainable meat sticks, chlorella, or spirulina also make great snacks.

For lunch, an easy option can be tuna or chicken salad or sliced deli meats in a lettuce wrap.

For meals, I encourage people to have a palm-size serving of animal proteins and lentil or mung bean soups. Making use of a crockpot to slow-cook foods can help save time and energy in the cooking process and make meals easier to digest.

I often get asked about how to stop eating sugar and one tip is to eat more protein. If someone is getting adequate protein and other nutrient-dense food throughout the day, it helps significantly with cutting down cravings for sugar. Stress hormones like cortisol, when too high, can lead to sugar cravings, also. Protein is critical for balancing cortisol levels. Eating protein every 3-4 hours throughout the day helps reduce the highs and lows of cortisol and helps cut sugar cravings.

**HOW ARE YOU TALKING ABOUT PROTEIN IN YOUR CLASSES OR INCORPORATING IT INTO YOUR LIFESTYLE?**

I authored a book, *The Body Tune-up*, which serves as a guide to undertake a therapeutic food upgrade to reduce inflammation and overcome various

health issues. Protein was traditionally thought to be “hard” on the elimination organs and taboo for food-based cleanses or elimination diets. When I started my work in this field twenty years ago, I initially learned from mentors that protein was to be avoided in the short term and added later. However, over time I learned that many clients did better with protein while cleansing and I adapted the food-based protocols. Now, there are research studies showing that higher levels of protein are beneficial for the digestive system and gut biome, as well as other organs doing the “heavy lifting” of detoxification like the kidneys and liver.

When working with clients on supporting thyroid health and balancing sexual hormones, I emphasize protein because the endocrine system relies on adequate protein to provide raw nutrients for hormone production.

Protein is very important for bone health as bones are made of protein. So in those discussions, I encourage people to focus on protein at each meal while reducing the foods like sugar that deplete minerals needed for bones.

For reducing inflammation in the body in a variety of contexts, protein is essential. To reduce inflammation, you must reduce insulin and one of the easiest ways to reduce insulin is to eat more protein because it balances blood sugar and increases one’s sense of fullness therefore leading to less snacking and sugar cravings.

Personally, I eat more protein than the average person, but I didn’t always eat this way. During my pregnancies I realized I needed to eat a lot more animal protein to stay healthy. Now as a woman in my late 40s, that protein legacy is important to me for sustained energy and strength throughout the day.

*Katy Wallace, ND, is a licensed Naturopathic Doctor and author of the book The Body Tune-up. She practices in Madison Wisconsin with Human Nature, LLC [www.humannaturellc.com](http://www.humannaturellc.com). She provides monthly lectures to the Willy Street Co-op as well as Individual Nutrition Consultations at the Co-op’s West location, Aubergine, and via Zoom.*



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for ages 7-16

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- ★ Trash Camp
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- ★ Puppet Making
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