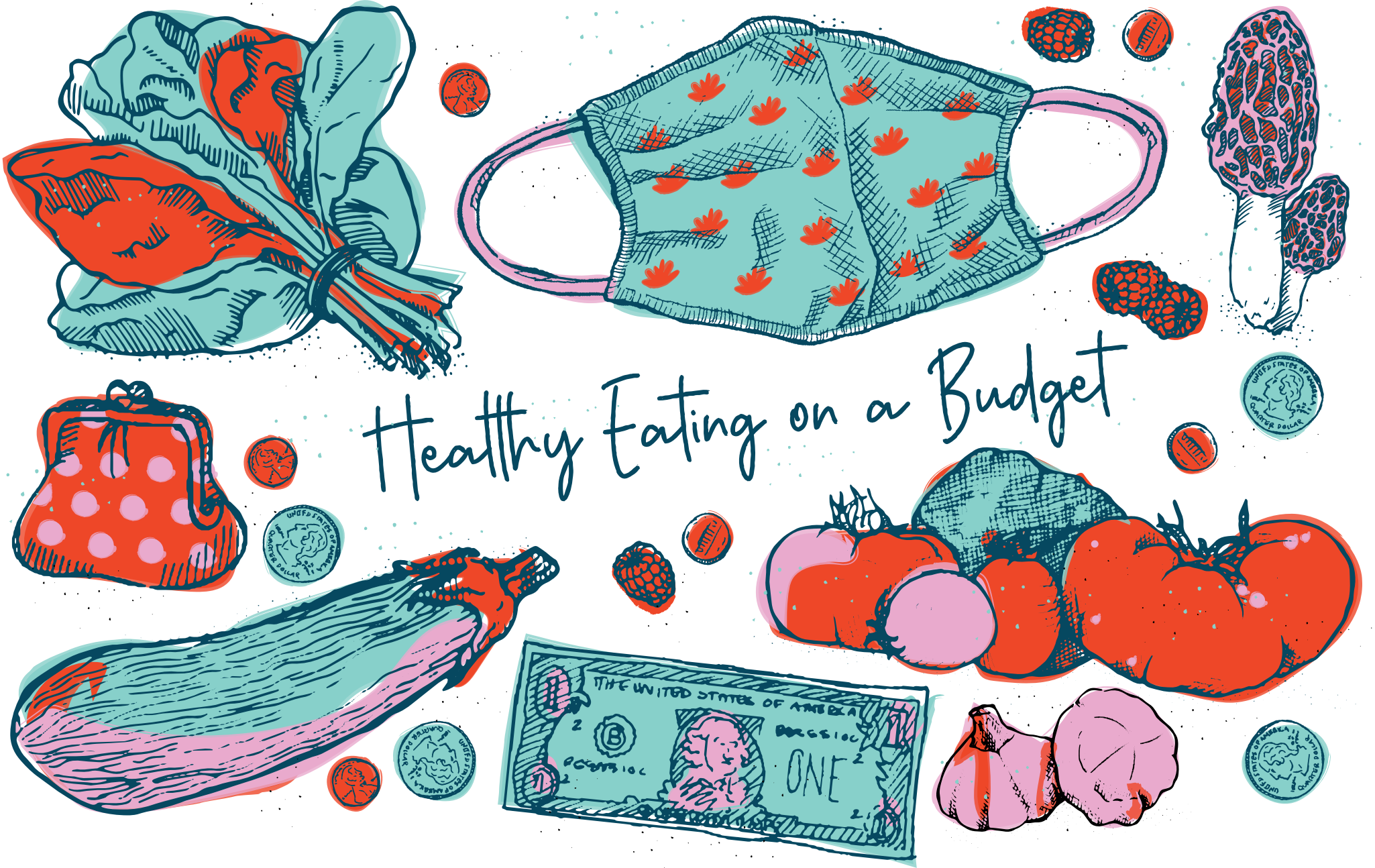


willy street co-op

# READER

A PUBLICATION OF WILLY STREET CO-OP, MADISON, WI  
VOLUME 47 • ISSUE 6 • JUNE 2020



## Healthy Eating on a Budget

SEE WILLYSTREET.COOP FOR COVID-19 RESPONSE UPDATES.

### SPECIAL STORE HOURS

Year-end inventory count June 28  
Open 8:00am-6:30pm at all three stores.

### IN THIS ISSUE

Annual Meeting; COVID-19 Updates;  
Home Delivery; Staff Picks; and more!

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willy street co-op  
**READER**

**PUBLISHED MONTHLY BY WILLY STREET CO-OP**

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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 information 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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**BUSINESS OFFICE:** 608-251-0884

**FAX:** 608-251-3121

**SEAFOOD CENTER:** EAST: 608-294-0116 WEST: 608-836-1450

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**WEBSITE:** [www.willystreet.coop](http://www.willystreet.coop)

**BOARD EMAIL:** [board@willystreet.coop](mailto:board@willystreet.coop)

**STORE HOURS:** 7:30am-9:30pm, every day

East Juice Bar: 7:30am-6:00pm; West Juice Bar: M-F: 7:30am-7:00pm

& Sat-Sun: 7:30am-6:00pm; North Juice Bar: 7:30am-7:00pm

Deli: 7:30am to 9:00pm

Seafood Center—East and West: Monday–Saturday, 8:00am-8:00pm; Sunday, 8:00am- 6:00pm.

**WILLY STREET CO-OP  
MISSION STATEMENT**

The Williamson Street Grocery Co-op is an economically and environmentally sustainable, cooperatively owned grocery business that serves the needs of its Owners and employees. We are a cornerstone of a vibrant community in south-central Wisconsin that provides fairly priced goods and services while supporting local and organic suppliers.

**WILLY STREET CO-OP  
BOARD OF DIRECTORS**

**Jeannine Bindl, President**  
**Ann Hoyt, Vice President**  
**Brian Anderson**  
**Stephanie Ricketts**  
**Trevor Bynoe**  
**Michael Chronister**  
**Gigi Godwin**  
**Sarah Larson**

**BOARD CONTACT INFO:**  
[board@willystreet.coop](mailto:board@willystreet.coop)  
[all-board@willystreet.coop](mailto:all-board@willystreet.coop)  
(includes the GM, Executive Assistant and Board Administrator)

**BOARD MEETING  
SCHEDULE**

**Tuesday, June 16**  
**Tuesday, July 21**

Board meetings are typically held at our business office (1457 E. Washington Ave. in Madison), but may be held virtually. Please see [www.willystreet.coop/events](http://www.willystreet.coop/events) and select the "Board" category for details.

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**THIS MONTH:** Virtual Wellness Any Day coupon. See ad on page 4 for details.

**SPECIAL STORE HOURS**

**JUNE 28, Year-end inventory count**  
Open 8:00am-6:30pm at all three stores.

**JULY 4, Independence Day**  
Open 8:00am-6:30pm at all three stores.

# CUSTOMER COMMENTS

## Write Us!

We welcome your comments and give each one attention and serious consideration. Send them to [customer.comments@willystreet.coop](mailto:customer.comments@willystreet.coop) or fill out a Customer Comment form in the Owner Resources area. Each month a small selection is printed in the *Reader*. Many more can be found in the commons or in the binder near Customer Service. Thank you!

### GRATITUDE

**Q:** *I just wanted to extend my sincere thanks to everyone at the coop in these unprecedented times. I am ever so fortunate to be able to have access to your store both physically and financially. As I was eating a fresh apple last night I had a moment to reflect on, what a luxury that it was to be able to do so. In this time. That you folks come to work. Keep the food chain flowing, so that little old me, can be grateful with an apple.*

**A:** *Truly. Thank you folks!! It's no small task you each do. From one food service worker, to another.*

**A:** Thanks for the kind words! I'll make sure to share your message on our employee intranet for all of us to enjoy. We appreciate you too! Be well! -Kirsten Moore, Cooperative Services Director

### TIGHT SHIP

**Q:** *We wanted to thank you all for running such a tight ship during the COVID crisis. I don't think the people at the other stores are doing a bad job, but the employees and customers at the Co-op are much better and we are grateful to have it as a choice.*

**A:** Thank you for your kind words and gratitude! I will be sure to share them with all of our staff. Good health to you! -Liz Hawley, Education and Outreach Coordinator

### FIRST HOUR OF THE DAY

**Q:** *I think it's excellent that you are setting aside the first hour of the day for seniors/those with compromised immune systems. I just want to suggest that you maybe consider setting aside the first hour of just one day for those with compromised immune systems, instead of combining these categories together. I went in to shop this morning around 10:30am, and I was met with a lot of dirty looks, snide remarks, and direct negative communication from seniors because I was there. I am clearly not a senior citizen. I am however, heavily immunocompromised due to my kidney transplant medications. This means that I am incredibly vulnerable. I was not trying to be disrespectful by shopping during the set aside time. I'm just trying to be safe as well, and*

*I shouldn't have to explain my condition to other people because they are making assumptions about me. Just to clarify, everyone of the staff members were incredibly kind, it was only other customers that seemed to have an issue. I also just want to say thank you to all of the staff for working during this time. You all are truly appreciated! \*thank you for reading :)*

**A:** Thanks for the suggestion. I'm very sorry to hear about your experience with other customers during the hour set aside first thing in the morning for seniors and those with compromised immune systems. It is unfortunate, as oftentimes the conditions that compromise immune systems, and sometimes even a person's actual age, are not necessarily visible to others. You're absolutely right, you have no reason to explain yourself, and this is why we do not check ID for age or ask for the specific reasons people shop at that hour. We have to reasonably expect people to self-decide whether this is the appropriate time for their shopping and then hope that others will suspend judgment. We did discuss at one point having separate days for the two demographic groups, but decided ultimately that this was too complicated to expect customers to remember. We don't want anyone to feel like when they arrive at the Co-op they need to turn away or maybe venture out in public twice just because of confusion over scheduling. That said, we will be putting out a post on our social media soon reminding people about this hour of the day, with a message to trust the decisions of others to shop during this time, as both age and ability are not always readily visible. I hope this message meets you healthy and well, and I'm so glad that our staff made you feel welcome and supported. Take care. -Kirsten Moore, Cooperative Services Director

### MASKS

**Q:** *I greatly appreciate the many new changes in the store and protocols being instituted to keep us safe. I would like to see everybody at the checkout wearing masks: the cashiers and those doing the bagging. This is still a particularly hazardous spot—one to which we have no choice in subjecting ourselves. In addition, I would like to bag my own groceries. I am happy to do my part to take care of it very quickly (since my life is on the line). And then I will get the hell out! Thank you.*

**A:** Thanks for writing and for the suggestion (and frankly, for the laugh line "get the hell out!"). Since the beginning of the pandemic we have allowed employees to wear face coverings that they procured on their own. In anticipation of the CDC's change in guidance, we started working on sourcing face coverings for our employees and considering policies with guidance from Public Health Madison & Dane County for their care and use.

We were able to share the policy regarding face coverings with all employees yesterday and the policy will go into effect Monday, April 13. We currently have enough face coverings on order to provide two to all 420 Co-op employees to make it easier for employees to change and care for them. We will also continue to allow employees to wear cloth face coverings they have sourced or made on their own. Please note, the CDC does recommend that some people refrain from wearing face coverings, and that includes people who may have trouble breathing or may not be able to remove face coverings on their own. Employees who may have these issues are exempt from any expectation to wear face coverings. Take care and good health to you! -Kirsten Moore, Cooperative Services Director

### CELEBRATION

**Q:** *Firstly, All of you are doing such a tremendous job making the Co-op such a reliable and trustworthy place for its customers and the community under such an extreme situation. Thanks, many times over.*

**A:** *Here's an idea that just came to mind. Let's plan for some kind of celebration when this all over. You could canvas members for ideas. Celebration for just staff by itself would be totally deserved for such an outstanding team effort. Involving the community and your customer base would be cool. Whatever form such celebrations take, "if we build it, the day of the pandemic will be over."*

**A:** Thanks for the kind words and the suggestion! It's going to be awhile before we can plan any kind of celebration, as we just cancelled our large Annual Meeting and Party that we do every year in conjunction with the La Fete de Marquette Festival out of an abundance of caution. But we'll certainly keep your idea in mind for next year's party, once we are on to safer times. Thanks again and be well! -Kirsten Moore, Cooperative Services Director

### PRODUCT DECISIONS

**Q:** *I just learned that you made the decision to cut Supercharge Foods from the Coop. Cutting a LOCAL SMALL business that produces and sells quality products during a pandemic is really disappointing from the Coop that touts supporting local and being a community supporter. This could cost a small business like this their entire operation. I buy direct from them as well as delivery through Christine's Kitchen...and there is simply not another vendor that offers products of their quality.*

**A:** Thanks for your message. I appreciate that you took the time to write, and I completely understand your frustration about this matter.

This was not a decision that we came to easily or lightly. These sorts of product decisions are always extremely hard to make—we deliberated for many months, and in the end, our team agreed that this was the right move for our business.

I was the Deli manager at Willy East 10 years ago, and I was the person who originally brought SuperCharge products into our stores. I am very glad that we were able to help them grow from a small home-based business to their current location and size. I am also glad that customers like you who value their product can purchase food directly from them - I really do wish them all the best.

I can also say that the microgreens that will replace the SuperCharge! products also come from a small, sustainable local farm—Vitruvian Farms. This farm is located in McFarland and is certified organic, and they use regenerative farming techniques that go well beyond what is required for their organic certification. We are, as always, committed to local suppliers, but we had to make the hard decision to switch which local supplier we get our fresh microgreens from.

Thanks again for writing. -Megan Minnick, Purchasing Director

### BRINGING BACK ITEMS

**Q:** *Hello Willy Street Coop managers, I really miss the Coops homemade almond milk. I've tried the Silk and Almond Breeze brands and don't like them. The only prepackaged almond milk I can find that's the next best thing to the almond milk made by the Coop is the 365 Whole Foods brand. Also, I miss your delicious muffins, specifically the Nothing Muffin and the Gluten Free Chocolate muffin(I think it's vegan, too). Is there a plan to bring these items back? I would appreciate any information you could give.*

**A:** Thanks for reaching out! I wish that I had hard dates for you, but unfortunately at this point I can't tell you exactly when these items will be back. Our management team is currently working on a plan for how we reopen services in our stores that are currently closed—a lot of it will depend on what kind of direction we get from local and state agencies regarding social distancing and other recommendations.

What I can tell you is that, at this point, we anticipate that our juice bars will be one of the first places in our stores to reopen—before things like the self-service hot bars and salad bars. It is also very likely that our bakery products, particularly the popular ones like Northing Muffins, will be some of the first of our prepared foods products back in our stores. Unfortunately I can't give you dates on either of these though—believe me, I wish I could!

I hope this is helpful. Thank you for your support! Best, Megan Minnick, Purchasing Director

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## GENERAL MANAGER'S REPORT

### Union; Store Hours; COVID-19; & More!



by Anya  
Firszt,  
General  
Manager

#### HELLO JUNE. HELLO SUMMER!

June gives us the end of the traditional school year and the kick-off to summer, the Northern Hemisphere's Summer Solstice Saturday, June 20, the official start of summer, the day with the longest amount of daylight.

What will you do with your extra moments of daylight?

#### END OF THE FISCAL YEAR

This month also marks the end of our current fiscal year, and next month is the beginning of our new fiscal year. We have end-of-year and beginning-of-year tasks to accomplish this month and next. We are in the process of wrapping up the first draft of FY21 Operating Budget for the Finance Committee review and input before recommending approval to the Board of Directors at their June meeting.

#### UNION

Early in this fiscal year, the Co-op received notification from the National Labor Relations Board (NLRB) that the United Electrical, Radio, and Machine Workers of America (UE) filed a petition for an election to be-

come certified representatives for the employees of Willy Street Co-op. On September 4, Willy Street Co-op staff voted in favor of union representation by the UE. And, after six months of collective bargaining, the UE and Management successfully negotiated a contract, which was ratified by bargaining unit staff on March 16, 2020.

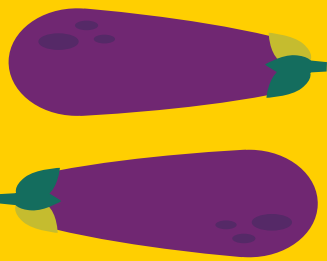
#### COVID-19

That same week, we started searching for ways to protect ourselves, loved ones and co-workers from the onslaught of the coronavirus. There is no corner of our operation that hasn't changed because of the pandemic. Staff are wearing face coverings and practicing social distancing to help them (and you) stay healthy. The number of daily transactions are half what they were two months ago, but the average amount purchased has doubled. Our online delivery program exploded—in a good way. We effectively responded to customer demand for this service and watched sales grow from \$1k to \$37.5k a week.

Included in this issue of the *Reader* is an update to last month's article by Kirsten Moore, Cooperative Services Director, which offers changes in operations, new services and products, limitations in products and services, Owner benefits, and employee safety that have been implemented with regard to the COVID-19 outbreak.

willy street co-op

**EVERYONE  
WELCOME!**



## SPECIAL STORE HOURS

**JUNE 28, Year-end inventory count**

Open 8:00am-6:30pm at all three stores.

**JULY 4, Independence Day**

Open 8:00am-6:30pm at all three stores.

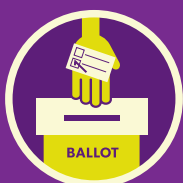
# VOTE

*For the Willy Street Co-op*

**BOARD CANDIDATES  
AND BYLAW REVISIONS**

**Voting open July 1st - 21st**

This year you can vote by mail, in the store, by email,  
or by phone. Not sure if we have your current email  
address on file? Please update it or confirm by  
June 20 so that we can email you a unique ballot.



willy street co-op

Instead of Wellness Wednesday, we are offering a  
**Wellness Any Day Virtual Coupon!**

willy street co-op Owners

## GET 10% OFF

**Wellness or Bodycare products**

on any one transaction they choose  
during the month of June.

*No paper coupon needed!*

Discount can only be used one time 6/1/20-6/30/20 per Individual or Household  
Owner account. Coupon will not work again on an Owner account after being  
used; please plan your purchases accordingly. Not valid for online orders.  
No cash value.



Just tell the cashier at check  
out that you would like to  
use this virtual coupon.

## HOURS OF OPERATION UPDATE

As of May 26, we have expanded our open hours of operation; Willy East and Willy West hours are 8:00am-8:00pm, and at Willy North hours are 9:00am-8:00pm. We reserve the hours earlier than 10:00am for seniors and those shoppers with compromised immune systems to shop.

One exception in June to the above open hours of operation is Sunday, June 28, which is the last day of our current fiscal year. We will be closing early on that day to perform our year-end inventory count. This is when we count every item on our shelves and in our backstock to determine the value of products we have. This information is used on our balance sheet to help determine the value of your business. Hours on June 28 are 8:00am-6:30pm at all three stores.

## WELLNESS ANYDAY COUPON

The first Wednesday of the month is usually Wellness Wednesday, but in light of Covid-19 and continuing to support social distancing we are offering Owners a Wellness ANYDAY coupon to use any day they choose in June.

## ANNUAL MEETING

You are all cordially invited to attend our Annual Meeting on Thursday, July 9. Our meeting will be hosted virtually and will require some planning on your part to attend. You will need to register so that we can provide you with the necessary login information. If we don't yet have your email address, now might be a good time to fix that. See [willystreet.coop/2020-Annual-Meeting](http://willystreet.coop/2020-Annual-Meeting) for more information.

## BOARD ELECTIONS AND BYLAW CHANGES COMING IN JULY

In the July issue of the *Reader*, you will find a ballot and Board candidate statements; there are four open Board seats that need to be filled. On the ballot, you will also find the set of proposed bylaw changes for you to consider; details of the changes will be included in the July *Reader*.

You have three options for casting your ballot: you can vote in person, vote absentee, or vote online. Ballot boxes will be located near the Customer Service desk at any of our stores should you want to cast your ballot in person or you can mail absentee ballots to 1457 E. Washington Ave. or you can cast your ballot online or by phone.

This year please consider casting your ballot online using the unique ballot link that will be emailed to you so our staff don't have to handle quite so many paper ballots. All we need is your current email address. Ballots are due no later than Tuesday, July 21 at 6:00pm!

## DATES TO THINK ABOUT

- Summer Solstice: June 20
- Year-end inventory count: June 28 - Hours of operation 8:00 am-6:30pm at all three stores.
- Independence Day/July 4: Hours of operation are 8:00am-6:30pm at all three stores.
- Annual Meeting: July 9 beginning at 5:30pm. Registration required

Who can really know what the new fiscal year will bring. In the meantime, I wish you all good health and wash those hands!

## BOARD REPORT

### Annual Meeting; Board Elections; & More!



by  
**Stephanie Ricketts,**  
Board  
Member

**W**elcome to summer—a new season in a very strange year. Thank you for continuing to be a part of our cooperative community!

It's hard to know what the future holds as I write this article in May, but it seems very likely that social distancing measures will continue through June (and beyond) for the good of public health. As you shop at the stores, please be sure to maintain a six-foot distance from other shoppers whenever possible, and to wear a protective face covering if you are able. Both Co-op staff and your fellow Co-op shoppers will appreciate it.

## THANK YOU

Speaking of shopping, I and the rest of the Board of Directors want to commend staff and management for their continued efforts to provide the groceries, supplements, and more that we rely on the Co-op for. THANK YOU to each of you for enabling us to continue to have a grocery cooperative during this pandemic. The Board would also like to give a deep and heartfelt THANK YOU to shoppers, for continuing to shop at your Co-op, and for the many kindnesses given to one another in these stressful times!

## BOARD MEETINGS ONLINE

Due to COVID-19, all Board meetings have moved online for the foreseeable future. If you would like to attend, you are welcome to join us at our virtual sessions. You can find the schedule of Board meetings, along with links to the live Webex, on the calendar, found at [www.willystreet.coop/events](http://www.willystreet.coop/events). Meeting minutes will also be made available as usual after the Board approves them (this usually occurs at the next Board meeting, as a consent agenda item). The next Board meeting will take place on June 16, 2020 at 6:30pm.

Willy Street Co-op's fiscal year changes over at the end of June, so the big work of the Board this month

is finalizing the FY21 annual budget. The Board is aided in this work by the Willy Street Co-op Finance Committee, a group of astute Owners-at-large, three Board members (including me), and the Finance Director and General Manager. In addition, we will be reviewing a selection of policy reports, and preparing the agenda for this year's Annual Meeting.

## ANNUAL MEETING

What's the Annual Meeting, you ask? The Annual Meeting is when we provide a year-in-review, a financial update, answer questions from attendees, and offer Board candidates the opportunity to address Co-op Owners. Normally this meeting is part of the larger Annual Meeting & Party (AMP), which has been cancelled in 2020 due to COVID-19. Instead, we will be hosting the Annual Meeting online on July 9, 2020. Information regarding the time of day and how to join the virtual meeting will be provided in next month's *Reader*, on the Co-op's website, via social media, and with information about this year's upcoming elections. Please join us!

## ANNUAL BOARD ELECTIONS

The Board is also working with staff and management to prepare for this year's annual elections. Board candidate materials are due on June 1, so it's too early to share how many candidates you will be choosing from to fill this year's four vacant seats. (Usually we have three seats open for an election, but one Board member is resigning before their term is over.) Stay tuned to the Co-op's website and the July *Reader* for voting information, candidate statements, bylaws revisions that are up for vote, and what's on the ballot. Hear from candidates at the virtual Annual Meeting, and be on the lookout for voting and annual meeting information coming to you in the mail (or email if we have an email address for you on record).

Stay well, friends and neighbors! I look forward to celebrating the bounty of summer with you all, and to smizing\* at you over my own face mask around the stores.

\*To "smize" = to "smile with your eyes," a term popularized by the legendary Tyra Banks.

## SPECIAL STORE HOURS

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Open 8:00am-6:30pm at all three stores.

**JULY 4, Independence Day**  
Open 8:00am-6:30pm at all three stores.

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GS3343 03/31/2020

## 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.

**Out of an abundance of caution, Willy Street Co-op classes are canceled through the month of June. Watch social media and our website for an announcement when classes resume. Additional precautionary measures will be implemented when we begin to offer classes again.**

### SPECIAL STORE HOURS

**JUNE 28, Year-end inventory count**

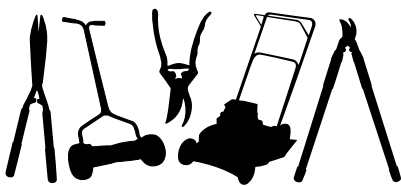
**Open 8:00am-6:30pm at all three stores.**

**JULY 4, Independence Day**

**Open 8:00am-6:30pm at all three stores.**

### GET AN EDGE ON SPRING.

Bring your garden tools in for sharpening!



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Pre-School age 2-5  
Parent/Child Playgroup age 0-3  
STATE LICENSED & CITY ACCREDITED



## HOME DELIVERY NEWS

### Home Delivery



by  
**Patrick Schroeder,**  
**Prepared Foods**  
**Category**  
**Manager**

Historically, in times of stress or mishap at work, I liked to remind myself that, “we’re only selling groceries, not saving lives.” This statement fails to soothe me these days. There is definitely a heightened sense of gravitas in our work and our dealings with customers than there was before the health crisis. We feel our shoppers’ tension and anxiety while we are working through our own. We are still grappling with how to serve them and ourselves in this business of selling food. One of the major undertakings we’ve wrestled with is how to get food to customers who simply cannot risk exposure in our stores. Enter Home Delivery. Since being re-assigned to our Home Delivery program at Willy North, I have borne witness to as massive a scaling-up as our business has seen, outside of opening a brand new store. Ten weeks ago the program was serving only a handful of customers each week. This week of writing, we are going to achieve more than a 30-fold increase over that.

Last week, I walked out of Willy North to head home for my weekend after helping run a team of 8 to 15 hard-working, team-oriented people every day who considerately selected product, rang it through our registers, staged it for delivery and pick-up, and delivered it to homes and cars waiting curbside, so that our community could be served in a way we were unable to in the past. It is strenuous work, fraught with breakdowns, errors, last-minute solutions, urgency, and repetition. It is also deeply rewarding work, full of customers’ gratitude, solidarity with co-workers, a strong sense of shared purpose, and an enlivening level of challenge.

It has taken its toll on our people, as many have invested overtime, come in on days off, and performed tasks outside their physical norm. It has taken its toll on our infrastructure. Our phones ring off the hook as our Customer Service staff fields new and different concerns with grace and aplomb. We’ve taken over whole swathes of Willy North. The Commons dining area is now our headquarters, filled with scales and grocery bags and paperwork. We’ve annexed huge footprints in almost every department’s coolers and freezers, as well as a large portion of our already-small receiving area. In the midst of this controlled chaos, we also have to stay mindful of staying clean: sanitizing equipment, washing

hands, wearing gloves and masks. We don’t want to be the reason anyone gets sick—only the reason they get the food they need! As the bags and boxes pile up each day, as the orders grew from single digits to multiple dozens in a day, we have risen to meet the challenges and accepted our co-workers’ understanding of our encroachments.

### OUR E-STORE

Yet the work goes on. Our e-Store website ([shop.willystreet.coop](http://shop.willystreet.coop)), which we previously thought to have the next 8 to 12 months for the refinement and redesign of, has had to be slap-dashed with work-arounds and creative solutions from our in-house IT and Communications staff so that it could serve such a rapidly expanding base of users. It hasn’t been pretty. Many of you have struggled to use it. I know, because I speak with you almost every day. For that, we continue to ask for your patience and understanding and we urge you to reach out to us at Willy North in the Home Delivery department for assistance. We do not have full control to change the idiosyncratic nature of this platform, but we can help explain to you how to work within it. We will continue to improve this aspect of our business. Efficiency and stability are the next goals for Home Delivery, and we look forward to getting into that work.

### QUESTIONS FOR THE FUTURE

Now, we begin to look to the future. It’s hard. We don’t know what’s out there. Will we, as a society, re-open this summer? Fall? Will you all demand Home Delivery even if we do? How do we reopen parts of the store that have lost staff to our program? How do we track the shifting priorities of our customers? How do we continue to keep our staff as safe as we are able? We have made more sweeping, organizational changes in these past two months than we probably have in the past two years, or even ten. Now we have to painstakingly evaluate each one of those changes and decide its future applicability to your Co-op. Home Delivery highlights this existential inquiry because we’ve had to move mountains (of paper and people) to get it to its heightened state.

### NEW AND CHANGED RETAIL WORK

In part, I wrote this essay so that you all might know a piece of our lives in this new and changed retail food work that we all find ourselves in. I find it validating and comforting to be able to express the experience to you. I hope it gives you context. On a more personal note, I would also say that I’ve been humbled by this experi-

ence.

I deeply appreciate the warmth that you all have offered myself and my co-workers during this time. Whether it is an emphatic “thank you!” after we load your groceries in your trunk, or a benevolent understanding about a mis-pick we made on your order, we really do appreciate the energy and intention behind those communications. I have also been humbled by my many co-workers,

within Home Delivery and without, who have unquestioningly shed the norms of their previous work to throw themselves at this, who had to adapt to new staff (including me) joining their team and their store and mucking all about in their world, and those who managed the program and offered their trust to myself and my co-workers to take parts of it over. To all of you I say: Thank you! Let’s do it again next week!

them in the trash? Here are some ideas.

**Use as compost in the garden:**

This is the easiest use and will benefit your soil in your garden. Coffee grounds are rich in nitrogen, magnesium, calcium, potassium, and other trace minerals. Layer them in with other green compost materials such as food scraps and grass clippings.

**Keeping pests away:**

Some say it will keep mosquitos, snails, and ants away. You can create a barrier around your garden with coffee grounds or try setting bowls out around outdoor seating areas. Coffee grounds in the garden may even deter cats from using your garden as a litter box.

A word about using coffee grounds directly in garden soil and for fertilizing houseplants. In researching this article, I came across a lot of conflicting advice about using coffee grounds as a direct application. However, one study I came across sites that the caffeine in the grounds could stunt plant growth. I personally have added coffee grounds to my garden soil and mixed in, and also a sad-looking azalea plant, and they seemed happy about it. So keep that in mind before you go all out—maybe try an experiment before tossing all your grounds into your garden.

**Feed your worms:**

Do you have worms? Add a cup or so of grounds per week to your worm bin, and they will be very happy. Happy worms make great soil for your garden!

**Use as a cleaning scrub:**

Coffee grounds can be used to make an abrasive scrub to remove buildup on some surfaces, like stainless steel sinks, cookware, and grills. Just be sure to not use them on white, porous materials, as they will likely stain.

**Make your own exfoliating soap:**

Melt a bar of glycerin soap (Clearly Natural, found in our Wellness section, is a great choice here) and add 1/3 cup coffee grounds. Stir well so grounds are evenly distributed, and reshape the bar in a mold. You don’t need a fancy soap mold—many household containers can be a mold! This soap may be too rough for the delicate skin of the face and neck, so avoid those areas. Instead, focus on hands and rougher parts of the body.

**Make a shower scrub**

The caffeine and antioxidants in the grounds can help stimulate skin cells to promote tighter skin. Great for thighs and exfoliating legs before shaving. Simply add melted coconut oil, jojoba oil, and a splash of vitamin E oil to coffee grounds, slowly, until you reach the consistency you want. Place the mixture in a jar or container with a lid. Massage it on wet skin in the shower, and rinse off.

I invite you to pick up a five-pound bag of Equal Exchange coffee. You may use it quicker than you think! If you’re feeling a bit less adventurous, we are also carrying 2.2 pound bags from Kickapoo Coffee during the bulk aisle closure, and of course, our usual 12-16 oz sizes as well.

**GROCERY NEWS**

**What to Do With a 5-lb. Bag of Coffee**



by **Melissa Reiss, Purchasing Assistant**

**L**ike many people, I drink coffee every day. I look forward to my hot, steaming morning cup, and I enjoy an occasional refreshing cold brew in the afternoon.

When I realized it would be likely that I’d be working from home for quite a while through the pandemic, I purchased a five-pound bag of French Roast from Equal Exchange to limit my trips to the Co-op. Being the only coffee drinker in my house, I was interested to see how long this bag would last me. It’s been one month and I have consumed 2.23 pounds. In addition to my morning cup, I’ve been keeping a constant stock of cold brew in my fridge. I like the smooth, refreshing taste, which is also less acidic than hot-brewed coffee.

**COLD BREW**

The best grind for making cold brew is a medium-fine grind. Start with two cups of ground coffee, and add five cups of fresh, room-temperature water. Mix well, and let sit! I soak my coffee grounds for 12-15 hours.

When the time is up, I strain using a fine mesh stainless steel strainer, which removes the majority of the grounds. This gives you a liquid that looks drinkable, but another filtration

method is needed. If you look at the surface of the brew, you’ll see it’s quite oily. To get rid of this excess oil, I use a pour-over and carafe with unbleached paper filters. I usually go through about four filters per batch, since the brew is quite sludgy.

I prefer this double-filtration method over brewing with a French press because the filtering process removes a lot of acid, as well as super fine particles which can give the drink a gritty, bitter mouthfeel.

Chill your cold brew in the fridge in a container with a lid. The coffee will likely be very strong. This is basically a light concentrate. I make it like this so I can customize it later.

To make one serving: Add ice to a glass, pour in cold brew. Taste it. Add a little cold, fresh water to taste and drink as is or add cream and/or sweetener. If you like your coffee with sweetener, you can make a simple syrup ahead of time by mixing equal parts white cane sugar and water into a saucepan, and bring to boil until the sugar is completely dissolved. Allow to cool. Keep in the refrigerator. If you like cream, add your cream of choice. My current favorite is Oatly’s Barista Edition oat milk. Yum.

**REPURPOSING COFFEE GROUNDS**

Running this little experiment and making my own cold brew made me think of all the coffee grounds I go through—is there something else I could do with them other than toss

 In these times, having the right home for you and your family to stay safer at home is our priority. We are all in this together, we are here and we care. Be well.

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## Facial Care While Wearing a Mask



by  
**Angela Pohlman,**  
Wellness  
Category  
Manager

**W**e're all adjusting to this new world; and it seems we will be wearing masks in public places for a while. Face mask options are blowing up; and for some of us, so is our acne.

I've asked some folks in our General Merchandise department for their

tips\* on dealing with new skin issues surrounding mask use.

### STAFF RECOMMENDATIONS

**Abigail:** "I definitely have noticed my skin breaking out in weird places because of the mask (like under my nose and lower cheeks). I've been trying to not wear makeup underneath the mask (which is kinda obvious) but that has helped. I think a breathable fabric is important to the mask, like cotton. And obviously cleaning the mask everyday! (I've been using mild detergent, African Black Soap or Dr. Bronner's.) Thoroughly cleaning my face after getting home and taking my mask off, and then using a toner (witch hazel or hydrosol) after has helped. I try to moisturize at night so there isn't anything else on my skin under the mask during the day. Even taking your mask off and cleaning your face during the day might be a good idea too."

**Susan:** "...massaging the muscles in your neck and jaw a few times a day to relieve any tension that might build up from holding your head differently because of the mask."

**Demeter:** "I would stress the idea of using a soap that's gentle on your skin for mask cleaning. A lot of people use a bleach solution to make sure their mask is clean, but if not rinsed out properly it can cause irritation! A soak in warm water with unscented mild soap does

the trick just fine and if you have multiple masks, try and keep them in a rotation. I find that every mask has its own way of irritation whether it's hurting around the ears or rubbing too much against my mouth. Wearing a mask every day is a huge change for everyone, so it's totally understandable if it causes some skin problems.

"I've been making sure I thoroughly wash my face every night and morning and treat with a toner. Definitely witch hazel like Abigail said! Focusing more on the side of retaining moisture in my skin. I suggest a simple, virtually scent-free cream moisturizer. For my skin, if I overwash and strip away my natural oils completely, my body overcompensates and I end up with an oily face and breakouts specifically under my chin and around my nose. I spot-treat my breakouts with products that contain tea tree oil or use a dot of a clay mask to help absorb the oils.

Also, now is a great chance to decrease your makeup use! For makeup lovers like me, I've been doing a bolder eye look everyday and using practically nothing on my cheeks and chin. No one can tell the difference so why not give my skin the extra help!"

**Laura:** "I have been increasing my skin care regimen, which is basically just coconut oil. I use our Nutiva brand coconut oil. I'm not prone to break-outs on my face so I haven't noticed much there, but the coconut oil helps keep my eczema at bay which, with my increased use of hand sanitizer, I have been having a breakout on my hand. It helps it from getting too bad, though."

**Kristi:** "I use a rosewater hydrosol with rosehip oil before, after, and in between wearing my mask."

**Barbara:** "I have been doing a clay mask more often than my usual weekly with good results."

**Jessica:** "I noticed my skin is drier and I have more breakouts on my cheeks. I've been cleansing with just rosewater in the morning then combining rosewater and neem oil and patting it on my face, both in

the evening and night. Additionally, at night I cleanse with facewash and add evanhealy Blue Cactus Beauty Balm to my face after the neem oil. I usually spray rosewater into my mask after washing and right before wearing."

**Sarina:** "I've been taking the Country Life Skin Rescue in addition to Collagen and Biotin (Hair/Skin/Nails). Hydration! Hydration! Hydration! Also especially for cashiers, take a drink every time you switch gloves/clean your lane between customers. This helps make sure you're getting plenty to drink."

Excellent ideas from folks who are on the front lines and wearing masks all day long.

### SKIN CARE PRODUCER RECOMMENDATIONS

I also reached out to some of our skin care vendors and representatives—here are some tips\* they have shared:

**Evan,** Owner and Formulator of evanhealy: "As an aesthetician, I realize how integral and primary the skin is to immunity and defense. One way to protect ourselves from contracting this virus is by applying a final protective layer of Whipped Shea Butter with Olive Leaf over every other product you may be applying, including moisturizer and sun protection. Think of two finger tips of Whipped Shea Butter massaged into your skin as a suit of armor. Shea butter is considered nature's bandage."

"A layer of our Whipped Shea Butter (in addition to the recommendations from CDC regarding protection) harnesses the protective ability of the skin to prevent ingress of microbes, virus, fungus, parasites etc, and reinforces the skin's ability to protect and defend.

"Shea butter helps protect the skin and soothe dry, irritated and sensitive areas all over the face and body."

**Dana,** Owner and Formulator of Mad Hippie: "We have actually been sending lots of skin care items out to various hospitals for hospital staff. We are hearing lots of hospital staff saying that their skin is dry and irritated from hours of mask wearing so we've been giving this lots of thought. Keeping skin clean and hydrated is a great protocol for keeping skin healthy with mask wearing. Cleansing well in the morning and evening is important (using the Cleansing Oil at night for a deep cleanse that is also hydrating is a good option). During the day, the Vitamin C Serum is a great option. The hyaluronic acid is hydrating without being oily and the antioxidants help reduce oxidative stress on the skin. Clogged pores are also a common complaint for mask wearers because oil and sebum can collect around the mask and clog pores. At night, following a deep cleanse, use an exfoliant to make sure that pores are clean and follow with a moisturizer. The 2 Minute Polishing Mask is a good option for a deep cleanse once or twice

a week and the Exfoliating Serum at night with alpha hydroxy acids is wonderful for a nightly exfoliating treatment that is also gentle on the skin."

**Patricia,** Owner and Formulator of Cress Spring Body Care: "I would recommend a good, daily exfoliation and anti-microbial moisturizer that will help your skin deal with the extra oil and build up. Some ingredients that can help are neem oil (very pungent odor though), tea tree can be useful for a small amount of time but can irritate and actually worsen skin if used too often. I love Ucuuba Butter which is antimicrobial and anti-inflammatory. I also love kombo butter for the same purpose. These work with the skin to help alleviate congestion and reduce acne while nourishing and protecting the skin. Green Coffee Bean Oil is also wonderful for acne—it helps the skin detoxify. There are acid treatments that some people like and use, but I find these approaches too aggressive and can worsen symptoms by weakening the skin long term."

**Kerry De Villiers** From Trilogy: here are some highlights from her article "Trilogy Festive (Summer) Season Skincare Tips\*"—face masks can imitate a high heat and humid environment, so summertime tips from New Zealand are useful:

A consistent routine which includes regular exfoliation and effective hydration will help give you a beautiful healthy natural glow.

For a serious radiance boost, use a supercharged serum like Trilogy Age-Proof CoQ10 Booster Oil or Trilogy Vitamin C Booster Treatment daily for a few weeks. Think of them as an all-in-one shot of vitamins, antioxidants and nourishment.

If you're not getting a regular amount of sleep, add an overnight face mask to your reduced sleep routine. Overnight face masks are a great way to boost the skin's natural process of rejuvenation which occurs while you sleep.

Nighttime cleansing is essential for nutrients to absorb and nourish the skin. If you don't cleanse your face before bed, not only do you leave on the grime from the day, clogging your pores, dulling the complexion and encouraging unwanted breakouts, you also miss out on essential skin nutrition.

Water, water, water! Increasing your water intake or drinking at least eight glasses of water a day will help rid the body and skin of toxins, help to keep skin hydrated, supple, and with more of a radiant glow!

To make tired skin look more awake, keep an eye cream in the fridge to totally cool and refresh your eye area.

So many tips! I hope you were able to find something useful in here. If you have any tips you would like to share, feel free to reach out at a.pohlman@willystreet.coop!

\*not all products are available at all stores; please call before making a special trip!

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Regular, Super  
20 pc • Save \$1.30  
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8 fl oz • Save \$2.30  
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Sunscreen**  
2.9 oz • Save \$3  
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Magnesium Glycinate**  
400 mg  
90 cap • Save \$7  
**\$12.99/tx**




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CBD Bath Salts**  
Unscented, Lavender, Eucalyptus  
4 oz • Save \$1  
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Goat's Milk Bar Soap**  
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**Bunnies Snack Mix**  
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**Dark Chocolate Bars**  
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**Cascadian Farm**  
**Cold Cereal**  
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**Kite Hill**  
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**Hilary's Eat Well**  
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All Kinds on Sale!  
6.4 oz • Save \$1.98-\$2.58/2  
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All Kinds on Sale!  
4-pk • Save \$1.50  
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**R.W. Knudsen**  
**Organic Mango Nectar Juice**  
32 fl oz • Save \$1.80  
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**Kevita**  
**Probiotic Drinks, Kombucha, Tonics**  
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15.2 fl oz • Save 98¢/2  
**2 for \$5<sup>/tx</sup>**



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4.25 • Save \$1.49  
**\$3.50**



**Safe Catch**  
**Elite Pure Wild Tuna**  
Unflavored  
5 oz • Save \$1  
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**GT's**  
**Kombucha**  
All Kinds on Sale!  
16 oz • Save 98¢/2  
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**California Olive Ranch**  
**Everyday Extra Virgin Olive Oil**  
25.4 fl oz • Save \$3.50  
**\$11.99**



**Nancy's**  
**Grass-Fed Yogurt**  
Plain, Vanilla  
24 oz • Save \$1.30  
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**Beyond Meat**  
**Brats**  
14 oz • Save \$2  
**\$6.99**



The specials on this page are valid June 3-16

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# JUNE

## co-op deals: June 17-30



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### Annie's Organic Honey Grahams

Great for s'mores!  
14.4 oz • Save \$2

**\$3.49**



### Endangered Species Dark Chocolate Bars

All Kinds on Sale!  
3 oz • Save \$2.58/2

**2 for \$4**/tx



### Alden's Organic Ice Cream

All Kinds on Sale!  
14 oz • Save \$1.80

**\$3.99**



### Kalona Supernatural Organic Whole Chocolate Milk

32 oz • Save 80¢

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All Kinds on Sale!  
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### Mom's Best Naturals Cereal

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### LaraBar Bars

All Kinds on Sale!  
1.6-1.7 oz • Save 79¢

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### Greek Gods Vanilla Honey Greek Yogurt

24 oz • Save \$1

**\$2.99**



### Dandies Vegan Marshmallows

Regular, Mini  
10 oz • Save \$1

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### Seventh Generation Laundry Detergent

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**\$3.99**



### Boulder Canyon Potato Chips

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### Wild Planet Wild Sardines

All Kinds on Sale!  
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**\$1.65**



### From The Ground Up Gluten-Free Cauliflower Crackers

Sea Salt, Cheddar  
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### Westsoy Original Tempeh

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### Miyoko's Creamery Cultured Vegan Butter

8 oz • Save 80¢

**\$3.99**



### Hi Ball Energy Drinks

All Kinds on Sale!  
16 oz • Save \$1.58/2

**2 for \$4**/tx



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56 oz • Save \$1

**\$4.79**



### Reed's Ginger Brew

All Kinds on Sale!  
4-pk • Save \$1

**\$4.99**/tx



The specials on this page are valid June 17-30  
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## COVID-19 Updates



by **Kirsten Moore,**  
**Cooperative Services Director**

Last month, we shared efforts to slow the spread of COVID-19. At deadline, the county issued a new order moving the community into preparations for a safe reopen. We're reviewing changes made to our practices; deciding which changes to keep and which to transition as we turn the dial to post-quarantine times. We remain nimble and mindful, prioritizing the safety and needs of Owners and employees.

### FOUR PHASES OF RECOVERY

Recovery plans are based on the four phases in the Public Health Madison and Dane County plan, Forward Dane, which outlines both the data the county is using to measure progress towards disease control; and the requirements in place for each reopening phase. Recovery relies on safety and community progress towards COVID-19 protection.

Phase One is a baby-step allowing for small gatherings and lifting the restrictions for grocery retailers in the county order. We are making minor changes in this phase while abiding by six-feet of social distancing whenever possible. In Phases Two and Three, larger gatherings and fuller business operations will be incrementally more acceptable. Social distancing will continue, with more services available. Phase Four is contingent on the community establishing means to protect from COVID-19. Then, business and full gatherings may resume with reasonable protective and preventative measures in place.

Phasing may take awhile; timing is unknown. We are prepared for a nonlinear recovery in which the community begins opening and then new data suggests a relapse, requiring us to scale back again.

### OPENING EARLIER, OPENING HOUR FOR SENIORS AND IMMUNOCOMPROMISED REMAINS

On May 26, we expanded open hours to 8am-8pm daily at Willy East and Willy West, and 9:00am-8:00pm daily at Willy North. North opens an hour later to support employees preparing online pickup and delivery orders. The program benefits from our ability to use every register to process orders in the early hours of the day. Opening earlier spreads out the amount of time available to shop while more people venture out of their homes. Hours continue to be shorter than pre-quarantine to allow time to stock shelves, tend to departments, and thoroughly clean at a social distance without customers present.

We currently continue reserving the first open hours of the day for seniors and shoppers with compromised immune systems of any age (8:00am-10:00am at East and West, and 9:00am-10:00am at North). Employees continue to monitor customer counts, and we are monitoring public health guidance for increasing or lifting customer capacity restrictions.

### PHASE ONE RECOVERY GUIDELINES

Employees maintain six feet of social distancing whenever possible, and we expect shoppers to do the same. Please remain mindful of your surroundings and other people when you shop. Abiding by the signs, markings on the floors, protective barriers, and our announcements protect employees and shoppers alike.

We continue wearing face coverings while working, unless individuals have health-related exemptions. We strongly encourage able shoppers to also wear a face covering to protect others from COVID-19. Employees also carry hand sanitizer on their person for support between hand washings, and some employees wear gloves when appropriate. When

you shop our stores, please come with clean hands, and do your best to keep your hands as clean as possible while shopping. Please do not touch your face or face covering while shopping, unless you are able to take time to wash your hands.

We continue diligent cleaning routines, and are making permanent standards for new tasks assigned. As we re-open certain areas of the stores, new cleaning processes and best practices for those areas will be established.

### SERVICE COUNTERS MAKING COMEBACK

Service counters are reopening! By press time, Meat counters will either be open or almost open, and the Juice and Coffee Bars will also be on their way to providing certain services. We anticipate Deli service counters will also open limited services soon. Products remain available for carry-out only; the Commons are closed. Social distancing signs and floor markers support shopping service counters safely. Please and thanks for following instructions provided.

### SELF-SERVICE/BULK UPDATE

We are evaluating offering bulk items dispensed from gravity bins that do not require scoops, such as bulk coffee. We are also developing processes to offer bulk products that require scoops and tongs and considering alternative types of containers and dispensers when possible. We expect gradual re-opening of some bulk self-service areas of the stores in phase three of the Forward Dane plan when the county will again allow customer self-dispensing in stores that sell groceries and medicine.

Salad bars and hot bars remain closed; self-service depends on public health guidance and customer interest after Phases One, Two, and Three of the Forward Dane Plan.

### WELLNESS, ACCESS DISCOUNT, PRODUCT ORDERING & AVAILABILITY

Wellness Wednesday, Meat Sale Thursday, and Fish Sale Friday (North only) remain suspended. Another Any Day Wellness virtual coupon is available for 10% off

Wellness items in June. Meat (and Seafood at North) promotions are offered through Owner Rewards sales.

The Access Discount increase from 10% to 20% runs through June 28 to assist shoppers with low income in social distancing and making larger shopping trips. We will not be able to sustain the increase in the next Fiscal Year starting June 29.

Pre-orders and special orders remain challenging due to limited availability of many items from our suppliers. Currently, we are able to offer pre-orders for Produce department products and bulk herbs and teas in the Wellness section only. No other pre-orders of products we carry, nor special orders of products available to us, are allowed. Meanwhile, we monitor supply levels, and continue to implement purchasing maximum limits on items that remain challenging to stock.

### REUSABLE BAGS & CONTAINERS, CARTS & BASKETS, CHECKING OUT

Reusable bags and containers (except bulk water containers) remain prohibited. We hope to decide the future of reusable bags and containers in Phase Three.

Since cleaning wipes remain challenging to stock consistently for use in-store, we continue washing carts after every use, and are developing cleaning standards for the future. We discontinued shopping baskets because more frequent cleaning caused damage. We are making better plans for offering baskets again soon.

The Co-op continues preferring debit or credit transactions, limiting cash contact when possible. Register lanes and pin pads are cleaned frequently, with a goal to clean between every transaction. Plexiglass barriers remain at checkout lanes and the Customer Service desk, these may become permanent. Please respect barriers; do not reach around or step beyond them to talk with employees unless requested.

### ONLINE SHOPPING, DELIVERY AND PICKUP SERVICES

Demand for pickup and delivery continues exceeding capacity. Every available inch of Willy North is full of orders to check-out and distribute,

## Visit our COVID-19 webpage

for up-to-date info on market operations and how you can support our farmers and safely buy directly from farmers!

[dcfm.org/fresh/covid-19](https://dcfm.org/fresh/covid-19)



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and we continue to improve efficiencies, service availability, and quality.

As we bring back services that were shut down, staffing needs to be reallocated to those offerings. Since many employees supporting delivery and pickup service were employed in these other areas, we must balance the demands of all services. Recently, we added a dedicated E-commerce Manager position, and look forward to hiring soon.

Online order pickup and curbside is available at all retail locations, and will remain long-term. Please call your store when you arrive, and we will bring orders to your vehicle. If you did not drive, we will put your order in a designated location to pick up when you call, and you may pick up without contact with our employees.

### VEGGIE AND FRUIT BOXES AVAILABLE

Order-ahead fruit and local veggie boxes are available for touchless pickup. Visit [www.willystreet.coop/boxes](http://www.willystreet.coop/boxes) for details. Four-week subscriptions are available monthly for \$100 with weekly pickup days and times scheduled for each retail location.

### PRODUCTION KITCHEN RETURNS

As we open service counters, and offer order-ahead boxes, we are partially re-opening our production kitchen for support. The kitchen will prepare a reduced catalog of offerings for prepared foods, and assist with packing fruit and local veggie boxes. We will continue to assess the capacity for production work on the road to the new normal.

### COMMUNITY OUTREACH

Classes, Community Room rentals, nonprofit and cooperative tabling outside the stores, Street Pulse vending, musicians playing, promotional events, and FoodShare outreach with Second Harvest has been suspended since March. Yet, concern for the community remains a priority. We have been working with local organizations whose cancelled events we planned to sponsor to see if we can support their current needs. 501(c)3 nonprofits and cooperatives may also continue requesting donations at [www.willystreet.coop/community/charitable-giving#donation-requests](http://www.willystreet.coop/community/charitable-giving#donation-requests).

### COMMUNITY REINVESTMENT FUND (CRF)

Owners leaving the Co-op may either withdraw their equity or abandon it to use for charitable causes by statute. The Board approves annual use to support the \$25,000 CRF grant program, our \$10,000 holiday giving drive for partner food pantries, and other local causes on a case-by-case basis.

The CRF committee delayed its decisions to fund nonprofits and cooperatives, as applications are due at the end of February, with awards made by May. Due to the pandemic's timing, the Co-op first focused ef-

forts on the impact to immediate operations, and then began the evaluation process. Evaluation included an opportunity for organizations on the short list for funding to report COVID-19 changes to their proposed projects before making final decisions. We are currently informing applicants of their funding status and will announce the winners in July. Organizations have until March 31, 2021 to complete projects (the deadline is usually December 31).

### CO-OP MATCHING CAMPAIGN RAISED \$20K FOR LOCAL FOOD PROGRAMS

Two projects developed by the Dane County Farmers' Market, FairShare CSA Coalition, and REAP Food Group challenged their individual donors to a 1:1 match up to \$5,000 for each project from the Co-op's abandoned equity. Both projects met the fundraising match by mid-May.

The Dane County Farmers' Market and FairShare CSA Coalition Emergency Farmer Fund received \$5,000 to assist member farms and food producers whose income has been severely impacted by COVID-19 with essential loans, mortgage payments, and employee wages. The Fund aims to raise \$50,000 in emergency aid for a minimum of 100 farmers. Visit [www.gofundme.com/f/emergency-farmer-fund](http://www.gofundme.com/f/emergency-farmer-fund) to donate.

REAP Food Group's Farms to Families Fund also received \$5000 in partnership with Roots4Change Co-op and Rooted to purchase fresh food from local farms in the Farm Fresh Atlas network and minority farmers. They are distributing this fresh, nutritious, and locally grown food weekly to a network of 200 Latinx and Indigenous families, many who work in the heavily impacted food service and hospitality industries. Visit [reapfoodgroup.org/farms-to-families](http://reapfoodgroup.org/farms-to-families) to contribute.

### ABANDONED EQUITY SUPPORTS DOUBLE DOLLARS

The Board approved up to \$15,000 of abandoned equity for the Double Dollars Fund through the end of Fiscal Year 2020. Funds go to Community Action Coalition For South Central Wisconsin, making-up for our inability to save money from bag reuse at the registers (which normally supports the Fund). \$15,000 accounts for the average we have contributed year-over-year during this same time period. We plan to continue supporting the program with the savings from using less paper bags when reusable bags are allowed again. You can support Double Dollars using a \$1, \$5, \$10, or \$25 scan card at checkout, or by visiting [www.cacsw.org/get-help/food-security/double-dollars](http://www.cacsw.org/get-help/food-security/double-dollars).

### THE FUTURE IS UP TO US, STAY SAFE AND HEALTHY!

It takes a community to build the future, and while the future remains

unclear, we plan to move forward at the pace the community decides to take. We appreciate continued guidance from public health officials and all the support from our Owners. Please remain aware and open to change while we continue extra safety measures and slowly open services we've missed. Needs may change,

but our commitment to you remains the same. Thanks to our Board of Directors, our suppliers, our benefits providers, Public Health Madison and Dane County, UE 1186, and all our employees, Owners, and managers for your ongoing efforts and patience. Here's to cooperating for a safe recovery.

ITEM NAME	JUNE	JULY	AUGUST
Apples			
Arugula	x	x	x
Baby Bok Choi	x	x	x
Beans, Green		x	x
Beets, Bunched		x	x
Blueberries		x	x
Bok Choi	x	x	x
Broccoli	x	x	x
Brussels Sprouts			
Burdock Root	x	x	x
Cabbage		x	x
Carrots, Bulk		x	x
Cauliflower			x
Celeriac, Bulk			
Chard, Swiss	x	x	x
Collard Greens	x	x	x
Corn, Sweet			x
Cucumbers	x	x	x
Dandelion Greens	x	x	x
Eggplant, Globe			x
Fennel	x	x	x
Garlic			x
Herbs	x	x	x
Jerusalem Artichokes			
Kale	x	x	x
Leeks			x
Lettuce	x	x	x
Muskmelon			x
Mustard Greens	x	x	x
Onions, Sweet		x	x
Parsnips			
Peppers			x
Peppers, Poblano			x
Peppers, Spicy			x
Potatoes, Fingerlings			x
Potatoes, Purple			x
Radish, Beauty Heart			
Radish, Daikon			
Radish, Red	x	x	x
Rhubarb	x		
Rutabaga			
Salad Mix	x	x	x
Scallions	x	x	x
Shallots			
Spinach	x	x	x
Squash, Summer			x
Tah-tsai			
Tomatillos			
Tomatoes, Heirloom			x
Turnips			
Watermelon			x
Squash, Zucchini		x	x

**Chart reflects planned availability; unseasonable weather and supply changes could affect availability.**  
Grown or raised in the state of Wisconsin, or within 150 miles of the Capitol building in Madison. **Completely and truly local.**



In this moment of massive unsettling, we are experiencing a shift in many of our regular habits. The way we interact with our friends, family and workplace has likely been transformed. So too, the way we spend our time has necessarily taken a shift to more isolated endeavors. For all the limitations fettered by these difficult times, there are some unique opportunities as well.

More time at home presents a chance to finally finish a tome from our bookshelf, to learn a new skill, or to spend some time digging around in the garden. Many are connecting to friends and family through the medium of food by sharing recipes and results online. With the capacity of our favorite restaurants severely limited, there has never been a better time to explore more at-home food preparation. This change in lifestyle not only presents an opportunity to make exciting and delicious dishes in our own kitchen, but it also allows us to assert more control over what ingredients we choose, opening the door to more nourishing and possibly more affordable fare as well. In such times of uncertainty, the choice to honor our bodies and protect our wallets can be a prudent avenue through the days ahead.

## WHAT DOES HEALTHY MEAN?

When looking to incorporate more healthy choices into our culinary repertoire, it is worth considering what we mean when we think of healthy. Willy Street Co-op and its staff do not claim the qualifications to make nutritional recommendations, but we do carry a number of products and foods that can help support a balanced diet and lifestyle. For those seeking to eliminate chemical pesticides or genetic modifications from their body, the co-op carries an extensive selection of organic products. One of these which shoppers may choose to incorporate into their everyday recipes is garlic, which

has traditionally been credited with immune system boosting and anti-inflammatory properties.

Our grocery aisles provide a variety of grain-based products such as pastas and bread, both with nutrient-rich whole grains and gluten-free alternatives. For plant-based protein, many beans and legumes can be incorporated into nearly any recipe, from soups and stews to sandwiches. This author's favorite is the underrated lentil, which boasts a tantalizing flavor that can go beyond the pot into such creative preparations as tacos or sloppy joes. Whatever you define as healthy eating, the Co-op's offerings of fresh local produce and minimally processed food products are certain to fill your needs.

## CHALLENGES TO EATING HEALTHY

If eating healthy and sticking to a budget were absent of challenges, then making these kinds of choices would just be a given. However, we all face obstacles that often make it difficult to achieve either, let alone balance both of these goals. Probably the greatest of these stumbling blocks is a lack of time. In our hectic lifestyles, finding the time to research healthier recipes, to shop, prep, cook, and sit down to a balanced and affordable meal may prove to be a rarity. All too often, it can be an overwhelming temptation to indulge in the convenience and ease of a drive-through menu. Yet even if we can find the time to make healthier choices, purchasing fresher, less processed items might sometimes carry a higher price tag. These items can also create unseen costs when we fail to use them efficiently, as fresh items will decay into expensive food waste.

Without careful planning and discipline in using these fresh foods, the financial burden is only multiplied. Still, effective planning and recipe research may be thwarted by a lack of availability for meal ingredients. Weather conditions, season, or other supply problems

might all interfere with us finding that one item we need for a chosen dish. The frustration of out of stocks, the expense of fresh and unprocessed ingredients, the time needed to commit to meal planning and preparation or just a lack of motivation to go shopping can all conspire to deter us from making more conscientious choices for our dining table. However, by increasing our food knowledge, engaging with simple strategies, and exercising some creativity, we can make smarter moves in our diet without over exerting our wallet.

If our goal is better eating, then we have to start by considering the source of our ingredients. Ensuring that our shopping carts contain what will promote a healthy lifestyle requires not only a greater breadth of knowledge about food and its preparation, but engagement with human psychology. The choices we make when purchasing food reflect our state of mind at the time.

If you are hungry as you walk through the shopping aisles you are more likely to make more impulse buys, purchasing foods you don't need or might never end up consuming. Shopping when anxious and stressed can lead to purchasing comfort foods, which are often calorie dense or high in refined sugars. Avoiding impulse buys can be thwarted through simple techniques. First, be sure to have a full meal prior to making a big shopping trip. This changes our relationship with the products we are consuming from the need to satisfy our immediate cravings to instead taking a more removed approach as we are collecting resources needed for a long-term strategy.

Using a shopping list also adds some structure to how we navigate the aisles of the store or the item list of an e-commerce application. Having a thorough list that includes staple items and those needed to make planned recipes for multiple days helps avoid making multiple trips to the store, which carry an unnecessary amount time and cost

and create more opportunity to give in to cravings.

While taking a structured approach to stocking our cupboards can prove cost-efficient, it is also necessary to allow for a level of flexibility, especially when an intended item is nowhere to be found. Knowing what substitutes can be used in a pinch will not only reduce the stress of shopping, but also create economy at home. For example, consider whether that sour cream in the back of the fridge can be used instead of milk or half and half, or whether a large serving of oil in your dessert can be swapped out for applesauce. The variety of fresh herbs on the produce shelf may not include what you are looking for, but if you ask a helpful Co-op staff member, they can usually point you towards a suitable replacement.

The invisible supply chain which determines whether a product will be in stock also has a large bearing on quality and prices. You can take advantage of this by shopping with a focus on seasonality, and depend on a shorter supply chain by purchasing locally grown produce. Keep in mind that purchasing berries in the winter that have been trucked in from California will garner an exorbitant fee, but Wisconsin-grown strawberries and blueberries will be fresher and cheaper in the spring and early summer. Other season sensitive products including carrots, watermelon, asparagus, apples, and leafy greens will all boast greater varieties and flavor with better price points if you buy them at the right time of year. Thinking seasonally can also give you flexibility and keep your favorite recipes fresh. For example, a dish with peaches as its centerpiece will shine most brightly in those hot summer months, but it can shift its focus to an autumn flavor with the advent of apple season.

As the warmer months give way to the desolation of winter, you can still think seasonally by selecting more shelf-stable items. Vegetables like carrots and parsnips will store

well in your refrigerator, and will actually boast greater sweetness if they were harvested in cooler temperatures. Hearty squashes and other root vegetables will be a welcome staple when more delicate produce is not to be found. Choose to skip out of season produce shipped in from far-flung locales in favor of their canned or frozen alternative. Taking advantage of their shelf stability will help you avoid throwing away money on the “fresh” stuff that is not at its peak in quality or nutrition.

Keeping a few cans of tomatoes and beans on hand will often come in handy when deciding what for dinner, and you can also apply the advantages of shelf stability to the rest of your shopping trip without relying on overly processed fares. No selection better exemplifies this strategy than your Co-op’s Bulk aisle (when it is open again), which will allow you to stock up on pasta, flour, nuts, legumes, and other dry items. During most times, the Bulk aisle comes with the advantage of allowing shoppers to choose exactly the amount they want to purchase.

Even in the event of pandemic-related limitations, Co-op Owners can still locate their favorite bulk rice or oatmeal varieties already bagged for them. The reduction in packaging for many bulk items also carries with it significant price savings. This is most clearly seen on the spice shelf, where the price of paprika or pepper in bulk is a fraction of what you would pay for the same volume in a prepacked container. Willy Street Co-op also works to present a number of other avenues for shoppers to save money beyond our Bulk aisle. Produce shoppers can avoid overbuying by asking for many large vegetables to be cut into smaller portions, such as an unwieldy head of cabbage. Each month, Owners can also enjoy a healthy 10% discount for all Health and Wellness merchandise by shopping on Wellness Wednesday. (Wellness Wednesday has been replaced for the foreseeable future with the virtual Wellness Any Day coupon. Make any day your own personal Wellness Wednesday.) Owners who are challenged financially can also qualify for our Access discount, which provides an everyday 10% discount on all purchase along with other benefits.

## STRATEGIES IN THE KITCHEN

There are lots of ways to save some money while making healthy choices when you stock up on groceries and the Co-op helps to make those choices easier. However, the store isn’t the only area where utilizing smarter strategies can save money. Careful planning and creativity can go a long way in reducing unnecessary costs when

preparing food at home.

One way to do this is to map out your pantry or refrigerator. Designate specific shelves exclusively for certain types of foods, so that items are properly segregated and easy to locate. For example, one shelf of your pantry may contain canned soups, while another has dry goods, and another breads. Your fridge could be divided by proteins, vegetables, fruits, and dairy. This will not only help to plan balanced meals by looking to pull items from each section, but will help to better plan out your shopping as you can quickly assess the status of your stock.

When putting together your shopping list, consider what meals you will plan to make ahead of time. To do this with maximum efficiency, you’ll want to consider a recipe’s serving size and how many portions you will have, and whether you will be able to store or freeze leftovers. When cooking, you may be able to practice portion control while saving time by cooking a large amount of food early in the week and then divvying up to store and reheat in different servings throughout the week. To keep things fresh, you may want to add additional ingredients or iterations each day. For example, you might serve your center dish with rice one day, and pasta the next. Alternatively, you can swap in new vegetables or garnishes to keep an old recipe from getting bland.

On the other hand, a good way to avoid food waste at home is to use recipes where ingredients are more interchangeable. If you have some greens or lettuce that is about to turn, try prepping a must-go salad, where food that must be used or go bad is used up. If you have eggs and cheese, nearly any kind of vegetable or protein can be incorporated into a fluffy frittata. Another great go-to for using up potential food waste could be a simple stir fry, which includes or excludes any kinds of vegetables from peapods to mushrooms. You can also add a protein component using chicken, beef, tofu, or even by just cracking an egg. These kinds of recipes just scratch the surface in methods you can use to experiment with that random can of beans or an old box of pasta.

Eating at home may continue to be a bigger part of our lives going forward, but finding ways to cook efficiently and wholesomely doesn’t need to be an overwhelming challenge. Proper planning can help to keep your refrigerator free of wasted food and keep your meals balanced and portioned. Shopping intentionally will help to support your at home culinary strategies. With some help from the co-op, you can find new and exciting ways to make your ideal diet a reality without overspending.

# WHAT DO YOUR CHIP GIFTS ACCOMPLISH? They build a local movement for social and environmental justice.

Your gifts support Community Shares of Wisconsin (CSW) and its 70 member nonprofits.



Photo: Dane County TimeBank

**Dane County TimeBank (DCTB)** connects people in sharing their time and talents to meet the needs of our communities. Recently, DCTB became a core partner in and launched the Mutual Aid Workspace, a new coworking and collaboration space at the Social Justice Center. Another example of how these connections are rooted in social justice is their new pilot program at LaFollette High School that is designed to show LHS staff support and appreciation for the value they bring to our city community.

**Common Wealth Development (CWD)** core programs focus on affordable housing, small businesses, and workforce development. Willy Street Fair, business incubator space, a tool lending library, youth business mentoring programs, and Yahara River View Apartments are just a few of the many ways CWD helps grow and sustain our vibrant community. We salute Common Wealth Development! Since 1979 they have addressed affordable housing, provided business incubation, and have been a leader in innovative community development in Madison.



Photo: Common Wealth Development



Photo: Tenant Resource Center

As a local leader in the housing justice movement in Wisconsin, **Tenant Resource Center (TRC)** is on the forefront of promoting positive relationships between renters and landlords. They offer services statewide, and they have specific services for UW Madison Students on campus. TRC has worked for years to help families overcome the economic struggle to pay their evictions. They host mini fundraisers, raise awareness of the need, provide referrals, and mediation; these tools may seem easy to access, but in the time of crisis for a family, TRC is an invaluable resource in our community.

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## SPECIAL STORE HOURS

**JUNE 28, Year-end inventory count**  
Open 8:00am-6:30pm at all three stores.

**JULY 4, Independence Day**  
Open 8:00am-6:30pm at all three stores.

# RECIPES

## Penne with Sugar Snap Peas and Arugula Pesto

Adapted from *Gourmet Magazine*

1/2 lb. sugar snap peas, trimmed  
3/4 c. arugula pesto (see next recipe)  
1 lb. penne rigate (ridged, quill-shaped macaroni) or other tubular pasta

**Directions:** In a large saucepan of boiling water, blanch the peas for about 45 seconds, until they are crisp-tender. Toss with 1/2 c. of pesto. Add pasta to the recently vacated boiling water and cook until al dente, reserving 1/2 c. of the pasta water when finished. Toss pasta with the sugar snap peas, reserved 1/2 c. of the pasta water, 1/4 c. of the remaining pesto (or to taste). Salt and pepper to taste.

## Arugula Pesto

Adapted from *Gourmet Magazine*

2 bunches arugula  
1 1/2 c. walnuts  
3/4 c. parmesan  
1 tsp. salt  
1 clove garlic  
1/3 c. olive oil

**Directions:** Combine the all of the ingredients except for the olive oil in a food processor. Pulse until the walnuts are finely chopped. With the motor running, add the oil and blend until desired consistency is reached. The pesto keeps, chilled and covered, for 2 weeks.

## Sprouted Sesame Salad

From [www.willystreet.coop/recipes/sprouted-sesame-salad](http://www.willystreet.coop/recipes/sprouted-sesame-salad)

2 c. broccoli florets, chopped  
1 red onion, sliced  
2 c. bok choy, sliced  
1 carrot  
3 c. mung bean sprouts  
1/2 c. peanuts  
1/2 c. sesame seeds  
1 Tbs. hot sesame oil  
2 Tbs. brown rice vinegar  
1/4 c. tamari  
1 tsp. ground black pepper

**Directions:** Combine first five ingredients in large bowl. Mix remaining ingredients together in a separate bowl; pour over vegetables and toss well.

## Grilled Chicken with Swiss Chard

Adapted from [www.marlameredith.com](http://www.marlameredith.com).

1 lb. chicken breasts  
olive oil  
salt  
black pepper  
smoked paprika  
1 bunch Swiss chard, chopped  
1 shallot, minced  
1/4 c. Parmesan cheese

**Directions:** Heat a grill to medium-high. Toss the chicken with some olive oil and sprinkle with salt, pepper and some smoked paprika. Grill 5-6 minutes per side, flipping just once, until it reaches an internal temperature of 160-165°F.

Heat some olive oil in a large skillet over medium heat. Stir in the chopped shallot and cook 3-4 minutes until almost tender. Add the chopped chard stems and cook, stirring, for 6-7 minutes, until tender. Fold in the chard leaves and toss to coat in oil. Cook until the leaves are wilted and cooked through. Season with salt and pepper.

Serve the chard and the grilled chicken sprinkled with some Parmesan cheese.

## Emerald Sesame Kale

From *Willy Street Co-op*

1/4 c. sesame seeds  
1 bunch kale, chopped  
3 Tbs. sesame oil  
5 cloves garlic  
3 Tbs. tamari

**Directions:** Preheat the oven to 350°F. Spread the sesame seeds out on a rimmed baking sheet and cook for 8 to 10 minutes, shaking the pan a few times during the cooking time, until fragrant and light golden brown. Transfer to a small bowl and set aside.

Submerge the kale in cool water and swish it around to dislodge any dirt. Lift it out of the water, pat it dry, and tear into large pieces. Set in a steamer over simmering water and cover. Steam for 2-3 minutes, until bright green. Transfer to a large bowl and set aside.

Heat the sesame oil in a small skillet over medium heat, and sauté the garlic for 1-2 minutes, until fragrant and golden. Drizzle the oil over the kale. Add the toasted sesame seeds and the tamari. Toss well to coat, and serve.

## Kale and Honeydew Summer Salad

Adapted from [www.honestfare.com](http://www.honestfare.com)

1 bunch kale  
1 juice of lemon  
1 honeydew melon, cut into chunks  
1/3 c. slivered almonds  
1/3 c. cheese of choice  
1 Tbs. maple syrup  
salt  
black pepper  
2 Tbs. oil

**Directions:** Slice the kale into thin ribbons. Place in a large bowl and set aside. Whisk the lemon juice, maple syrup or agave, salt, and pepper, and oil in a small bowl and pour over the kale. Massage the dressing into the kale leaves, mixing well.

Add the melon, almonds, and cheese to the kale. Toss well and place in the fridge for 5-10 minutes so the flavors can combine. Toss everything once more before serving. Top with a little extra cheese and salt and pepper. Enjoy!

## Kale and Black Bean Tacos with Chimichurri

Adapted from [www.thekitchn.com](http://www.thekitchn.com).

3 cloves garlic  
1 shallot  
1 c. firmly packed flat-leaf parsley  
2 Tbs. oregano leaves  
1 tsp. red pepper flakes  
1/4 c. extra-virgin olive oil  
2 Tbs. red wine vinegar  
1 Tbs. lemon juice  
1/2 tsp. kosher salt  
black pepper  
8 c. kale  
2 Tbs. water  
15 oz. black beans  
8 corn tortillas  
2 avocados  
pumpkin seeds

**Directions:** Place the garlic and shallot in a food processor and pulse to roughly chop. Add the parsley and oregano, and pulse until finely chopped, but not puréed (see note). Transfer to a medium bowl, and add the olive oil, red wine vinegar, lemon juice, salt, black pepper, and crushed red pepper flakes to taste. Allow the chimichurri sauce to sit at room temperature for at least 20 minutes, or covered and refrigerated for up to 3 days.

Lightly press the chimichurri with a tablespoon to skim off two tablespoons of the oil. Heat it in a large skillet over medium-high heat. Add the kale and water and stir. Cover and cook for 1 minute. Add the black beans and cook, stirring, until the kale is tender but still bright green, and the beans are heated through. Stir in 1/3 cup of the chimichurri.

Warm the corn tortillas, then fill with kale and black beans. Top with cubed avocado and a sprinkle of pumpkin seeds. Serve with more chimichurri if you'd like.





### STREAM2SEA BIODEGRADABLE SUNSCREEN

The only biodegradable sunscreen that has been tested and proven to be non-toxic to freshwater fish, saltwater fish and coral larvae. Not only is it safe for our waters, it offers broad-spectrum UVA/UVB protection that is water-resistant and non-greasy. Their tubes are made from sugarcane resins, and their bottles are from recycled milk jugs. Look up “eco-conscious” in the dictionary and you’ll find Stream2Sea!



### BACK TO NATURE WHOLE LOTTA SEEDS CRACKERS

These new crackers from Back To Nature pack a protein punch with seven grams of pea protein per four crackers! They’re topped with flax, chia, poppy, and hemp seeds for a robust flavor. Non-GMO Project-verified. Crispy and delicious!



### ORGANIC VALLEY THICK CUT CHEESE SHREDS

Thicker, just-off-the-block shreds equals bigger, cheesier flavor. And of course, since it’s Organic Valley, the milk comes from pasture-raised cows and contains no synthetic hormones, antibiotics, GMOs, or pesticides. Choose from Mild or Sharp Cheddar, Mozzarella, or two blends: Three Cheese Italian (a blend of organic mozzarella, provolone, and sharp cheddar), and Three Cheese Mexican (a blend of sharp cheddar, colby, and monterey jack). Perfect for pizzas, nachos, baked potatoes, enchiladas, and on and on.



#### AVAILABLE AT WILLY EAST

- Reese Small Tapioca Pearls
- Annie's Birthday Cake Bunny Grahams
- Annie's Pizza Cheddar Bunnies Crackers
- Back To Nature Roasted Garlic & Basil Crackers
- Divina Buffalo Blue Stuffed Olives
- Food Club Stewed Tomatoes
- Wedderspoon Honey Throat Spray: Orange Spice, Lemon Ginger, Cooling Mint
- Sugar Scrub: Cactus Flower, Sea Salt or Fragrance-Free
- Right to Shower Body Wash: Joy: tangerine and honeysuckle; Hope: aloe and dewy moss; Dignity: charcoal and cotton blossom; Strength: red ginger and currant
- Sukin Rejuvenating Rosehip Facial Scrub
- Country Life Biotin Spray: 2,000 mcg per serving, Sweet Lavender or Tropical Coconut
- Natural Factors N-Acetyl-L-Cysteine (NAC) - 600 mg, 60 vcaps

#### AVAILABLE AT WILLY WEST

- Annie's Birthday Cake Bunny Grahams
- Annie's Pizza Cheddar Bunnies Crackers
- Back To Nature Roasted Garlic & Basil Crackers
- Divina Buffalo Blue Stuffed Olives
- Maria & Ricardo’s Whole Wheat Tortillas 12-inch
- Van's Gluten-Free Apple Cinnamon Waffles
- Brew Dr. Clear Mind Kombucha
- Brew Dr. Love Kombucha
- Brew Dr. Seasonal Kombucha
- Birch Benders Plant Protein Pancake and Waffle Mix
- Four Sigmatic Lion’s Mane Coffee Latte Mix
- Amy's Vegan Meatless Pepperoni Pizza
- Wedderspoon Honey Throat Spray: Orange Spice, Lemon Ginger, Cooling Mint
- Health Force Cacao Alchemy
- Sugar Scrub: Cactus Flower, Sea Salt or Fragrance-Free
- Right to Shower Body Wash: Joy: tangerine and honeysuckle; Hope: aloe and dewy moss; Dignity: charcoal and cotton blossom; Strength: red ginger and currant
- Sukin Rejuvenating Rosehip Facial Scrub
- Country Life Biotin Spray: 2,000 mcg per serving, Sweet Lavender or Tropical Coconut
- Natural Factors N-Acetyl-L-Cysteine (NAC) 600 mg, 60 vcaps

#### AVAILABLE AT WILLY NORTH

- Annie's Birthday Cake Bunny Grahams
- Annie's Pizza Cheddar Bunnies Crackers
- Back To Nature Roasted Garlic & Basil Crackers
- Divina Buffalo Blue Stuffed Olives
- Van's Gluten-Free Apple Cinnamon Waffles
- Birch Benders Plant Protein Pancake and Waffle Mix
- Four Sigmatic Lion’s Mane Coffee Latte Mix
- Cascadian Farm Organic Black Beans
- Cascadian Farm Organic Chickpeas
- Daisy 2% Cottage Cheese
- Daisy 4% Cottage Cheese
- Food Club Beef Bouillon Cubes
- Food Club Bran Flakes
- Food Club Corn Flakes
- Food Club Ranch Dressing
- Food Club Thousand Island Dressing
- Food Club Stewed Tomatoes
- Fillo’s Tex Mex Pinto Beans
- Goya Organic Chickpeas
- Alter Eco Grassfed Milk Chocolate Bar
- Alter Eco Grassfed Milk Chocolate with Rice Crunch
- Alter Eco Grassfed Milk Chocolate with Salted Almonds
- Califia Farms Unsweetened Almond Milk
- Califia Farms Unsweetened Vanilla Almond Milk
- Good Day Chocolate Chocolate Calm Supplement with Magnesium, L-theanine, Chamomile and Fair Trade Chocolate
- Wedderspoon Honey Throat Spray: Orange Spice, Lemon Ginger, Cooling Mint
- Health Force Cacao Alchemy
- Trilogy Very Gentle Face Care line: Cleansing Cream, Moisturizing Cream, Eye Cream & Restoring Oil Hand in Hand
- Sugar Scrub: Cactus Flower, Sea Salt or Fragrance-Free
- Right to Shower Body Wash: Joy: tangerine and honeysuckle; Hope: aloe and dewy moss; Dignity: charcoal and cotton blossom; Strength: red ginger and currant
- Sukin Rejuvenating Rosehip Facial Scrub
- Country Life Biotin Spray: 2,000 mcg per serving, Sweet Lavender or Tropical Coconut
- Natural Factors N-Acetyl-L-Cysteine (NAC) 600 mg, 60 vcaps

# Staff Picks



## LAURA

### Justin's Peanut Butter Cups

Forget everything you thought you knew about chocolate peanut butter cups; these will rock your world!!!

### Floradix Liquid Iron

About a year ago, I was feeling worn down, like I might be deficient in iron. I decided to try Floradix liquid Iron. Being in liquid form and containing B vitamins for extra energy support and vitamin C for absorption, I could feel it working almost immediately. After taking the daily dose and working through the bottle, I feel like my Iron levels have been back on track ever since!



## MOURNING DOVE

### Pluots

My friend and I call these Pluots, because they're out of this world. Bursting with flavor and oh-so-juicy. Get them while you can, because we'll probably be buying them all.



### Garlic Scapes

Garlic scapes can't decide if they want to be garlic or onions, and that's ok with me. They're mild enough to eat raw and work well blended up in dressings, mixed into potato salad, or sprinkled on top of vegan pizza. They're also pretty tasty roasted. Use them in place of scallions in any dish.

### Aura Cacia Lemon Essential Oil

I like to use this brightening essential oil when I've been working on the same task for too long, or I've been stuck working at a computer for hours. Dab a few drops on your wrists and take a deep breath in for a mid-afternoon pick-me-up!



## MICHAIAH

### Tipi Produce Green Kale

Local means fresher. And raw whole greens means nutritious! Delicious for a long healthy life. Smoothie, salad, stir-fry!



## ABIGAIL

### Pro Bar Bolt Organic Energy Raspberry Chews

I tried these at first because I needed an energy (read: caffeine) boost before the gym, but wasn't feeling any of the drink options we carry. Before I knew it, I was buying them EVERY DAY, even if I wasn't going to the gym. There are two servings in a pack—I try to split up the servings, but sometimes I end up eating both! The raspberry flavor contains 20 mg caffeine per serving from yerba mate along with other really helpful boosters like electrolytes and vitamin B12. Perfect gummy pick-me-up!



## MEGGIE

### Organic Celery

I wouldn't "nece-celery" think of these crunchy green stalks as my favorite food per se, but when paired with either a bean dip or nut butter or blended with some melon and lime juice, you just can't get enough!



## MICKY

### Maxine's Organic Chocolate Ice Cream

I don't know what their secret is, but I have never had a chocolate ice cream that is soooooo velvety smooth. Seriously, the texture is amazing. Besides it being a great product, I like to support Maxine's/Three Twins for three other reasons. They have a production facility in Sheboygan, their products are organic, and they donate proceeds to Global Wildlife Conservation for every container purchased.



## ELLIE

### Equal Exchange Coconut Milk Chocolate

This chocolate is dairy-free, but personally I think it's better than regular milk chocolate! It's so creamy and has a nice, light coconut flavor. Plus it's Fair Trade!



## EVAN

### Field Roast Mini Corn Dogs

Super easy to make and great for school lunches. It uses Field Roast's frankfurter hot dog that is very good on its own also.



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**SHELLEY**

**Gittos Farm N Kitchen Organic Wheat Tortillas**

Trying to eat more whole wheat bread and these are wonderful, local, and fresh.



**PATRICK**

**Go Macro Peanut Butter Chocolate Chip Bar**

This has been my go-to bar for a few years now. Other bars just haven't stacked up to this one for me. Starting work at 4:30/5am I need some fuel to get me going, but don't want to wake up my whole house making breakfast. That's where this bar comes in great with 11 grams of protein and almost 300 calories, it's enough to keep me going.



**BENJAMIN**

**Diana's Banana Babies**

These Banana Babies are a delicious frozen treat! I love the dark chocolate and they always use perfectly ripe bananas. I honestly prefer them to ice cream and they have much less sugar.



**LEAH**

**Biokleen Bac-Out**

As the owner of a 10-year-old tiny dog and a cat, there are times that accidents happen in our household. Bac-Out is a security deposit saver! This fast acting stain and odor remover works wonders on carpets and rugs.



**ANGELA**

**GT's Synergy Organic Kombucha Cosmic Cranberry**

When I drink this, I feel like I am doing something good for myself. Just sweet enough, tart, tangy, and quenching.



**FLORA**

**Wildbrine Korean Kimchi**

This zesty, spicy kimchi is so full of goodness. It's great as a flavorful side to dinner, or as its own snack. My love for this kimchi started when I nipped a cold in the bud just by eating a bit of this every day; I could feel it invigorating me as soon as I ate it. The garlic, ginger, and probiotics will be sure to keep you healthy throughout all your spring and summer adventures!



**TARA**

**Weleda Skin Food Body Butter**

If you've ever tried Weleda's Original Skin Food Moisturizer and thought, wow this is amazing, but kinda on the thick and greasy side, then their new body butter is for you! It's made with simple ingredients, deeply moisturizing, easy to



apply and has a subtle fresh scent that I find really nice. I really dislike a moisturizer that's oily or greasy, and this is neither! My new go-to!



**PEACH**

**Tea Tree Therapy Vaginal Suppositories**

Well let's not be shy now :) .....Bodies, we've all got 'em. Sometimes things get out of balance and it's important to practice self-care. It can be awkward going in and asking about a sensitive subject. That's why it's so important to talk about it. This product helps me feel rebalanced. Tea tree is a great cleanser and coconut oil is moisturizing. Power to the V! and cheers to self-empowerment.



**AMY**

**Flower Bouquets**

A serious cliché, but with good reason! Make an Every Day an Amazing Day. Have you ever treated yourself? How about your crossing guard? How about your kid? How about your dad's caregiver? Don't be creepy about it. Just let someone know you appreciate them. That you are grateful. I'm not crying, you're crying.



**KELSEY**

**Mineral Fusion Glitter Top Coat Nail Polish**

You can use it as a top coat on other colors to make them glittery, or you can just wear this by itself for a pure glitter look. The trick is to pour a bit of the polish on a makeup sponge, dab it onto your nails, then add another layer once it's dry. It's a bit messy but you get the most glittery nails ever.



**PATRICK**

**Willy Street Co-op Grass-Fed Burger Patties**

These burger patties are ground fresh on-site from grass-fed Wisconsin Meadows beef. So good! Available at East and West only.



**JOE**

**Silver Creek Venison Summer Sausage**

Tastes great, and it doesn't get much more "Wisconsin" than venison!



**CAITLYN**

**Andrew & Everett American Sliced Cheese**

I've got a big soft spot for American cheese and this one is on top of the list. All of A&E's milk comes from Wisconsin or nearby and grass-fed cows. Upgrade that cheeseburger today.



**CATE**

**Dreamfarm Fresh Chevre**

From Cross Plains, WI this is one of my favorite local cheeses. It is soft, creamy, so fresh and flavorful, everything a quality goat cheese should be. It comes in several flavors but my favorites are the garlic/dill (love this paired with bread) and the traditional plain (amazing coupled with pears and figs when they are in season). However, I've tried all the flavors and have loved each of them for their own unique taste and culinary interests.

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