

willy street co-op 

READER

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

VOLUME 53 • ISSUE 1 • JANUARY 2024



TRY SOMETHING

IN THE NEW YEAR

SPECIAL STORE HOURS

Monday, January 1, 2024 (New Year's Day): CLOSED
Tuesday, January 2, 2024: stores open at 10:00am

IN THIS ISSUE:

Olden Organics, Mamachit Sushi, New Products,
2023 Community Reinvestment Fund Reports, and more!

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Sarah Larson

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Gigi Godwin

Anthony Hernandez

Ike Ross

Isabel Spooner-Harvey

Carol Weidel

Ashwini Rao

Nancy Ranum

BOARD CONTACT INFO:

board@willystreet.coop; all-board@willystreet.coop (includes the GM, Executive Assistant, and Board Administrator)

BOARD MEETING SCHEDULE

Board meetings are typically held at our business office at 6:30pm (1457 E. Washington Ave. in Madison), but may be held virtually. Please see www.willystreet.coop/events and select the Board category for details.

January 24

March 27

April 24

June 26

July 24

WILLY STREET CO-OP MISSION STATEMENT

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

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READER

PUBLISHED MONTHLY BY WILLY STREET CO-OP

East: 1221 Williamson Street, Madison, WI 53703, 608-251-6776

West: 6825 University Ave, Middleton, WI 53562, 608-284-7800

North: 2817 N. Sherman Ave, Madison, WI 53704, 608-471-4422

Central Office: 1457 E. Washington Ave, Madison, WI 53703, 608-251-0884

EDITOR & LAYOUT: Brendon Smith

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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.

SUBMISSIONS

All advertising submissions must be reserved and arranged with the editor by the 10th of the month previous to publication. All advertisement copy must be submitted camera-ready by the 15th of the month. Submissions should be emailed to b.smith@willystreet.coop or mailed to Willy Street Co-op's Central Office according to submission requirements.

CUSTOMER SERVICE: EAST: 608-251-6776 WEST: 608-284-7800 NORTH: 608-471-4422

BUSINESS OFFICE: 608-251-0884

FAX: 608-251-3121

GENERAL EMAIL: info@willystreet.coop

GENERAL MANAGER: a.firszt@willystreet.coop

EDITOR: b.smith@willystreet.coop

PREORDERS: EAST: es.preorders@willystreet.coop; WEST: ws.preorders@willystreet.coop;

NORTH: ns.preorders@willystreet.coop

WEBSITE: www.willystreet.coop

BOARD EMAIL: board@willystreet.coop

STORE HOURS: Willy East: 7:30am-9:00pm; Willy West: 8:00am-9:00pm; Willy North: 8:00am-9:00pm every day

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Customer COMMENTS

Write Us!

We welcome your comments and give each one attention and serious consideration. Send them to 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; publication does not necessarily indicate an endorsement of views stated in a customer's original comment. Many more comments can be found in the commons or in the binder near Customer Service. Thank you!

PLASTIC-FREE BODYCARE

Q: Refill station for shampoo, conditioner, laundry soap, dish soap. I am trying to shop w/o plastic. it is impossible I am forced by the market to be complicit in general please start to pressuring businesses to not use plastic.

A: I received your request for shampoo, conditioner, laundry soap, and dish soap refill stations at our stores. Unfortunately, due to low sales volume and low demand, combined with spatial constraints, we do not offer refill shampoo or conditioner at any of our locations. I am not sure which store you regularly shop at, but our East site does currently offer refill laundry soap and dish soap in the bulk aisle.

Although we won't be able to offer any additional liquid refill stations I can provide suggestions of some other great products that we do carry that are plastic free.

We have a number of shampoo bars: HiBAR, Moon Valley Organics, LuSa Organics, Four Elements, J.R. Liggetts, and Acure.

A few options for conditioner bars: HiBAR and SunLeaf Naturals.

For Dish Soap: Lusa Dish Soap Bar.

Laundry: There is a boxed powdered option by BioKleen available at all stores. We have an option at both East and West for laundry strips which are liquidless detergent. And at North and West we also have Ecos Laundry pods!

I hope some of these options will be helpful to you! Thanks for reaching out to us! -Liz Muñoz, Director of Product

PURITY OF CO-OP SUPPLEMENTS

Q: I wanted to ask with the supplements that the Co-op bottles and sells, is there 3rd party testing or any verification of purity? I'd love to get everything local but try to shop with supplements that have such testing. Thanks!

A: Yes, the manufacturer that produces our private label supplements partners with a leading third party for testing and inspection to ensure the highest quality dietary supplements. Thanks for reaching out with your question! Be well. -Sara Berg, General Merchandise Category Manager

THE CASE OF THE DISAPPEARING CARTS

Q: Carts are disappearing. I see them all around the northeast side of Madison. Go to the Aldi's model of carts. Please have more sales on bulk items.

A: Thanks for writing in and giving us your feedback! You're right—our carts do disappear! However, we do our best to collect them on a weekly basis from the surrounding area. If you happen to spot a cart left in one place for an extended period, don't hesitate to contact the store. We'll be glad to retrieve it during our next collection

Our Bulk department offers competitive pricing,

which limits our ability to have regular or substantial sales in this department. Keep an eye out for our week-long bulk sales that occur a few times a year. -Danelle Mankowski Assistant Store Director

REFRIGERATED NUTS

Q: Putting nuts in a refrigerated space. I bought Brazil nuts and they were rancid. Nuts often go rancid and need to be stored in the refrigerated space to last longer. Is there a way to have at least some nuts stored in a refrigerated space? (Almonds, cashews, walnuts, Brazil nuts).

A: I am sorry for such a terrible experience! I hope you've had a chance to get credited for your product. If not, let me know and I can reach out to our Customer Service to get that set up.

Historically, it looks like Brazil nuts have been turning at a pace we have not had such an issue reported to us. We typically carry only one case in backstock at a time to keep rotation as fresh as possible. It does appear sales have slowed but not too drastically. We no longer have the case the Brazil nuts (in the gravity bin) came in. So we are unable to investigate that.

At the current time we are not able to sell them in a refrigerated state. But we have moved our one case of backstock to our backstage cooler area to help preserve freshness moving forward.

Again, I am so sorry. Thank you very much for reaching out to us so we can investigate and make changes. Please if you have any further questions or comments, feel free to email me back at this address. -Jason Zabinski, Willy East Grocery Manager

SALAD BAR & CINNAMON

Q: My hope is that you'll bring back the salad bar @ Willy North and cinnamon at the coffee stand. Thank you.

A: Unfortunately, sales on the salad bar at north never really took off or made it feasible to run it there. Sales for this service were not able to cover the cost of food we put on there. We decided about two years ago that North would not offer the salad bar anymore. In lieu of a salad bar, we expanded our packaged salad options and now offer: red chili tofu (vegan), spinach (vegan), Caesar (vegetarian), Greek (vegetarian), Ranchero (vegetarian), sweet kale with chicken, and Cobb salads. If there's another salad you think might be nice as a packaged salad offering, please let me know, and we can consider a new salad option! As for the cinnamon on the coffee station, I have asked our North team to please add that back. Thanks for writing in. -Nicholas OConnor, Prepared Foods & Cheese Category Manager

NA BEER & WINE PLACEMENT

Q: Please consider placing the n/a beer & wine outside where the tonic water is. For people trying to avoid alcohol...it's difficult

to walk past all the alcohol to get to your n/a stock. Thanks.

A: Last spring we decided to expand our n/a offerings as the current size of the set was not adequate to support growing sales. There just wasn't enough room anywhere else in the store though to fit what we were looking to do and keep it near alcohol where it is merchandised at other retail locations. We also couldn't incorporate tonic and mixers into the area as it would limit our ability to expand offerings. I understand why it is hard for some people to shop its current locations and that was considered in our planning. We do keep a selection of Lagunitas Hop Water, HOP WTR, Siren Shrub Sparkling Shrubs, and Fair State Hop Water brands in aisle 2 at the moment. You can also call the store before a shopping trip and ask that we hold another item you may be looking for so that you don't have to enter the alcohol department. -Nate Groth, Willy North Grocery Manager

BRUSSELS SPROUTS & LEMONADE

Q: The brussel sprout au gratin is DELICIOUS! Thanks. Also is the [Willy East] lemonade dispenser done for the season?

A: We are so happy that you enjoyed the au gratin Brussels sprouts, I shared your comment with our staff. It is always great to get feedback on the new dishes that we make. As for the lemonade from the dispenser in the Willy East Deli, it is done for the season. But it should be back for next summer. I really enjoyed it too!! Thanks again, Amanda Ikens, Owner Resources Coordinator

MILK MYSTERY

Q: The Sassy Cow organic milk doesn't have the green USDA certified organic mark, why is that? Also, I happened to have a chance to compare the one gallon milk bottle between the Sassy Cow Organic milk and Organic Valley one gallon milk. I found that Sassy cow one gallon milk bottle holds about 1/2 cup less milk than the Organic Valley one. Could you please find out why that is?

A: I hope you are having a great week. Thank you for your questions and comments!! I reached out to the owner of Sassy Cow to find out the answer to your organic seal question.

Here is his response to the question about the USDA organic certified seal:

"There is one company that makes 90% of all the caps in the country for milk containers. Last year they stopped doing the labeled caps with stickers and would only do printed label caps. The USDA printed label is the same but their print quality has not been the strongest. We are trying to get them to get that printing improved so it looks more pronounced. The USDA organic seal is on the cap. On our front label it does state who our certifier is which is M.O.S.A."

As far as the amount in the container goes, many national companies tend to put a little more of a product in the container or package than what is printed on the label weight-wise. They do this to make sure they are in compliance with the rules set by weights and measures. They are required to have the amount correct, in this case one gallon. I think Organic Valley has set a slightly larger volume of milk per container in their production line just to be safe and Sassy Cow is closer to what has been disclosed on the label.

Have a wonderful week! -Dean Kallas, Grocery Category Manager

HOLIDAY HOURS

SUNDAY, 12/31/23: REGULAR HOURS

MONDAY, 1/1/24: CLOSED

TUESDAY, 1/2/24: STORES OPEN AT 10:00AM





GENERAL MANAGER'S REPORT

Operational Updates, Word on the Beet & More!

by Anya Firszt, General Manager

Happy New Year dear Owners! Here's a new year quote that makes me smile:

"And now we welcome the new year. Full of things that have never been." -Rainer Maria Rilke

This month, we have in store even more ways for you to save: the first Wednesday in January (January 3) is Wellness Wednesday when you will receive 15% (rather than the usual 10%) off your wellness purchases. We also have extra Owner Rewards this month. Check out the additional sale items on page 12, and see more at willystreet.coop/owner-rewards.

"WORD ON THE BEET"

I don't know about you, but sometimes I need a little inspiration before I make my shopping list. Lately, I've been checking out the Co-op's weekly "Word on the Beet" email, a weekly update that tells me what's new in the produce department, what's at its peak of perfection, and what is done for the season. You too can get this update; sign up for "Word on the Beet" Produce news at willystreet.coop/emails! You can unsubscribe from the emails at any time.

OPERATIONAL UPDATES

Willy North Front End Change

Self-checkout lanes are now up and running at Willy North, which rounds out this check-out option at each of our stores.

New E-commerce Platform Launch

We have partnered with eGrowcery, an online grocery shopping service, to

replace our previous online ordering program. eGrowcery offers a mobile app, which offers greater options to you for online ordering and delivery. Check it out at shop.willystreet.coop!

Aubergine, 1226 Williamson Street

The space is shaping up nicely and while we have had to push out the opening a couple of times, I am confident we will take over the space in mid-January 2024! Stay tuned for opening details to be announced.

FY23 PATRONAGE

I want to again share with you information about our FY23 Patronage Distribution to Owners; this is another thing that sets your Co-op apart from other grocery stores.

Cooperative Principle 3: Members' Economic Participation

"Members contribute equally to, and democratically control, the capital of the cooperative. This benefits members in proportion to the business they conduct with the cooperative rather than on the capital invested."

Fiscal Year 2023 (FY23) was a profitable year. We had net income of \$452,000. This year's patronage refund is a combination of 55% retained patronage equity, which is money held by the Co-op in each Owner's name and the rest, 45%, will be issued as a store credit beginning in January 2024. The 55% of the total patronage that is retained is reinvested in the Co-op and helps to secure our long-term financial health.

Your Board of Directors voted to allocate part of the FY23 surplus, or profit, as a patronage refund, a portion

of which will be distributed as a store credit to eligible Owners.

Those who are being issued a store credit will receive an email or a letter in the mail between January 6 and 13 detailing your refund. Store credits will be available (for Owners receiving one) at the registers starting on January 15. You may apply the credit towards a purchase, request cash back, or donate it to the Double Dollars program. To ensure that only the primary (or secondary, for household accounts) Owner uses credits, you will be asked to sign for the refund. If you request your store credit to be paid out as cash you will be asked for a photo ID. All patronage store credits must be used by June 16, 2024.

If you prefer to receive notification via email, please make sure we have your current email address, which can be updated at Customer Service or via an email to ora@willystreet.coop.

Thank you for your part in making FY23 a successful year for your Co-op!

UPCOMING DATES OF NOTE

January 1, 2024 (New Year's Day): Stores closed.

January 2, 2024: stores open at 10:00am.

January 3, 2024: Wellness Wednesday, with 15% off for this one instead of the usual 10%.

I hope your New Year is off to a great start!



BOARD REPORT

Meet Your New Board Member

by Nancy Ranum, Board Member

Happy New Year Willy Street Co-op Owners! I am writing to introduce myself as your newest Board member. Following the election this past October, I attended a Board orientation with key Co-op Directors and staff members, and then participated in my first Board meeting in November. I am on a learning curve and am becoming familiar with the policies by which the Board of Directors governs our Co-op.

My candidate statement summarized my interest in being becoming one of the Board members:

"Willy Street Co-op is my go-to for quality food and products that align with a consumer ethic I connect with. I hope to utilize my experiences and skills to support the Co-op's vital commitment to sustainability, accessibility, and its mission to empower owners, employees and community while remaining fiscally stable."

My answers to the "get to know me" questions below offer more personal and informal information on my relationship with the Co-op over the years.

What was your first memory of Willy Street Co-op?

My husband Gordon and I first shopped at the Co-op shortly after I finished an associate degree in nursing in 1977 and moved to Madison. Actually, he was not my husband at the time, but the Co-op recognized us as a household which was "progressive" back then. Our Owner number is in the four digits. The Co-op was then located at its second location at 1014 Williamson. It was small (900 square feet of retail space) and "neighborhoody," with a limited selection of bulk items, baked goods



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HOLIDAY HOURS

**SUNDAY, 12/31/23:
REGULAR HOURS**

MONDAY, 1/1/24: CLOSED

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OPEN AT 10:00AM**



and fresh produce. It was committed to organic and local products which appealed to us. We were excited in the fall of that year when the Co-op moved to 1202 Williamson (where the Social Justice Center is now) and almost doubled their retail area.

What do you rely on Willy Street Co-op for?

While I appreciate the variety of bulk items there are a few that I rely on. When the weather turns cold, I love the thick rolled oats mixed with steel ground oats cooked in equal parts water and milk with some type of dried fruit (cherries—yum) and nuts added at the end, then topped with a bit of brown sugar.

I am an avid organic gardener. I can a variety of tomato products and freeze beans, broccoli, corn, peppers, and roasted tomatoes and eggplant. I rely on the Co-op for the rest of my veggies and fruits, especially in the off-season. There is no grocery store in Madison with more local produce. The closer the source, the better the flavor! I also appreciate the sourcing of quality non-local produce.

I am not a huge carnivore but when I do eat meat, I prioritize organic and local, and the Co-op is an excellent source for variety and quality.

What are your top three favorite Willy Street Co-op foods?

My faves? I fluctuate with season and whim. But here are a few I currently love—the awesome bulk carrots, Farmer John’s smoked gouda, any of the meat counter fresh sausages, Troubadour English muffins, Salad Girl dressings, the olive bar, and of course the chocolate options... oops, that is more than three.

Do you have any favorite food traditions?

My food traditions tend to revolve around season and holidays. Asparagus anything in the spring, eggplant Parmesan and grilled veggies in the summer, pesto and soups in the fall, hearty stews and Bolognese in the winter. Salads of infinite variety year-round! Paella is a Christmas Eve tradition that started vegetarian and evolved to include shrimp, sausage and chicken. We had many breakfast specialties when our sons were home, and their friends appeared with huge appetites at the breakfast table. The winner was a baked French toast that I have not made in a while. Now that our sons have homes of their own, we are enjoying the traditions they are evolving. We also enjoy special dishes friends have invited us to share. Good food unites!

Besides being a Willy Street Co-op Board member, what else do you like to do with your time?

While I no longer have the demands of a career as a nurse practitioner and my children are grown, I am astounded at how “busy” I am. Currently, I enjoy yoga at the Yoga Co-op, a strength class at Wil-Mar, and swimming. I garden and like to

cook. I have way more knitting ambition than time to actualize planned projects. I am fortunate to have dear friends I enjoy spending time with including a book club of several decades. Gordy and I are blessed with our six-year-old granddaughter, Annabelle, who keeps us young and imaginative. And, although we like the adventure of travel, I look forward to the hibernation and snowy walks that January brings to Wisconsin.

What are you most excited about in being a new Board member, and what do you see as the biggest opportunities and challenges the Co-op will face over the next few years?

I enjoy project work, problem-solving, and consensus driven decision-making. My personal values are congruent with those of the Co-op. I understand the principles of cooperative ownership and policy governance. I will be dedicated to reviewing and generating policies that align with the needs of owners, employees, and the community. Specifically, I want to endorse and support the three strategic priorities identified earlier this year via two strategic planning retreats and feedback from Owners, surveys, and listening sessions. Those priorities include:

- Ensure the future success of Willy North,
- Become an employer of choice in Dane County, and
- Empower our Owners and shoppers on their wellness journey.

I am particularly interested in how the Co-op will measure progress in achieving these goals.

Is there anything else you’d like our Owners to know.

I appreciate the uniqueness of each of the Co-op stores. They reflect the needs and culture of the neighborhoods they are in. The Co-op is not a rubber stamp like so many chain grocery stores. I am committed to empowering each location to be what it needs to be to serve the communities they reside in.

I approach this role humbly recognizing I have a lot to learn. To that end, I will be a good listener and will read available documents, policy, and past meeting minutes. I value the input from Owners as they are the reason the Co-op exists. I value the input from employees as they know what it takes to keep the Co-op functioning day to day and minute to minute. I will whole-heartedly support the Co-op’s commitment to equity, inclusion, and diversity in all ways necessary to welcome and respect all persons.

If you would like to know more about my past work and life experiences, you can find my candidate statement in the October 2023 newsletter: www.willystreet.coop/october-2023/your-board-candidates.

TOGETHER WE TRANSFORM OUR COMMUNITY

Community Shares of Wisconsin funds systemic change.



Thank you for supporting Community Shares of Wisconsin when you shop at the Willy Street Co-op.

Every time you say “yes” at the registers to the Community CHIP® Program you are supporting the nearly 70 member nonprofits of Community Shares of Wisconsin. These local nonprofits work on the causes you care about most including voting rights, healthy food systems, criminal justice reform, housing advocacy, environmental protection, and much more.

Thank you for donating in 2023 and for your continued support in 2024.



communityshares.com

SAVE THE DATE

The Big Share® is Tuesday, March 5, 2024

An online day of giving that supports the nearly 70 member nonprofits of Community Shares of Wisconsin.



Community Room Calendar

Visit www.willystreet.coop/events to register.

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 email education@willystreet.coop 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.



CLASSIC CHERRY PIE AND LEMON MERINGUE PIE WITH PIERRE FERLAND

Location: Willy West Community Room
Wednesday, January 17, 6:00pm–8:30pm

Location: Aubergine, 1226 Williamson St.
Wednesday, March 13, 6:00pm–8:30pm

Ages: 14 and older; adult supervision required

Instructor: Pierre Ferland

Fee: \$30 for Owners; \$40 for non-owners

Capacity: 10

Join Chef Pâtissier Pierre Ferland in this class to learn how to make classic cherry pie and lemon meringue pie. From mixing to baking, this class will cover everything you need to know to make these two classic pies. This class will cover the basics of pie-making as well as making pie filling from scratch. Demonstration only.

CHOCOLATE TRUFFLES WITH PIERRE FERLAND

Location: Willy West Community Room

Wednesday, January 31, 6:00pm–8:30pm

Location: Aubergine, 1226 Williamson St.

Wednesday, February 7, 6:00pm–8:30pm

Ages: 14 and older; adult supervision required

Instructor: Pierre Ferland

Fee: \$30 for Owners; \$40 for non-owners

Capacity: 10

Join Chef Pâtissier Pierre Ferland to learn a quick and easy way to temper chocolate and make a basic ganache as well as give it distinctive flavor profiles. We'll start the class by making the ganache followed by how to temper chocolate. Then you'll learn how to shape the ganache, coat it with tempered chocolate, and finish the truffles by rolling them into cocoa powder. Demonstration with limited hands-on opportunities.



COOKING WITH CHEF PAUL: PLANT-BASED MEALS

Location: Lakeview Library

Thursday, January 11, 6:30pm–7:30pm

Your Co-op's Own Instructor: Paul Tseng

Fee: Free; registration required

Capacity: 12

Join Chef Paul to explore the unlimited choices of plant-based meals. Register at www.madisonpubliclibrary.org/events. Registration will open two weeks prior to the program date on December 28.

COOKING WITH CHEF PAUL: PLANT-BASED MEALS

Location: Willy West Community Room

Thursday, January 18, 6:00pm–8:00pm

Ages: 12 and older; adult supervision required

Your Co-op's Own Instructor: Paul Tseng

Fee: \$30 for Owners; \$40 for non-owners

Capacity: 10

Join Chef Paul to learn helpful tips to get started eating more plant-based foods—from setting up your pantry to cooking techniques to replacing animal proteins with plant-based ones to adding more fiber into your daily meals. The options are limitless! Ingredients/recipes may be modified based on seasonal availability. Demonstration only.

SALMON THREE WAYS

Location: Willy West Community Room

Friday, January 19, 6:00pm–8:00pm

Ages: 12 and older; adult supervision required

Your Co-op's Own Instructor: Mike Tomaloff

Fee: \$30 for Owners; \$40 for non-owners

Capacity: 10

Swim upstream to an evening all about salmon! Join Mike to learn how to prepare pan-grilled salmon with crispy skin, the method for making your own gravlax at home, and the methods for turning a whole salmon into filets, steaks, and tartare. Demonstration with limited hands-on opportunities

COOKING WITH CHEF PAUL: SHABU-SHABU

Location: Willy West Community Room

Thursday, January 25, 6:00pm–8:00pm

Ages: 12 and older; adult supervision required

Your Co-op's Own Instructor: Paul Tseng

Fee: \$30 for Owners; \$40 for non-owners

Capacity: 10

In cold weather, making stock will warm up our dwellings and hearts. Join Chef Paul to learn how to make vegetable and meat stock. He will also show you how to utilize trimmings from produce and meat. Once the stock is made, shabu-shabu can be served. You will experience the whole process from the beginning to the end. Ingredients/recipes may be modified based on seasonal availability. Demonstration only.

COOKING WITH CHEF PAUL: FRIED RICE FOR DINNER

Location: Lakeview Library

Thursday, February 8, 6:30pm–7:30pm

Your Co-op's Own Instructor: Paul Tseng

Fee: Free; registration required

Capacity: 12

Join Chef Paul to learn how to transform your leftover rice into a new delicious meal! This class will show each step, from rice selection to cooking and ingredient preparation to tasting the final product. A simple yet delicious fried rice bowl will delight our dinner table whether vegan or meat or anything in between. Demonstration only. Register at www.madisonpubliclibrary.org/events. Registration will open two weeks prior to the program date on January 25.

SOUS VIDE BASICS

Location: Aubergine, 1226 Williamson St.

Friday, February 9, 6:00pm–8:00pm

Ages: 12 and older; adult supervision required

Your Co-op's Own Instructor: Mike Tomaloff

Fee: \$30 for Owners; \$40 for non-owners

Capacity: 10

Are you curious about the "sous vide" cooking method? Join the Co-op's own Mike Tomaloff for an introduction to this unique culinary method. We will discuss the preparation and processes involved in creating incredible cuisine through the process of slow and low cooking that can transform your meals from special events to everyday dining. Demonstration only.

WINTER COMFORT FOODS

Location: Willy West Community Room

Friday, February 23, 6:00pm–8:00pm

Ages: 12 and older; adult supervision required

Your Co-op's Own Instructor: Mike Tomaloff

Fee: \$30 for Owners; \$40 for non-owners

Capacity: 10

Keep warm this winter with cozy comfort foods! Mike will demonstrate mushroom roulade, rich potato and bacon chowder, and a take on his Aunt Hattie's classic Polish kapusta (braised cabbage with kraut and mushrooms). Demonstration with limited hands-on opportunities



KOMBUCHA BREWING FOR BEGINNERS

Location: Aubergine, 1226 Williamson St.

Thursday, February 8, 6:00pm–7:00pm

Instructor: Vanessa Tortolano

Ages: 12 and older; adult supervision required





Fee: \$40 for Owners; \$50 for non-owners
Capacity: 20

Join Vanessa Tortolano, the original co-founder of NessAlla Kombucha, to learn the basics of beverage fermentation and how to make your own probiotic Kombucha at home. Class includes a kit with everything you need to start your first batch of Kombucha. Demonstration with limited hands-on opportunities.

KOMBUCHA II

Location: Aubergine, 1226 Williamson St.
Thursday, February 8, 7:15pm–8:15pm
Instructor: Vanessa Tortolano
Ages: 12 and older; adult supervision required
Fee: \$25 for Owners; \$35 for non-owners
Capacity: 20

Already know how to brew kombucha? Curious about what you can do with extra SCOBY? Want to know what can be made with the vinegar? How do you fix mistakes and brews that aren't quite right? Join kombucha brewer and expert, Vanessa Tortolano for this intermediate class on troubleshooting, innovative ways to use your kombucha, and how to make other products. Basic Kombucha Brewing for Beginners not required, but basic kombucha-brewing knowledge is recommended. Demonstration with limited hands-on opportunities.

LEARNING WITH CHEF PAUL: KNIFE SKILLS AND SAFETY

Location: Willy West Community Room
Thursday, February 15, 6:00pm–8:00pm
Location: Aubergine, 1226 Williamson St.
Thursday, February 22, 6:00pm–8:00pm
Ages: 18 and older
Your Co-op's Own Instructor: Paul Tseng
Fee: \$30 for Owners; \$40 for non-owners
Capacity: 8

Chef Paul's own experience cutting himself in the kitchen prompted him to share his knowledge to help others prevent such accidents. Join Chef Paul as he guides participants through hands-on knife skills, including the major cuts, slices, and dices. Chef Paul will discuss kitchen knife essentials, including how to sharpen and maintain a knife. Participants should bring their favorite kitchen knife from home to practice with. Hands-on.



COOKING TOGETHER: FLAVORS OF LOUISIANA

Location: Willy West Community Room
Friday, January 12, 5:30pm–7:15pm
Instructor: Lily Kilfoy
Ages: 5 and older; registration for adults and kids required
Fee: \$15 for minor guest of Owner (\$12.50 each for multiple minors); \$25 for minor guest of non-owner; \$20 for Owners; \$40 for non-owners
Capacity: 14

Cooking Together is a class series created by Chef Lily Kilfoy. Lily was inspired by a favorite class from culinary school called Cuisines of the World. Lily combined that inspiration with her drive as a community cooking instructor to offer a multi-age experience exploring flavors from around the globe. Participants in this hands-on class will prepare a delicious dinner inspired by the flavors of Louisiana—Hush Puppies, Remoulade, Gumbo Z Herbs, Dirty Rice, and Bread Pudding may be explored. Everyone in the class will be an active participant and will work together to prepare the meal to share at the end of the class. Hands-on.

COOKING TOGETHER: FLAVORS OF SICILY

Location: Aubergine, 1226 Williamson St.
Friday, January 26, 5:30pm–7:15pm
Instructor: Lily Kilfoy
Ages: 5 and older; registration for adults and kids required
Fee: \$15 for minor guest of Owner (\$12.50 each for multiple minors); \$25 for minor guest of non-owner; \$20 for Owners; \$40 for non-owners
Capacity: 14

Cooking Together is a class series created by Chef Lily Kilfoy. Lily was inspired by a favorite class from culinary school called Cuisines of the World. Lily combined that inspiration with her drive as a community cooking instructor to offer a multi-age experience exploring flavors from around the globe. Participants in this hands-on class will prepare a delicious dinner inspired by the flavors of Sicily—Contorini, Calzones, Citrus, Rigatoni alla

Norma, and Cannoli Cones may be explored. Everyone in the class will be an active participant and will work together to prepare the meal to share at the end of the class. Hands-on.

COOKING TOGETHER: FLAVORS OF HONG KONG

Location: Willy West Community Room
Friday, February 9, 5:30pm–7:15pm
Instructor: Lily Kilfoy
Ages: 5 and older; registration for adults and kids required
Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner; \$20 for Owners; \$40 for non-owners
Capacity: 14

Cooking Together is a class series created by Chef Lily Kilfoy. Lily was inspired by a favorite class from culinary school called Cuisines of the World. Lily combined that inspiration with her drive as a community cooking instructor to offer a multi-age experience exploring flavors from around the globe. Participants in this hands-on class will prepare a delicious dinner inspired by the flavors of Hong Kong—Dim Sum, Sweet and Sour, Wonton Soup, Milk Tea, and Pineapple Bun may be explored. Everyone in the class will be an active participant and will work together to prepare the meal to share at the end of the class. Hands-on.

COOKING TOGETHER: FLAVORS OF NIGERIA

Location: Aubergine, 1226 Williamson St.
Friday, February 23, 5:30pm–7:15pm
Instructor: Lily Kilfoy
Ages: 5 and older; registration for kids and adults required
Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner; \$20 for Owners; \$40 for non-owners
Capacity: 14

Cooking Together is a class series created by Chef Lily Kilfoy. Lily was inspired by a favorite class from culinary school called Cuisines of the World. Lily combined that inspiration with her drive as a community cooking instructor to offer a multi-age experience exploring flavors from around the globe. Participants in this hands-on class will prepare a delicious dinner inspired by the flavors of Nigeria—Akara, Benne Seeds, Jollof Rice, Miyan Taushe, and Coconut Candy may be explored. Everyone in the class will be an active participant and will work together to prepare the meal to share at the end of the class. Hands-on.



KIDS IN THE KITCHEN: TROPICAL TREATS!

Location: Willy West Community Room
Tuesday, January 2, 4:15pm–5:30pm
Instructor: Lily Kilfoy
Ages: 9–12 years old
Fee: \$15 for child of Owner (\$12.50 each for multiple kids); \$25 for child of non-owner
Capacity: 12

Join Chef Lily in this hands-on cooking class for kids. Winter break is here, and many of us are wishing we could see the world. Let's take a virtual vacation together, by making tropical treats—coconut-lime cookies, banana bars, pineapple-orange shakes, there might be mango, and more! In this class, participants will taste an island of flavor by making tropical treats. Hands-on.

READ A BOOK & LEARN TO COOK: ORANGE DREAM SCONES!

Location: Willy West Community Room
Monday, January 8, 10:00am–11:00am
Instructor: Lily Kilfoy
Ages: 1-4 years old; adult supervision required
Fee: \$15 for child of Owner (\$12.50 each for multiple kids); \$25 for child of non-owner
Capacity: 10

Join Chef Lily Kilfoy in this hands-on cooking class for preschool-age children and their caregivers. Friends in this class will learn about food through storytime, music, movement, and making Orange Dream Scones together. Read-aloud will include *An Orange in January* by Dianna Hutts Aston and *Kitten's First Full Moon* by Kevin Henkes. Hands-on.

KIDS IN THE KITCHEN: BRUNCH FOR A BUNCH!

Location: Wil-Mar Neighborhood Center
Tuesday, January 11, 4:15pm–5:30pm





Location: Willy West Community Room
 Tuesday, January 16, 4:15pm–5:30pm
 Instructor: Lily Kilfoy
 Ages: 5–8 years old
 Fee: \$15 for child of Owner (\$12.50 each for multiple kids); \$25 for child of non-owner
 Capacity: 12

Join Chef Lily in this hands-on cooking class for kids. Relatives are still snoozing. Some guests are groggy but ready to graze. That means a late morning meal. Let's make brunch for a bunch—perfect pancakes, pans of potatoes, eggcellent scrambles, jars of fresh juice, and more! In this class, participants will learn to cook for company and make brunch for a bunch. Hands-on.

READ A BOOK & LEARN TO COOK: BREADSTICK BITES WITH TOMATO BASIL SAUCE!

Location: Willy West Community Room
 Monday, January 22, 10:00am–11:00am
 Location: Aubergine, 1226 Williamson St.
 Monday, February 5, 10:00am–11:00am
 Instructor: Lily Kilfoy
 Ages: 1–4 years old; adult supervision required
 Fee: \$15 for child of Owner (\$12.50 each for multiple kids); \$25 for child of non-owner
 Capacity: 10

Join Chef Lily Kilfoy in this hands-on cooking class for preschool-age children and their caregivers. Friends in this class will learn about food through storytime, music, movement, and making Breadstick Bites with Tomato Basil Sauce together. Read-aloud will include *Bread Comes to Life: A Garden of Wheat* and *A Loaf to Eat* by George Levenson and *I Will Never Not Ever Eat a Tomato* by author Lauren Child.

KIDS IN THE KITCHEN: SENSATIONAL SUSHI!

Location: Wil-Mar Neighborhood Center
 Thursday, January 25, 4:15pm–5:30pm
 Instructor: Lily Kilfoy
 Ages: 5–8 years old
 Fee: \$15 for child of Owner (\$12.50 each for multiple kids); \$25 for child of non-owner
 Capacity: 12

Join The Kids Chef Lily Kilfoy in this exciting hands-on cooking class for kids. Did you know that sushi means rice and not fish? Learn this and a whole lot more in this popular class. Attendants will also prepare a rainbow of delicious fillings, and create their own sushi rolls using rice, nori, and a bamboo sushi mat. Hands-on.

KIDS IN THE KITCHEN: CHOCOLATE CONFECTIONS!

Location: Willy West Community Room
 Tuesday, February 6, 4:15pm–5:30pm
 Instructor: Lily Kilfoy
 Ages: 9–12 years old
 Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner; \$20 for Owners; \$40 for non-owners
 Capacity: 12

Join Chef Lily in this hands-on cooking class for kids. When Lily was a child, she loved to produce the perfect potion. Now that she's a chef, she loves to compound superb chocolate confections. A confection is a delicious dish made with sweet ingredients, like cookies, cakes, and candies, of course. In this class, participants will learn sweet science and create chocolate confections. Hands-on.

READ A BOOK & LEARN TO COOK: PASTA WITH BROWN BUTTER CAULIFLOWER!

Location: Willy West Community Room
 Monday, February 12, 10:00am–11:00am
 Location: Aubergine, 1226 Williamson St.
 Monday, February 19, 10:00am–11:00am
 Instructor: Lily Kilfoy
 Ages: 1–4 years old; adult supervision required
 Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner; \$20 for Owners; \$40 for non-owners
 Capacity: 10

Join Chef Lily Kilfoy in this hands-on cooking class for preschool-age children and their caregivers. Friends in this class will learn about food

through storytime, music, movement, and making Pasta with Brown Butter Cauliflower together. Read-aloud will include *The Moose Who Loved Noodles* by Rachel Dutton and *Goodnight Veggies* by Diana Murray.

KIDS IN THE KITCHEN: SNOW DAY SNACKS!

Location: Aubergine, 1226 Williamson St.
 Thursday, February 15, 4:15pm–5:30pm
 Location: Willy West Community Room
 Tuesday, February 20, 4:15pm–5:30pm
 Instructor: Lily Kilfoy
 Ages: 5–8 years old
 Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner; \$20 for Owners; \$40 for non-owners
 Capacity: 12

Join The Kids Chef Lily Kilfoy in this hands-on cooking class for kids. The frigid cold is here, and our fingers are crossed for more than flurries. That's because hibernating at home means we can make snow day snacks—something baked up bubbly for a blizzard, an arrangement of appetizers in case of an avalanche, tidbits of tasty treats for when it turns to ice, and more! In this class, participants will prepare for a polar vortex and make snow day snacks. Hands-on.

KIDS IN THE KITCHEN: FUN WITH FONDUE!

Location: Aubergine, 1226 Williamson St.
 Thursday, February 29, 4:15pm–5:30pm
 Instructor: Lily Kilfoy
 Ages: 5–8 years old
 Fee: \$15 for first child of Owner (\$12.50 for each additional child); \$25 for each child of non-owner; \$20 for Owners; \$40 for non-owners
 Capacity: 12

Join Chef Lily in this hands-on cooking class for kids. Folks find it to be fancy, but it's also family-friendly and fun! We'll create the classic cheese, a playful take on pizza, a celebratory chocolate confection, and tasty tidbits for dipping, of course! In this class, participants will prepare a feast and have fun with fondue. Hands-on.



TIPS FOR GUT DIVERSITY

Location: Zoom
 Tuesday, January 23, 12:00pm–1:00pm
 Instructor: Katy Wallace
 Fee: Free; registration is required

Scientists claim that bacterial diversity in the gut is important for health and longevity, so what practical things can you do to improve your gut diversity? Join Katy Wallace, ND, of Human Nature, LLC for a presentation on simple things that are shown in research to help improve the health and bacterial diversity of the digestive system.

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



YOGA NIDRA RELAXATION WITH MOURNING DOVE

Location: Wil-Mar Neighborhood Center
 Thursday, January 18, 5:00pm–6:00pm
 Ages: 18 and older
 Your Co-op's Own Instructor: Mourning Dove Wochos
 Fee: \$15 for Owners; \$25 for non-owners

Capacity: 8
 Lay back and be gently guided into a relaxed state of consciousness. Let the thoughts of the day and to-do lists fall to the side, calm your nervous system, and allow yourself to be the priority. We will end with a mini sound bath. Rest, restore, and recalibrate. All bodies, abilities, and identities are welcomed and valued.



Health & Wellness

co-op deals: Jan 3 - Jan 16

Want to get an email reminder about Co-op Deals sales?
Sign up at www.willystreet.coop/emails.
You can unsubscribe at any time



Giovanni Shampoo & Conditioner
All Kinds on Sale!
8.5 fl oz • Save \$4.98 on 2

2 for \$11^{+tx}

coop deals.



Nordic Naturals Vitamin D3 1000 IU Gummies
Wild Berry
120 ct • Save \$7

\$14.99^{+tx}

coop deals.

The Humble Co.
Kids Toothbrush
Ultra-Soft
1 ea • Save 70¢

\$1.79^{+tx}

coop deals.

Andalou Naturals
Sheet Mask
All Kinds on Sale!
1 ea • Save \$2.10

\$3.69^{+tx}

coop deals.

Organic India
Herbal Laxative
60 vcap • Save \$7

\$7.99^{+tx}

coop deals.

WishGarden
Sleepy Nights
2 fl oz • Save \$10

\$14.99^{+tx}

coop deals.

Jason
Toothpaste
All Kinds on Sale!
4.2 oz • Save \$2.20

\$4.79^{+tx}

coop deals.

Dr. Bronner's
Pure Castile Liquid Soap
All Kinds on Sale!
16 fl oz • Save \$3.30

\$7.69^{+tx}

coop deals.

Spectrum Essentials
Organic Ground Flaxseed
14 oz • Save \$4.70

\$7.29^{+tx}

coop deals.

SolaRay
Magnesium Glycinate
240 vcap • Save \$20

\$21.99^{+tx}

coop deals.

co-op deals: Jan 17 - Jan 30



Everyone
Hand Soap
All Kinds on Sale!
12.75 fl oz • Save \$1.30

\$3.49^{+tx}

coop deals.



Desert Essence
Mouthwash
Ultra Care, Whitening Plus
16 fl oz • Save \$2.10

\$5.69^{+tx}

coop deals.



Lily of the Desert
Organic Aloe Vera Juice
Whole Leaf, Inner Fillet
32 fl oz • Save \$1.70

\$5.59^{+tx}

coop deals.



Ener-C
Multivitamin Drink Mix
All Kinds on Sale!
30 pk • Save \$4.50

\$11.49^{+tx}

coop deals.

Pranarom
Meditation Diffusion Blend
5 ml • Save \$2.70

\$8.29^{+tx}

coop deals.

Country Life
Easy Iron 25 mg
90 vcap • Save \$6.50

\$9.49^{+tx}

coop deals.

Kyolic
Original Aged Garlic Extract
100 cap • Save \$5.50

\$10.99^{+tx}

coop deals.

Natural Factors
Vitamin C 500 mg Chewable
Mixed Fruit
90 tab • Save \$6

\$10.99^{+tx}

coop deals.



Acure
Shampoo & Conditioner
Ultra Hydrating
8 fl oz • Save \$5.98 on 2

2 for \$10^{+tx}

coop deals.



simply tera's
Pure Whey Protein Powder
Bourbon Vanilla, Dark Chocolate
24 oz • Save \$9

\$28.99

coop deals.

coop™ deals

co-op deals: January 3 - January 16



Garden of Eatin' Tortilla Chips

All Kinds on Sale!
5.5 oz • Save \$1.50

\$2.29

coop deals

Mavuno Harvest

Organic Dried Fruit

All Kinds on Sale!
2 oz • Save \$1.10

\$2.69

coop deals

Muir Glen

Organic Canned Tomatoes

All Kinds on Sale!
14.5 oz • Save \$2.58 - \$2.98/2

2 for \$3

coop deals



Kettle Brand Potato Chips

All Kinds on Sale!
5 oz • Save \$1

\$2.99

coop deals

Organic Quinoa

bulk • Save 50¢/lb

\$2.29/lb

coop deals

Hop WTR

Hop Water

All Kinds on Sale!
6 pk • Save \$2

\$8.49

coop deals



Deep Indian Kitchen Potato & Pea Samosas

11 oz • Save \$2

\$4.99

coop deals

Food For Life

Ezekiel 4:9 Bread

Sprouted Whole Grain, Flax
24 oz • Save \$1.50

\$5.29

coop deals

Beyond Meat Plant-Based Grounds

So versatile!
16 oz • Save \$3.50

\$7.49

coop deals



Kite Hill Plant-Based Ravioli

9 oz • Save \$2

\$6.29

coop deals

Woodstock

Organic Frozen Veggies

Green Peas, Broccoli Florets
10 oz • Save \$1.10

\$2.69

coop deals

Wyman's

Wild Blueberries

15 oz • Save \$1.50

\$3.99

coop deals



Annie's Homegrown Mac and Cheese

Shells and White Cheddar, Classic, Four Cheese, Shells and Real Aged Cheddar
6 oz • Save \$2.58-\$3.98/2

2 for \$3

coop deals

Blue Diamond

Nut Thins

All Kinds on Sale!
4.25 oz • Save \$1.29

\$3.50

coop deals

Bob's Red Mill

Old Country Style Muesli

18 oz • Save \$1.50

\$4.49

coop deals



Cascadian Farm Organic Granola

Cinnamon Raisin, Dark Chocolate Almond, Oats & Honey
11 oz • Save \$2

\$3.99

coop deals

Essentia

Electrolyte Enhanced Water

50.72 fl oz • Save \$1.98/2

2 for \$4

coop deals

Fillo's Seasoned Beans

All Kinds on Sale!
10 oz • Save \$1

\$2.79

coop deals



Go Macro Bars

All Kinds on Sale!
1.8-2.5 oz • Save \$1.98/2

2 for \$5^{+tx}

coop deals

Wildwood

Organic Super Firm Tofu

16 oz • Save \$1

\$3.49

coop deals

Nixie

Organic Sparkling Water

All Kinds on Sale!
8 pk • Save \$1.50

\$4.49

coop deals



Forage Kombucha Kombucha

All Kinds on Sale!
16 oz • Save 58¢/2

2 for \$4^{+tx}

coop deals

Rishi Tea

Organic Masala Chai Tea Concentrate

32 oz • Save \$2

\$5.49

coop deals

Evolution Fresh

Organic Orange Juice

59 oz • Save \$1.30

\$7.99

coop deals



The sales on this page are valid January 3 - January 16

All Sales Subject to Availability. Sales Quantities Limited.

JANUARY

co-op deals: January 17 - January 30

Want to get an email reminder about Co-op Deals sales? Sign up at www.willystreet.coop/emails. You can unsubscribe at any time.



Kevita Organic Kombucha

All Kinds on Sale!
15.2 oz • Save 98¢/2

2 for \$5^{+tx}
coop deals



Amy's Organic Canned Soups

All Kinds on Sale (excluding Chili!)
14.1 - 14.7 oz • Save \$1.20

\$3.79
coop deals



Near East Couscous

10 oz • Save \$1.98/2

2 for \$4
coop deals



Purely Elizabeth Granola

All Kinds on Sale!
8 - 12 oz • Save \$3.50

\$4.99
coop deals



Yogi Boxed Tea

All Kinds on Sale!
16 ct • Save \$1.49

\$3.50^{+tx}
coop deals



De La Calle Organic Tepache Drinks

All Kinds on Sale!
12 oz • Save 58¢/2

2 for \$5^{+tx}
coop deals



Hope Organic Hummus

All Kinds on Sale!
8 oz • Save \$1.50

\$3.49
coop deals



Calbee Snapea Crisps

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

2 for \$4
coop deals

Angie's Boom Chicka Pop Popcorn

All Kinds on Sale!
4.4 - 7 oz • Save \$1.29

\$3
coop deals

Back To Nature Crackers

Stone Ground Wheat, Crispy Wheat,
Classic Round, Flatbread Multigrain,
Flatbread Pink Salt
5.5-8.5 oz • Save \$1.29

\$3.50
coop deals

Kettle & Fire Bone Broth

Chicken, Beef
16.2 oz • Save \$2

\$5.99
coop deals

Wild Planet Wild Albacore Tuna

5 oz • Save \$1

\$3.99
coop deals

Bitchin' Sauce Almond-Based Sauce & Dip

All Kinds on Sale!
8 oz • Save \$1.50

\$5.49
coop deals

Brown Cow Cream Top Yogurt

All Kinds on Sale!
5.3 oz • Save 19¢

\$1
coop deals

Wildbrine Korean Kimchi

18 oz • Save \$2

\$6.49
coop deals

Birch Benders Organic Pancake & Waffle Mix

16 oz • Save \$1.30

\$4.49
coop deals

Alter Eco Organic Fair Trade Chocolate Bars

All Kinds on Sale!
2.8 oz • Save \$1.50

\$2.99^{+tx}
coop deals



Cascadian Farm Organic Frozen Berries

Blueberries, Raspberries, Strawberries
8 - 10 oz • Save \$3

\$3.99
coop deals



C2O Coconut Water

33.8 fl oz • Save \$1.50

\$3.49
coop deals



Stacy's Pita Chips

All Kinds on Sale!
7.33 oz • Save \$1

\$3.29
coop deals



Santa Cruz Organic Apple Sauce

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

\$3.99
coop deals



Elmhurst Plant-Based Unsweetened Milks

Almond, Walnut, Cashew, Oat
32 oz • Save 50¢

\$4.79
coop deals



Rebbl Organic Elixirs & Protein Drinks

All Kinds on Sale!
12 oz • Save \$1

\$3.49
coop deals



Seventh Generation Bathroom Tissue

12 pk • Save \$1

\$10.99^{+tx}
coop deals



The sales on this page are valid January 17 - January 30

All Sales Subject to Availability. Sales Quantities Limited.

Find Your Wellness Sales at Willy Street Co-op



Owners can save \$50 the first two weeks in January!

SALES 1/2/24-1/14/24

Owner Rewards sale prices valid for in-store purchases only.

Organic Fair Trade Avocados

1 each • Origin: Mexico

4 for \$4 or \$1.19/ea

Owners save 60c - \$3.76



Organic Naval Oranges

Rndm weight • Origin: California

\$1.59/lb

Owners save 90c/lb



Willy Street Co-op Sweet Greens

12 oz • Made By Your Co-op

\$4.99/ea

Owners save \$1.00/ea



Willy Street Co-op Apple Jack

12 oz • Made By Your Co-op

\$4.99/ea

Owners save \$1.00/ea



Richard's Rainwater Still Rainwater

16 fl oz

79¢/ea

Owners save 50c/ea



Richard's Rainwater Sparkling Rainwater

12 fl oz

79¢/ea

Owners save 50c/ea



Four Sigmatic Lion's Mane Chaga Mushroom Coffee

12 oz

\$11.99/ea

Owners save \$7.50/ea



Organic India Boxed Tea

18 bags • Chai Masala Tulsi, Sweet Rose Tulsi, Turmeric Ginger Tulsi

\$2.99/ea +tx

Owners save \$2.80/ea



Go Macro Bars

1.8-2.5 oz • Peanut Butter Chocolate Chip, Cherries and Berries, Blueberry Cashew Butter

\$1.99/ea

Owners save \$1.50/ea



Go Macro Bar Cases

12 Bars • Peanut Butter Chocolate Chip, Cherries and Berries, Blueberry Cashew Butter

\$21.79/ea

Owners save \$15.90/ea



Hu Kitchen Chocolate Bars

2.1 oz • All Kinds on Sale!

\$3.29/ea +tx

Owners save \$2.00/ea



Leitz Non-Alcoholic Wine Cans

250 ml • Sparkling Riesling, Sparkling Rose

\$3.99/ea +tx

Owners save \$1.00/ea



Dr. Teal's Pure Epsom Salt Soak

3 lb • All Kinds on Sale!

\$5.79/ea +tx

Owners save \$2.00/ea



Nuun Hydration Electrolyte Tablets

10 tab • All Kinds on Sale!

\$6.49/ea +tx

Owners save \$1.00/ea



✦ JANUARY ✦
Wellness Wednesday
(January 3rd)
Owners take 15% off

wellness & bodycare items, instead of the usual 10%!



Includes products like these, even ones already on sale:

- | | |
|--------------------------|-------------------------------------|
| Essential Oils | Collagen |
| Makeup & Nail Polish | Protein Powder |
| Facial Care | Electrolytes |
| Lip Balm | Fiber & Laxatives |
| Toothpaste & Mouthwash | Digestive Aids & Enzymes |
| Shampoo & Conditioner | Probiotics |
| Body Wash | Essential Fatty Acids |
| Hand Soap | CBD |
| Hand & Body Moisturizers | Homeopathic Medicines |
| Deodorant | Vitamins & Minerals |
| Shaving Cream & Razors | Antioxidants |
| Sun & Bug Protection | Amino Acids |
| Menstrual Products | Glucosamine & Turmeric |
| Topical First Aid | Melatonin |
| Bandages | Mushroom Supplements |
| Cotton Balls & Swabs | Immune & Allergy Supplements |
| Aloe Vera Juice & Gel | Pre-Packaged Loose Leaf Tea & Herbs |



PRODUCE NEWS

Olden Organics: Serving up Quality and Convenience



by Andy Johnston, Produce Category Manager

Happy New Year! Personally, I'm so glad to be moving on to 2024. Last year was a tough year for my family and I: I was diagnosed with stage-4 colorectal cancer in Dec of '22, and started 16 weeks of aggressive

chemotherapy on Jan 2, 2023. After months of chemo, radiation, a major surgery, and several minor surgeries, I'm currently cancer-free! So yeah, good riddance 2023!

Throughout my journey, my status as the primary cook in our house had to take a backseat. Initially, I just didn't have the energy (or appetite), and eventually I just couldn't contribute to anything at any level. Family and friends prepared frozen meals for us, and the convenience of having to just heat something up was welcomed and greatly appreciated!

There are so many reasons we look for convenience when it comes to our food. For many, it's a matter of time. For some, it might be a health condition or physical changes that literally take away our ability to do the things we used to do. And, as many of us will commit to eating healthier in the New Year, it's nice to know that there are products available to help support our efforts, while also providing a high level of convenience.

This is where Olden Organics in Ripon, Wisconsin, comes in! Tracy and Dick Vinz started farming vege-

tables using sustainable methods back in 2003. Using sustainable farming methods was important to the Vinzes; they wanted to ensure they were offering their customers the highest quality products, while at the same time taking care of their land and the environment. In 2016, they received their organic certification, and Olden Organics was born! Like many other fruit and vegetable growers, so much of their hard work was going into the compost: it wasn't "perfect," and if it's not "perfect," you can't sell it. To help reduce the waste, they started their on-farm production kitchen in 2017. When I asked Tracy how the kitchen fits into the farm model, she replied "Personally I feel it is a match made in veggie heaven. I can not imagine having one without the other."

Today, the Vinzes operate a 100-acre certified organic farm and an on-site production kitchen. They grow over 25 types of fruit and vegetables, most of which are grown for the production kitchen, and some for farmer's market, and for the Co-op! Tracy oversees the production kitchen, sales, accounting, and staffing, while Dick manages the field production, greenhouse production, and equipment. Together, they employ up to 20 full- and part-time staff.

In 2017, Tracy reached out to Willy Street Co-op and pitched a few of the items they were producing in their new production kitchen. I think we started with the four or five products they were offering, all of the "veggie noodle" type. Over time, they began offering additional veggie products, and started bringing in organic fruit items to help expand their product offering and utilize their production equipment. Today, you can find up to twenty Olden Organics value-added products on our Produce department shelves throughout the year! Their products are so awesome, that our Delis are working with Olden Organics to provide us with specific products to expand our organic produce options on the hot bar.

So what's so awesome about Olden Organics value-added products? Everything!

They're local! They're produced locally, and—when possible—they're made with produce grown right on the farm.

The quality is exceptional! They use fresh, organically grown produce. We order the product, and two days later, it's on our shelves.

The products are versatile. Yes, the Butternut Squash Cubes and Roasting Mix are perfect for roasting, but they're also perfect for a hearty winter soup or stew. The Beet, Zucchini, and Butternut Squash noodles are all great substitutes for pasta, or sautéed and served as a side, but they also work great as pizza toppings and in stir-fries. The Savory Hash is the perfect addition to stuffing, or as a side, but when lightly sautéed along with their Shredded Brussels sprouts and lightly seasoned with some taco seasoning, it's the perfect filling for a burrito or quesadilla.

They help reduce food waste—not just on the Olden Organics farm, but in your house! Have you ever wanted just a little coleslaw, bought a cabbage, and the other half sat in

your crisper for a month before you tossed it? I have. Like all of the Olden Organics products, the Slaw Mix is portioned to help ensure you can use it all without generating waste.

They're convenient. Everything about these products is easy: roasted root vegetables without having to wash and cube a bunch of parsnips, rutabaga, and beets. Their Sweet Potato Fries are as easy as tossing with a little olive oil and turning on the oven: what's not to like? You can eat incredible, nutritious, local food with minimal time and effort.

With Olden Organics value-added fruit and vegetable products, eating healthy has never been so easy and convenient! We'll be promoting their products on our Owner Rewards promotional program January 15-21. Stop in, save some money, and see how easy it can be to incorporate more healthy, whole foods into your diet.

Have a happy, healthy New Year!

PREPARED FOODS NEWS

Mamachit Sushi's Kyaw (Joe) Hlaing



by Nick Heitman, Meat, Seafood, Beer, Wine & Spirits Category Manager

Tell us a bit about your background: Where are you from originally? When did you come to the U.S.? How did you end up in Wisconsin?

We originally came from Myanmar, also formally known as Burma. I came to the U.S. in 1999 to join the Carnival cruise line as a cook. Before I came to the U.S., I worked at

the Traders Hotel Shangri La Group in Yangon, Burma. In July of 2007, we began working with a sushi company as an independent sushi contractor for seven years at Lexington Co-op, located in Buffalo, NY. The company chose us for a better opportunity to run the business at Willy Street Co-op. In March 2014 we started working at Willy Street Co-op—West. During that summer of 2014, the family moved to Wisconsin. We began operating the sushi bar the first week of September 2014 at the East location after the store was remodeled.

What led you into becoming a sushi chef? Have you always had a culinary background?

In May of 1995, I got a position as a cook at the hotel, where I underwent training in a cooking class for three months. The hotel at the time was brand new, and after my training, the hotel opened in August 1995. I gained cooking experience throughout the three and a half years at this job. Then in March of 1999, I accepted a new job offer from Carnival Cruise Line inc., in Miami, Florida. After that, I had a friend working as a sushi chef at his own business in Boston Massachusetts. He asked me to join his sushi business. In August of 2000 I learned how to make sushi and run a business with him for nine months. I came to the realization that I enjoyed the sushi business and decided to move forward with it.

Was your goal to always start your own sushi company?

It had truly been a goal to start a sushi company of my own as a family business, after receiving training in sushi. After my wife and son came to the U.S. in 2004, the family joined the company Sushi With Gusto in 2007. This led to becoming an independent contractor at Lexington Co-op in Buffalo, New York for seven years. We then moved to Willy Street Co-op in 2014 and have been working there until present day. In 2022 after fifteen



years of experience, I made the decision to create a company of my own. We began operating as an independent company and have been doing business with the co-op directly.

What are the differences between working for a large sushi supplier, and owning your own business?

The major differences are commissions, hidden fees, food-supply mass orders once a month, quality of products not being consistent in a larger sushi supplier, and not being able to reject any supplies during delivery. When the large company sends a mass order of supplies, it complicates things for us as the co-op does not have enough backstock space to accommodate storage. The sushi prices are non-adjustable even though the sushi supplies have gone up consistently.

How is your product different from what customers can find in other grocery stores?

We offer mostly gluten-free sushi created with all natural ingredients. We use high-quality seafood and organic vegetables. We have more vegan and vegetarian options.

What led you to start working with us at Willy Street Co-op?

Willy Street Co-op has high standards, with a friendly environment. As well as professional employees and management staff, the members and owners of Willy Street that shop regularly hold high expectations. They have the desire to eat a healthy lifestyle. This is something we believe we can do to satisfy customers, making us different from other Sushi bars at grocery stores. We make quality sushi at a reasonable price.

Your family is involved in the business as well. What are the benefits of being able to work with them?

Everybody in the family has had a role throughout creating the business. My son has helped with the paperwork. The benefits of being able to work with them is the flexibility and being able to create a plan.

What are some challenges you've faced as an immigrant in the U.S.?

The language and culture barrier was a major one.

What are your favorite products that you produce/sell at the co-op?

Our favorite sushi rolls we like to sell are our Salmon Avocado rolls and our Tuna Nigiri. They are 100% natural, wild caught with no food coloring or carbon monoxide treated. This is not being sold at any other grocery store which makes it one of our top favorites being popular amongst the customers. We also prefer our sushi with brown rice, due to its health benefits and fiber content.

What are some things you like to do in your limited free time?

Some things we like to do in our limited amount of free time is meditating, reading, and spending time with family.

PRODUCT NEWS

New Products



by **Melissa Reiss,**
Product Department Assistant

TWO NEW SHRUBS FROM SIREN SHRUB



Siren Shrubs take drinks up a notch with their unique flavor complexities. Crafted from tangy, organic apple cider vinegar, fresh fruits, roots and herbs, and sweetened with just a bit of organic cane sugar or maple syrup.

Their new Honeycrisp is cidery, luscious, and appropriately cozy.

The Jalapeño Lime is zippy, refreshing, with just the right amount of sass!



TWO NEW BEERS FROM GIANT JONES



In the American Barleywine you can taste bright aromas of pomelo and blackberry along with rich candied sugar and cake malt flavor; finishes warm and dry with smooth bitterness.

The Quadrupel pairs rich Munich malts with Belgian yeast creating a depth of dark fruit and spice with a smooth alcohol note and dry finish.



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TRY SOMETHING NEW IN THE NEW YEAR

BY BEN BECKER, NEWSLETTER WRITER

The New Year marks an occasion for looking ahead and making plans. It also brings a chance to consider new endeavors and experiences. Many see the New Year as a time to refocus on their health, wellness, and happiness. Resolutions may also include benevolence to the planet or others. Exploring exciting new options for your lifestyle can be a welcome addition at the start of the year. However, fulfilling the promise we make to ourselves each year is easier said than done. For the majority of those who set New Year's resolutions, the odds of succeeding are very low. Statistically, only 9% of Americans complete their New Year's resolutions, with nearly a quarter of resolvers quitting after a week, and almost half will quit one month in. Setting resolutions can even be a source of stress and anxiety. So if you're planning to run that marathon, or considering a resolution to stop resolving, consider some of the psychology that comes into play.

Completing resolutions requires an authentic form of motivation. If you are only doing so to honor the annual traditions, that won't be enough to keep you going in the months ahead. Instead, consider goals or aspirations that align with what you want your life to look like. Unless some other reason for change exists in your life, you may give up. To improve your odds, identify lifestyle changes that you can reasonably take on and stay consistent with.

To make your ambitions a reality, try out these additional strategies as well. Try breaking up your larger goals into smaller steps. Each mini-goal should still be challenging, to keep you motivated while taking you closer to your overarching objective.

If you measure your progress along the way, you will maintain the inspiration needed to remain committed as the year wears on. Achievement of each smaller goal

also is an opportunity for recognition and celebration. Celebrating the small wins will help build confidence as you progress.

It's often harder to achieve anything all on your own, so share your goals with a friend or family member. Make agreements with others to hold each other accountable and you will be doubly likely to succeed. Having accountability partnerships means that you will consider your commitment to not just yourself, but others, and this is likely to increase your motivation. You can even seek out support or interest groups to support you along your way.

Unfortunately, despite the best of intentions, you are bound to encounter stumbling blocks. Even with strong motivation, you will likely run into obstacles that will impede your goals. These challenges can take many forms, such as communal pressure in social settings to overindulge, or giving into cravings after an ascetic period. While you can't anticipate everything, identifying these barriers and finding strategies to avoid them. For example, having a small meal before a trip to the grocery store can reduce the temptation to drop health commitments for junk foods.

CHALLENGES TO EATING NUTRITIOUS FOODS

We all face difficulties finding balance, especially when it comes to diet. In our hectic lifestyle, finding the time to research healthier recipes, shop, prep, cook, and sit down to a balanced meal is tough when the drive-through is just down the street. Avoiding processed foods with low nutritional value in favor of fresh foods requires careful planning and discipline in using these fresh foods.

By increasing our food knowledge, engaging with simple strategies, and exercising some creativity, eating better can become more appealing.

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. By monitoring moods and satiety levels, you lessen the need to satisfy immediate cravings in favor of objective long-term decision-making. Using a shopping list adds structure to how we navigate the aisles of the store. Lists should focus on staple items and ingredients for planned recipes. Creating a list for multiple days will help avoid making multiple trips to the store. This will save time and decrease opportunities for impulse eating.

If time is a major obstacle for you, your Co-op can help. Willy Street Co-op is kicking off 2024 with a new online shopping experience. Just look through our online store, select your items, and schedule a time for delivery or pick-up. You'll have all of your favorite local grocery goods waiting for you in no time. Don't have time to sit down and shop on your computer? With our new mobile site, you can now shop on the go with just your tablet or smartphone. Let our staff assemble your order, and we'll have it ready for you at our North Sherman location. If you don't feel like driving, delivery is available to residents within 10 miles of Willy North.

Your Co-op offers myriad methods and products that can help to support success in your resolutions. While browsing the health and wellness aisle, you'll encounter supplements to help give your body that extra boost. Vitamin D supplements may prove a necessary addition through these months of low sunlight. Collagen supplements provide sup-

port for your joint health. Increase your intake of omega fatty acids and amino acids by picking up a few Evo Hemp Protein bars.

No two opinions are the same when it comes to the idea of health. Willy Street Co-op and its staff do not claim the qualifications to make nutritional recommendations, but we do carry foods and supplements that can help support a balanced diet and lifestyle. For those seeking to

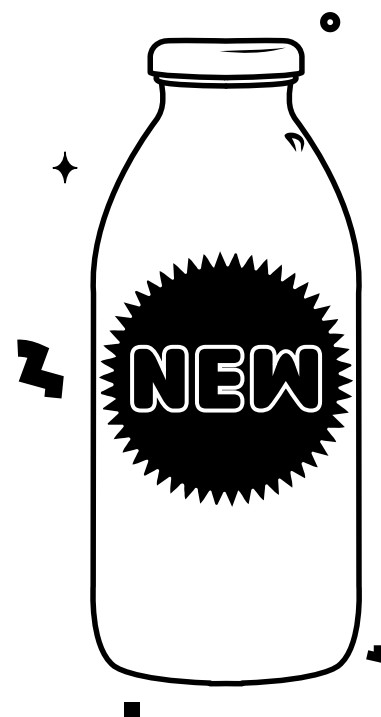
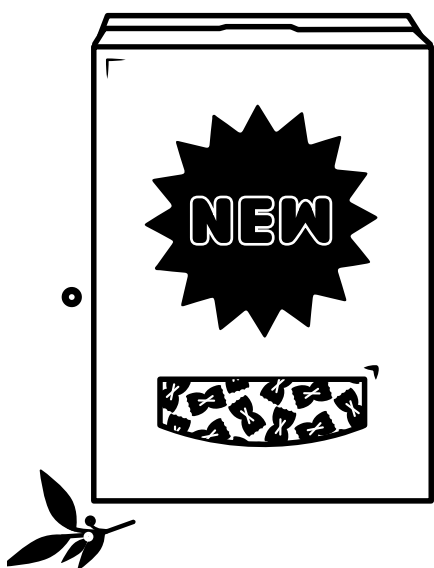
eliminate chemical pesticides or genetic modifications from their body, the Co-op carries an extensive selection of organic products. Our produce and grocery sections include garlic, a versatile ingredient that has traditionally been credited with immune system boosting and anti-inflammatory properties. For plant-based protein, you'll find meat alternatives, beans, and legumes that can

fit into nearly any recipe, from soups and stews to sandwiches. The under-rated lentil boasts a tantalizing flavor for stews, 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.

MAXIMIZE YOUR IMPACT

The New Year is a time to be more socially and environmentally conscious. You can reduce your environmental impact by looking for products with reduced packaging and less plastic such as cardboard tube deodorant, solid shampoos and conditioners, or bar soaps. Making use of our bulk product selection will also help to cut down on your waste stream.

Don't overlook Klean Canteen bottles for toting water or your best beverage. Great for both cold and hot liquids you can skip the plastic when you fill these up from your tap or filter pitcher. They also are great for taking the daily coffee cup out



of your waste equation. Many coffee shops around town will gladly fill these containers and give you a discount for bringing one with you. With the Klean Kanteen's vacuum seal technology, your coffee will stay hot throughout the day as well!

The Co-op also offers items from producers committed to improving our world by supporting Fair Trade. By maintaining a just and fair economy where small farmers enjoy a sustainable livelihood, you can practice empathy not just at home but in your global influence. Check out the wide selection of tea, coffee, and—on occasion—chocolate, offered by Equal Exchange and Just Coffee, companies committed to Fair Trade deals for small-scale farmers across Latin America. If you are looking to perk up and add some warmth to the early days of the New Year, check out the variety of coffee bean flavors you can bulk up on from Equal Exchange and Just Coffee. While you're getting your caffeine fix, check out the other products in the Bulk aisle. You can save a little space, a little waste, and a nice chunk of change in just a few steps when you forgo buying a new spice jar each time. Just grab a baggie, mark down the PLU of one of our many spice containers, and pour out what you need, using the paper funnels if you like. We price our bulk spices by the pound, but since most refills only amount to a few ounces, you are sure to be pleased with how little you'll spend compared to the cost of a new container! You'll also find bulk flours, nuts, granola, and even dried fruit, many of which have been locally sourced. When you choose bulk instead of packaged items, you can buy as much or as little as you want!

- Veterans
 - Persons with disabilities
- Watch for the gold circle icon with "i" or "Inclusive Trade" in price tags, posters, flyers, and other places. We'll also be adding a list of Inclusive Trade products on our website to make it easier to find these products.

COOK MORE AT HOME

With groceries in hand, you may find cooking at home gives you the opportunity for both control and creativity in your kitchen. It's a perfect time to try new things just brush up on your culinary acumen, or to try something new. Even during the winter months, you can still think seasonally. During the cold season, shelf-stable items will shine. Vegetables like carrots and parsnips will

store well in your refrigerator and will boast greater sweetness if they are 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 a local alternative in its prime. Produce shoppers can avoid overbuying by asking for many large vegetables to be cut into smaller portions, such as an unwieldy head of cabbage.

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 meals balanced and portioned. Shopping intentionally will help to support your at-home culinary strategies. In planning each meal, consider the recipe's serving size 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 dividing 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. This is easy to do when you use recipes where ingredients are more interchangeable. If you have some greens going bad, try prepping a must-go salad, where food that must be used or goes 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 mush-



rooms. You can also add a protein component using chicken, beef, tofu, or even by just cracking an egg. If you're looking for even more inspiration, take advantage of the resources your co-op has to offer. Don't forget to look for recipes online, in our "Word on the Beet" email (sign up at willystreet.coop/emails) or register for a cooking class led by one of our talented local instructors. Check out the class listings earlier in this newsletter or at willystreet.coop/events.

EAT MORE NUTRITIOUS FOOD

If you have resolved to avoid colds this January, be sure to make a stop in the Produce section as the citrus season is in full swing. It is a great time of year to stock up on some of the best oranges and grapefruit of the year, or maybe even a pomelo if you are feeling more adventurous. If sour is pleasing to your palate, don't forget to grab a bag of kumquats. These bite-size citrus fruits can be eaten whole like a nature-made candy. Just roll one between your fingers to unleash the juices then pop it in your mouth, peel and all to enjoy. You can create a tart accent by slicing these fruits into invigorating garnish over hors d'oeuvres or a winter salad. Keep an eye out for kumquats as the citrus season continues. Cultivated as a hybrid crossing the kumquat with the key lime, these diminutive fruits pack a wallop of citric acid and vitamin C. While you may choose to eat the limequat whole, you can also employ it in the mixology of your home cocktails. Peel a twist of rind to add a sweetened flair to your highball, or bring out the inner bitterness through its juice and pulp.

Knowing the Co-op has your back will take you further in achieving your resolutions. To save time, find better local ingredients, or to simply get inspired, you can rely on the spirit of our cooperative to help you go far in the New Year!

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Call 608-237-1230 or email readerads@willystreet.coop for more information or to place your reservation.

willy street co-op

TOO MANY GRAPES?

Grapes are sold by the pound. Feel free to break the bag up and purchase the quantity you want.

willy street co-op

Owners: know someone who should be a Willy Street Co-op Owner?

If someone you refer becomes an Owner, we'll give you a \$25 gift card!

New Owner must give your name and email address and/or phone number when signing up.

Gift cards may take up to 60 days before ready for pick-up. Offer for Willy Street Co-op Owners only.



An example of a price tag with an Inclusive Trade and Local icon.

If you'd like to do more to support under-represented vendors, our Inclusive Trade program can help. A vendor will be considered an Inclusive Trade vendor if it is at least 51% owned, controlled, and operated by a person or persons who is/are:

- Women
- Black, Indigenous, and/or Persons of Color
- LGBTQIA+

CUSTOMER EXPERIENCE NEWS

2023 Community Reinvestment Fund Reports



by **Liz Hawley,**
**Education
& Outreach
Coordinator**

501(c)3 nonprofits and cooperatives through January 31. Grants provide for local endeavors that are innovative, hands-on, and educational, impact a large group of people, reach out to underserved populations, create jobs or develop skills, foster social engagement, and offer opportunities for diversifying partnerships, collaboration, and entrepreneurialism. Grants are competitive, and this year your

The New Year brings the new cycle of Community Reinvestment Fund (CRF) grant applications, decisions, and awards—an exciting time of year! Applications for the CRF grant are now open, and we are accepting applications from local

staff carried on a Teen Cooking Club as part of their after-school programming. The participating youth first watched a demonstration on how to complete the week's recipe, then divided up into teams to work through the recipe by following the printed instructions. The culmination of each session was to sit down together to sample the food they prepared.

FREE BIKES 4 KIDZ

Free Bikes 4 Kidz (FB4K) “work[s] to see that every kid gains the health and societal benefits gained from owning a bike.” They note that many bike recipients use their bikes as their only form of transportation, and this low-cost/low-maintenance mode of transportation gets kids to school and allows family members to reach grocery stores, thus increasing food access. This year they exceeded their goal and gave away 2,014 bicycles. If you are interested in getting involved, FB4K has many opportunities, including hosting a bike donation drive in your neighborhood, volunteering at their bike donation drives or bike giveaway events, or helping to refurbish bikes during the winter months. For more information, see fb4kmadison.org.

FRIENDS OF SCHUMACHER FARM PARK

The Friends of Schumacher Farm exceeded their initial goal to build three new raised beds to increase accessibility for their volunteers, and they were able to build four new beds! They partnered with many north



and vocational training program providing training in baking, food sanitation, and restaurant management for individuals with significant barriers to employment. The CRF funding helped create paid training opportunities, allowing students to fully commit and get the full value of training. JustDane staff noted, “The funds JustDane received[...]were successfully used to fund the wages for two Just Bakery students during their 12-week training program. These students were able to fully focus on their lessons and complete the course. Upon completion of the program, they were able to find full-time employment and are able to provide for themselves. They are able to put the valuable skills they learned at Just Bakery to work.” If you'd like to support the Just Bakery program, you can purchase their baked goods at <https://justdane.org/justbakery-4/> as all proceeds from these sales are reinvested into the program.

LUKE'S CLOSET

Luke's Closet, an organization with a mission to serve and support foster, kinship, and adoptive families in Dane County, reports that its spring Shop & Eat program was a huge success. The event served 53 kids, and each of them received a brand-new sweatshirt. The event also included a free meal, Madison Reading Project's Big Red Bus, face painting, and balloons. Luke's Closet volunteers said, “We generated a lot of smiles because of the children's surprise at getting a new sweatshirt. A sweatshirt is something all children can use, especially in Wisconsin.” If you'd like to get involved, they are always looking for volunteers, or you can donate new or nearly new clothing for ages 0-18, or purchase clothes from their Target wishlist to help fill gaps in the closet. See their website for more information at www.stlukes-elca.org/luke-closet.

MADISON AREA FOOD PANTRY GARDENS

With funding from the CRF grant, Madison Area Food Pantry Gardens (MAFPG) increased the outlets they serve by 10%. The new outlets they sent produce to are the East Madison Community Center, the Specialty Care Free Clinic, and Michele Tracy Clinic at Porchlight. They also increased the number of partner pickups (rather than deliveries by MAFPG) by 56%. They noted, “This improvement led to several outlets receiving more

consistent donations of fresh, culturally relevant produce than would have been possible with [our] personnel delivering all produce.” They also invested in packaging materials to protect produce during transport to maintain the integrity of the fresh fruits and vegetables they delivered to their food pantry partners.

MADISON CHILDREN'S MUSEUM

The first year of Little John's Lunchbox Cafe Pay-What-You-Can (PWYC) pilot has been well received by the Madison Children's Museum (MCM) visitors and supporters, according to museum staff. Their primary objectives were to provide nutritious food for visitors, support food-insecure community members using the PWYC model, educate MCM visitors about food waste and food reclamation, and design and implement sustainable cafe systems from food procurement to waste stream. While they learned that adopting and maintaining a compost system is challenging, they provided 1,450 meals on average each month, with \$6.63 paid by customers on average for each meal.

MADISON PUBLIC ART PROJECT

The Madison Public Art Project (MPAP) commissioned the mural artist known as Audifax to create a mural under the Beltline at the Monona Drive ramp, and they report that the project was a great success! The project brought greater awareness to mental health equity, and the mural unveiling helped raise visibility in destigmatizing mental illness. MPAP is always looking for volunteers to assist with their public art projects. If you're interested, please find more information at www.madisonpublicartproject.com/volunteer.

MADISON WORKERS COOPERATIVE

Madison Works Cooperative (MadWorC) is a peer network of worker cooperatives in Madison that supports the development of new worker cooperatives and the continued success of existing worker cooperatives. With funds from the CRF they built up their cooperative peer network, established mentor/mentee relationships between worker-owners of various cooperatives in Madison, and increased job mobility by helping new worker cooperatives gain an understanding of how to operate a business



Two young visitors enjoy a meal at Little John's Lunchbox, the pay-what-you-can cafe at Madison Children's Museum.
Photo credit Andy Manis

Co-op's Board of Directors has allocated \$65,000 from abandoned Owner equity to award. For more information and to download the application, visit www.willystreet.coop/crf.

All organizations that receive awards provide progress reports to the Co-op about their funded projects. Here are the stories we received this past year.

BAYVIEW FOUNDATION

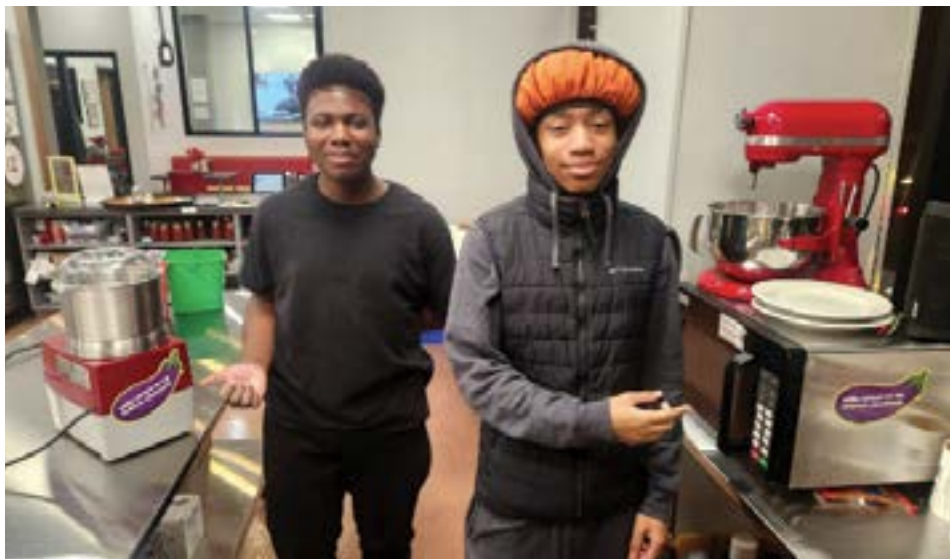
With a mission “to support its culturally diverse, low-income residents in realizing their aspirations by providing affordable housing, fostering cultural pride, and building community through the arts, education, and recreation,” Bayview Foundation

Madison, Waunakee, and DeForest schools and community organizations to provide gardening experiences for youth. The produce grown at the farm benefits the Waunakee Food Pantry, and the Friends group strengthened their relationship with the pantry to include free family passes to their programs to the people receiving the Schumacher Farm produce. If you'd like to get involved, keep an eye out for information about their spring work days when they need many volunteers to help set up the garden for the year. Learn more at schumacherfarmpark.org.

JUST DANE

Just Bakery is a 12-week education





Two youth working with Mentoring Positives point out two essential pieces of kitchen equipment purchased with CRF grant money.

democratically. MadWorC facilitated a board member exchange where new cooperatives could send their board members to established cooperative board meetings to learn best practices and learn how these meetings are run.

MADISON YOUTH ARTS CENTER

The original vision for Madison Youth Arts Center's (MYArts) project was to launch an opportunity for Madison-area youth to show their visual art at MYArts, with the goal of celebrating young artists and creating new opportunities for connecting with our organizations. They established an internship program for a high school student to provide insight regarding outreach to youth audiences, and in turn, the intern gained professional development experiences through collaboration with program staff, drafting correspondence to youth program professionals, and initiating outreach communication with community and school groups. Be on the lookout for upcoming youth art shows in the next few months at the MYArts facility on E. Mifflin Street.

MENTORING POSITIVES

Mentoring Positives moved into their new commercial kitchen facility late last year, which gave them a "substantial upgrade to [their] platform for mentoring, enriching, training, and employing invulnerable youth." CRF funding allowed them to purchase a Robot Coupe and a commercial microwave oven, allowing them to expedite the process of both chopping vegetables and defrosting ingredients, and in turn allowing the teens to put more time into helping with marketing, community outreach, product development, making and packing frozen pizzas, jars of salsa, and chocolate chip cookies, and providing good service to their customers. They have made steady progress toward growing their sales, and with more sales, the more youth they can involve in their program. If you'd like to support the work they do, you can find their "Off the Block" pizzas and salsas for sale at the Co-op or their new restaurant space at 2844 E. Washington Avenue among other retail outlets, and they can always use volunteers in the kitchen to help

with prep work when the kids are in school. Find more information at mentoringpositives.org.

NEIGHBORHOOD HOUSE COMMUNITY CENTER

Neighborhood House expanded its Fresh Food Connection to meet the persistent, ever-growing need in the community for consistent access to fresh foods. This project was "created as a response to the growing need for locally sourced fresh and nutrient-dense food to be distributed in the community; and, to connect neighbors to local agricultural food systems from which they had been disproportionately excluded due to geographic location and financial limitations." Each week through the summer growing season, Neighborhood House received 60 Community Supported Agriculture (CSA) fresh produce shares from a Crossroads Community Farm. Neighborhood House distributed this fresh produce to four affordable housing communities near the community center. Throughout the summer, they increased their food pantry users by 150%, serving 450 families in 2023.

OIÑ PRODUCTIONS

Summer of Love and Community Connections (SoL) set out to increase well-being, build community, and introduce communities to new arts disciplines. They achieved these goals by hosting two events—one at Warner Park and another at Penn Park. Each event featured four arts workshops where "people experienced the power of the arts to heal and support our emotional, physical, and creative development." They plan to continue this work to connect communities with these events "to discover new cultures, types of arts, and to make artistic connections." Follow them on social media to find out when you can enjoy their next event: www.facebook.com/summeroflovesol or www.instagram.com/summeroflovesol.

PATCH PROGRAM

The PATCH Youth Advocacy Learning Series is a 7-step curriculum that engages youth in advocacy efforts around a health topic that they are passionate about. Facilitators met with groups of high school students through the learning series, and PATCH Program staff noted that

youth/adult relationships flourished during the implementation of the Youth Advocacy Learning Series. This validated how important these relationships are for the continued positive experiences and growth students had in the program. The curriculum has proven to be a success over the years, and PATCH will offer the learning series as a standalone course for schools, community partners, and individuals to implement in the future.

RAPE CRISIS CENTER

After a pilot support group launched in 2022 supporting LGBTQIA+ survivors of sexual assault, the Rape Crisis Center (RCC) found there has been a gap in services for LGBTQIA+ survivors seeking access to support groups in Dane County. To close this gap, they partnered with OutReach LGBTQ+ Community Center to facilitate virtual meetings featuring guest speakers.

ROOTED

This past spring, Rooted began a new student-grown produce project to provide Madison Metropolitan School District (MMSD) students with more local food in their school meals. Seeds were started by second and third graders and then transplanted to Rooted's Goodman Youth Farm. Youth participating in Grow Academy, a DOC transitional program for justice-involved youth, also grew lettuce for the project. In total, 350 heads of lettuce were harvested and served as side salads with school lunch across MMSD schools. The supplies purchased with CRF funds (seeds, seed trays, potting soil, and fencing materials) set this pilot program up with the infrastructure needed to continue the program in partnership with MMSD. They are currently expanding this program to provide more student-grown vegetables for school lunches.

SHERMAN AVENUE UNITED METHODIST CHURCH

Sherman Avenue United Methodist Church is in an area identified in the City of Madison's Food Access Improvement Map, and the folks at the church said, "We know that we can't get there as a community when some of us are houseless and lack adequate quality food[...]" There is a shortage of places

where our community members can find fresh produce." So for the past four years, they partnered with Rooted to provide fresh vegetables from Troy Farm to food-insecure families on Madison's north side in their food pantry and prepared community meals. On average, they served 30 people each week from June through October.

SOCIAL JUSTICE CENTER

The Social Justice Center's (SJC) focus is on connecting community members in crisis with vital resources and services, and they embraced their "role as a neighborhood hub for people in need and provide a much a much-needed missing piece: a go-to place where you can reliably access key resources and essentials while working with advocates who are trained in trauma-informed practices, crisis response, and de-escalation." With the CRF award they received, SJC has fulfilled this role. They noted that their "community partners are now holding weekly drop-in hours at SJC and collaborating care for individuals experiencing chronic crises in the neighborhood." They also offer opportunities for their staff on the topics of de-escalation and trauma-informed training, as well as Narcan training. Additionally, they launched their community support and resource advocacy program, including resource navigation walk-in hours and training volunteers on how to navigate and make referrals to community resources. Their free phone charging station will be installed by the end of the year.

If you'd like to get involved with SJC's efforts, they need volunteers to support their resource advocacy and food pantry efforts. They are always accepting donations to their



Master gardeners give Wisconsin Council of the Blind and Visually Impaired staff a tour of the gardens during the early phases of planting.

Little Free Pantry on Few Street, and you can view their wishlists for both their food and essentials pantry at socialjusticecenter.org/wishlists.

WISCONSIN COUNCIL OF THE BLIND AND VISUALLY IMPAIRED

The Wisconsin Council of the Blind and Visually Impaired (WCBVI) in-

stalled sensory gardens to make their building more welcoming and appealing to the senses. The Rock Prairie Master Gardener Association created the gardens, and they utilized plants that have visual, tactile, and aromatic appeal, and the public is encouraged to stop and enjoy the space at 754 Williamson Street, Madison (just a few blocks west of Willy East).

THANK YOU 2023 CRF GRANT RECIPIENTS

Each year we look forward to reading about the innovative projects our local nonprofits propose, and hearing about the successes when projects come to fruition is even more inspiring! For us, another grant cycle has come to a close, but the work of these nonprofits never ends.

Thank you to all these organizations for the impactful work you do for the communities you serve! Thanks, also, to the Owners who have left the Co-op and opted to donate their equity to charitable purposes—this funding is possible because of your generosity—thank you! We're looking forward to reading the innovative grant proposals for 2024!

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Above:

Designer **Whitney Robinson** models her "Turning Leaf" earrings with detachable aquamarine icicle drops. More from the Turning Leaf collection can be seen at right. *Whitney welcomes custom commissions.*



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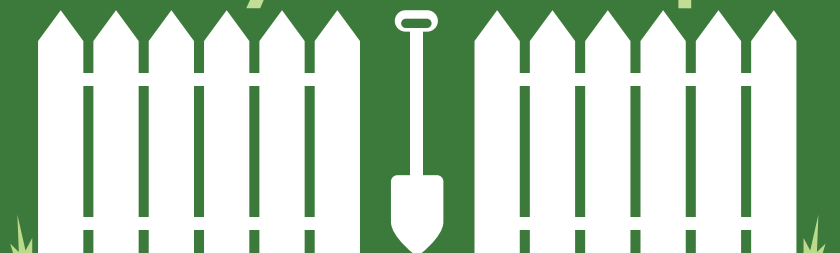
Since 1992, Willy Street Co-op has contributed more than \$555,000 to local nonprofits and cooperatives to support developmental and educational projects for our community via Community Reinvestment Fund grants. The Fund is seeded when Owners who have become inactive and have not claimed their equity after three years either abandon or donate their Owner equity to our Co-op. Community Reinvestment Funds are allocated annually by the Board of Directors in accordance with our bylaws that stipulate unclaimed or donated equity that has been abandoned be dedicated to educational and charitable purposes.



Grant applications and further details can be downloaded from: www.willystreet.coop/crf

The deadline for applications is January 31, 2024.

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