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FOR IMMEDIATE RELEASE:

Wild Oats Market to Host Evening on Preparing Healthy, Inexpensive Meals

Williamstown, MA, April 21, 2009. Wild Oats Market, a cooperatively-owned market offering local and organic foods, will host an evening on *How to Shop for and Prepare Healthy, Inexpensive Meals* on Wednesday, April 29, from 7- 8 pm in the store café.

Local dietitian Deborah Blood and nutritionist Kelly MacDonald will discuss the economic and environmental benefits of buying in bulk, and the many choices that are available from the store's bulk department. They will provide tips for buying in bulk, and answer any questions that participants may have about shopping for and preparing healthy, economic meals. The evening will include a recipe prepared by Wild Oats, featuring the super-grain quinoa. Participants will have the chance to try this dish and taste for themselves how delicious and easy it can be to prepare meals using whole grains.

The evening is free to all. Please sign up at Wild Oats Market, 320 Main Street, Williamstown, or call the store at 413-458-8060.

"The economy has made it harder than ever for some families and individuals to afford high-quality food," said Michael Faber, general manager. "Purchasing and preparing foods from the bulk department is one way that people can eat well, and save money and help the environment at the same time."

Wild Oats wants to help ensure that healthy foods are available to everyone regardless of their income. Through its *Healthy Food for All* program, it offers a 10 percent discount to people who meet requirements for other forms of income assistance. Through its *Basic Goods* program, Wild Oats offers some of the lowest prices available on staples such as milk, cereal and canned goods.

Wild Oats Market is a member-owned, cooperative-based whole foods market that buys extensively from local and regional natural and organic food producers. One need not be a member to shop at Wild Oats, although membership offers several benefits. The market carries a wide selection of organic and naturally-made products, including: meats, eggs, dairy products, fruits, vegetables, breads, pastas, oils, cereals, juices and chocolate, and has an in-house bakery and prepared foods department. Wild Oats Market also carries healthful supplements and body care products, as well as environmentally-friendly household supplies.

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