



FOR IMMEDIATE RELEASE

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CBD Cookies at the Co-op

[URBANA, Illinois] Common Ground Food Co-op now offers cookies infused with CBD oil. The CBD Mint Chip Cookies are the most recent addition to the co-op's line of scratch-baked in-house vegan cookies. They are infused with 10-12 mg of organically farmed, non-GMO CBD oil from Green Mountain CBD in Vermont and cost \$4.20 each.

The idea for the cookies came from the bakery department, which decided to do a soft launch on April 19 to test the viability of the cookies. Within the first week, over 200 cookies sold.

Common Ground began carrying CBD products after significant customer interest and store research. The Wellness Department has seen a marked increase in sales since summer 2017, when the co-op began carrying CBD products.

CBD is short for Cannabidiol, which is one of the chemical compounds known as "cannabinoids" found in cannabis. CBD is distinct from THC, the cannabinoid known for inducing a high in cannabis users. Cannabis is a Schedule I substance under federal law, meaning there is "no currently accepted medical use and a high potential for abuse". CBD entered the legal market after a provision in the Agricultural Act of 2014 allowed for the regulated production and sale of "non-psychoactive hemp" containing less than 0.3% THC. Common Ground currently purchases its CBD products from Queen City Hemp, Imbue Botanicals, and Green Mountain CBD.

Customers have reported a wide range of benefits they attribute to their use of CBD, such as pain relief, reduction in anxiety, improved mood management, and insomnia relief. Early research on CBD has shown its efficacy in preventing THC from binding to cannabinoid receptors in the body and suggests CBD might prevent some cognitive impairment associated with THC (Journal of Pharmacology).

Food co-ops are known for being forward-thinking and standing out from the typical grocery store, finding new ways to offer the best and even hard to find foods, supplements, and other products with the hopes of enhancing our community as well as putting money into local and regional farms and businesses. Common Ground will continue to offer CBD cookies, tinctures, salves, capsules, and pet products for the foreseeable future given the overwhelmingly positive response.

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Common Ground Food Co-op supports the wellbeing of our community by investing in local farmers, providing food education, and bringing affordable quality foods to our neighborhood.

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