Save Money With Every Shopping Trip!

co+op basics™

Co-op Basics are discounted items for everyone. Products include canned goods, bulk beans and grains, dairy, and even personal care items!

Healthy - Organic - Affordable

Organic products are grown without the use of synthetic materials or genetically modified crops. They are better for you, benefit the environment, and you can get them here with Co-op Basics!

COMMON GROUND
FOOD CO-OPERATIVE

Shop healthy on a budget!

Over 147 unique Food Co-ops nationwide have teamed up together for collective buying power so we can offer low prices on healthy, organic, and wholesome foods every day.

Get a 10% Discount!

Join our community-funded discount program **Food For All** and get an additional 10% off Co+op Basics items and our entire produce section, as well as community funded Co-op Ownership.

Become an Owner!

Common Ground is cooperatively owed by over 9,000 neighbors in the greater C-U area. You can own a share at the Co-op by paying a one-time equity investment of $60! Find out more at the registers with our cashiers or sign up online!

We support local!

Since 1974, we've committed ourselves to local foods, organic foods, and supporting our vibrant community. We consider local to be within 100 miles of Common Ground, and support as many local farms and producers as we can.

KILGUS FARMSTEAD
CENTRAL ILLINOIS BAKEHOUSE
ALLISON CENTENNIAL FARM
SOLA GRATIA
PAGE ROASTING COMPANY
SASSIE'S APIARY
TRIPLE S FARMS
GREENS FOR YOU
PRAIRIE FRUITS FARM
& SO MANY MORE!

300 S. Broadway Ave. Suite #166 Urbana, IL 61801
www.commonground.coop 217-352-3347
OPEN 7:30 AM-9 PM DAILY

AISLE 1

Rudi's Organic Bread	22 oz	$4.99
Field Day Organic Fruit Spreads	14 oz	$3.99
Field Day Organic Peanut Butter	18 oz	$3.99
Annie's Organic Salad Dressing	8 oz	$4.99
Field Day Hazelnut Spread	13 oz	$5.99

AISLE 2

Bulk Old Fashioned Thick Rolled Oats	/lb	$1.99
Bulk Organic All Purpose Flour	/lb	$1.79
Bulk Organic Whole Wheat Flour	/lb	$1.89
Bulk Organic Millet	/lb	$1.99
Bulk Organic Green Lentils	/lb	$2.79
Bulk Organic Split Green Peas	/lb	$1.79
Bulk Organic Red Lentils	/lb	$1.99
Bulk Organic Pinto Beans	/lb	$2.79
Bulk Organic Black Turtle Beans	/lb	$2.79
Bulk Organic Chickpeas/Garbanzos	/lb	$2.79
Bulk Organic Short Grain Brown Rice	/lb	$3.29
Bulk Raw Almonds	/lb	$5.99
Equal Exchange Bulk Coffee	/lb	$9.99
Inspired Organics Coffee	12 oz	$7.49
Field Day Organic Spices		$3.49
Field Day Sugar	24 oz	$3.49
Field Day Chocolate Chips	10 oz	$4.29
Field Day Mediterranean Sea Salts	24.7-26.5 oz	$1.99
Field Day Organic Maple Syrup	8 oz	$6.99

MEAT

Applegate Uncured Bacon	8 oz	$6.75
Applegate Organic Hot Dogs	10 oz	$7.49
Applegate Uncured Ham	7 oz	$6.25
Applegate Turkey Pepperoni	4 oz	$5.55
Applegate Sliced Deli Turkey	7 oz	$6.25
Thousand Hills Grass Fed Ground Beef	16 oz	$7.25
Thousand Hills Beef Ribeye Steak	8 oz	$15.99
Thousand Hills Beef Brisket	24 oz	$22.49

AISLE 3

Wild Harvest Organic Beans	15 oz	$1.99
Field Day Organic Crackers	7-8 oz	$3.99
Field Day Organic Canned Vegetables	15 oz	$1.99
Field Day Organic Broth	32 oz	$2.29
Field Day Organic Mac & Cheese	6 oz	$2.69
Field Day Organic Shells & Cheese	12 oz	$3.99
Field Day Organic Ketchup	24 oz	$3.29
Field Day Organic Mustard	8 oz	$2.99
Field Day Organic Pasta	16 oz	$1.99
Field Day Organic Pasta Sauce	26 oz	$3.99
Field Day Organic Brown Rice Pastas	12 oz	$2.49
Field Day Organic Rices	32 oz	$3.99
Field Day Extra Virgin Olive Oil	1 liter	$9.99
Field Day Organic Coconut Milk	13.5 oz	$2.39
Field Day Olives	6 oz	$2.39
Field Day Sliced Olives	3.8 oz	$1.79
Field Day Organic Cooking Spray	5 oz	$4.99
Field Day Canola Oil	32 oz	$7.99
Field Day Coconut Oil	14 oz	$5.99
Field Day Organic Canned Tomatoes	28 oz	$2.69
Field Day Organic Tomato Paste	6 oz	$1.29
Field Day Organic Pizza Sauce	15.5 oz	$2.49
Field Day Organic Apple Cider Vinegar	32 oz	$4.99
Natural Sea Canned Tuna	5 oz	$2.79

AISLE 4

Blue Diamond Almond Breeze	1/2 gallon	$4.69
Field Day Organic Snack Bars	6-pack	$2.99
Field Day Organic Cereal	10-14oz	$4.69
Field Day Oatmeal	11.29 oz	$3.99
Field Day Organic Granola	12 oz	$3.99
Field Day Sparkling Water	33.8 oz	$1.29
Field Day Coconut Water	16.6 oz	$1.79
Rice Dream Organic Rice Milk	1/2 gallon	$5.69
Westsoy Unsweetened Soy Milk	1/2 gallon	$5.69

AISLE 5

Field Day Paper Towels	3-pack	$4.49
Field Day Custom Size Paper Towels	single	$1.99
Field Day Facial Tissues	85 ct	$1.99
Field Day Bath Tissues	4-pack	$2.99
Field Day Bath Tissues	12-pack	$7.99
Field Day Napkins	250 ct	$2.69
Field Day Baby Wipes	72 ct	$3.69
Field Day All Purpose Cleaner	32 fl oz	$3.99
Field Day Laundry Detergents	100 oz	$11.99
Field Day Dishwasher Detergent	12.7 oz	$4.99
Field Day Trash Bags	20 ct	$4.99
Field Day Pretzels	8 oz	$2.49
Field Day Organic Salsas	16 oz	$3.39
Field Day Organic Microwave Popcorn	3-pack	$2.99
Garden of Eatin' Tortilla Chips	16 oz	$5.99
Valentina Hot Sauce	12 fl oz	$2.49
Wild Harvest Salmon Gravy Cat Food	5.5 oz	$0.99

FRIDGE

Brown Cow Whole Milk Yogurt	32 oz	$3.99
Earth Balance Buttery Sticks	1 lb	$5.69
Allison Centennial Farm Eggs	dozen	$3.99
Phil's Medium Eggs	dozen	$3.49
Kilgus Local Milk	gallon	$4.79
Kilgus Local Milk	1/2 gallon	$2.99
Soyboy Extra Firm Tofu	15 oz	$2.49
Soyboy Bulk Tofu	4 lb	$7.99
Lightlife Bulk Tempeh	2 lb	$9.99
Westby Sweet Cream Butter	1 lb	$5.99
Tillamook Salted Butter	1 lb	$5.99

AISLE 6

Cadia Seaweed Snacks	.25 oz	$2.19

AISLE 7

Cadia Sandwich Cookies	10.5 oz	$4.49

GRAB N GO

Chana Masala & Brown Rice	$5.00

FROZEN

Snopac Organic Corn	10 oz	$2.99
Snopac Organic Peas	10 oz	$2.99
Snopac Organic Carrots	10 oz	$2.99
Field Day Blueberries	32 oz	$7.99
Field Day Strawberries	32 oz	$7.99
Co-op Made New York Pizza Dough	each	$3.75

PERSONAL CARE

Field Day Hair Care	16 oz	$5.99
Field Day Lotion	16 oz	$5.99
Field Day Liquid Hand Soap	12.5 oz	$4.99
Toms Unscented Deodorant	2.25 oz	$5.49
Dr. Bronner Bulk Unscented Soap	/lb	$5.29
Jarrow Dophilus Supplement	100 cap	$11.99

Look for the purple tag!

Co+op basics