



## January 2025 Newsletter

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FROM THE

# BOARD OF DIRECTORS



**By Rudy Leon**

I am so happy to have joined the CGFC Board of Directors this year. I've been an active participant in local food Co-ops since my college days, and I value Co-op principles more than ever in these troubled times.

At the close of the year, it is enlightening to look back and see what we've accomplished as a Co-op. One fundamental principle of the cooperative movement is that surplus should benefit the community, and Common Ground is a great community partner in this End.

In 2024 Common Ground donated \$7,023.36 to 35 community organizations. Many of these donations were in the form of raffle baskets and gift cards, allowing these important community organizations to multiply our donations in their own fundraising efforts. Your commitment to Common Ground supports dozens of the local organizations that make Champaign-Urbana a vibrant place to live.

These donations are in addition to almost \$60,000 that owners and shoppers chose to donate to 11 community organizations through the Round Up For Good program.

Common Ground Food Co-op owners make this happen. The Board of Directors is grateful for every one of you. Thank you for your commitment to everything we can do together.

## Upcoming Classes & Events

### Easy Desi Brunch Virtual Cooking Class & Meal Kit

Saturday, January 18th 10:30 am - 12:30 pm

Join us for an Indian-style brunch and virtual cooking class taught by longtime Co-op instructor, Sirisha Bhandaru. Cook along in your kitchen with our class meal kit and learn flavorful, fun recipes!

The menu includes:

- **Homemade Traditional Indian Chai** - authentic chai made with strong Assam black tea, a flavorful blend of whole spices, sugar, and whole milk

- **Paneer Bhurji Toasts** - with scrambled paneer, onions, peppers, carrots, cilantro, tomatoes, and spices
- **Bombay Aloo Masala Sandwiches** - a spiced potato mash with delicious cilantro chutney served with English muffins
- **Pineapple Sheera** - a sweet pineapple dessert pudding flavored with ghee roasted semolina, cashews, and raisins

Preorder your class meal kit to pick up on Friday, January 17th from 4-6 pm in the Flatlander Classroom, then tune in for the virtual Zoom live cooking class on Saturday, January 18th from 10:30 am - 12:30 pm.

The class kit can serve between 2-3 people. Tickets are \$50 for non-owners and \$45 for Co-op owners.



Register

## Smart Meals In-person Class Series

Common Ground has partnered with OSF Healthcare to offer a **free class series for anyone 55 or older!**

Smart Meals is a program designed to provide awareness and education on buying affordable, healthy foods that can be easily prepared at home. OSF dieticians have created Smart Meal Kits with shelf-stable ingredients that can be cooked into a full meal, or supplemented with additional ingredients.

Each class in the series will demonstrate how to make one Smart Meal kit, as well as fresh additions and recipes using local and organic food from Common Ground. Students will learn about a different nutritional topic catered to the meal, and then have the chance to sample all the food. At the end of the class, students will receive an additional Smart Meal Kit to take home with them.

Register for one or all three classes in the series!

Wednesday, January 22nd 1:00 - 2:30 pm

**Chickpea Curry with Homemade Flatbread**

*Nutritional Focus: Protein & Fiber*

Wednesday, February 19th 1:00 - 2:30 pm

## **Southwest Lentils & Rice with Chips & Homemade Guacamole**

*Nutritional Focus: Nutrition Labels*

Wednesday, March 26th 1:00 - 2:30 pm

## **Chicken Parmesan Risotto with Goat Cheese Walnut Salad**

*Nutritional Focus: Vitamins & Minerals*



Register

## **Announcements**

### **January Owner Deals**

Owner Deals are bigger and better than ever! We have a brand new set of owner-exclusive deals. Over 100 amazing products will be on sale for owners for the entire month of January.

January 1st  
-  
February 4th

# OWNER DEALS



**2/\$7**  
Rumiano  
Sliced Cheese  
6 oz  
*reg. price \$4.49*



Shop over 100  
amazing owner  
exclusive sales!



**2/\$7**  
Suzie's Sea Salt  
Olive Oil Saltines  
8.8 oz  
*reg. price \$5.49*



**\$2.69**  
La Tortilla Factory  
Flour Tortillas  
7.62 oz  
*reg. price \$4.49*



**2/\$4**  
Itoen Oi Ocha  
Green Tea  
16.9 fl oz  
*reg. price \$2.89*



**\$3.29**  
Pomi Finely  
Chopped Tomatoes  
26.46 oz  
*reg. price \$4.99*



**2/\$6**  
RW Garcia  
Yellow Corn Chips  
8.25 oz  
*reg. price \$4.99*



**\$3.99**  
Miyoko's Creamery  
Vegan Butter  
8 oz  
*reg. price \$5.99*



**2/\$6**  
Mrs. Miller's  
Egg Noodles  
16 oz  
*reg. price \$4.99*



**\$4.89**  
Abbot's  
Plant-Based  
Chopped Chick'n  
10 oz  
*reg. price \$9.99*



**2/\$8**  
Thai Kitchen  
Brown Rice  
Noodles  
8 oz  
*reg. price \$7.39*



**2/\$6**  
Mestemacher  
Bread  
8.8 oz - 17.6 oz  
*reg. price \$4.39 - \$4.49*

Common Ground Food Co-op | 300 S. Broadway Ave Suite #166 | 217-352-3347 | www.commonground.coop | Open 7:30 am - 9:00 pm daily

[View more deals](#)

## New Artist Installation: Katy V. Meehan

Stop by the Flatlander Classroom to view our new art installation: Botanical Beauties of East Urbana - A series of floral ink studies by Katy V. Meehan.

Katy is an independent contemporary artist based in Urbana known for vibrant and evocative floral art.



[Learn more](#)

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## Call For Local Art

We are accepting applications from local artists for our Flatlander Art Gallery! Selected artists will be invited to install their artwork for 1.5 months with openings beginning in 2025.

# call for local art

Co-op Art Gallery Application Now Open!



Quick Application  
Apply today!

[Apply now](#)

## Community

# ROUND UP FOR GOOD

## UPDATE

In 2024, almost \$60,000 was raised for local organizations! Thank you to all of our owners and customers who have donated their money through the Round Up For Good program. Your generous contributions have amounted to a total of \$556,000 since the program began.

We're so excited to support our 2025 Round Up For Good Partners!



# Local Organizations Featured In 2025

January - Daily Bread Soup Kitchen

February - Planned Parenthood of Illinois: Champaign Health Center

March - RACES (Rape Advocacy, Education & Counseling Services)

April - Prairie Rivers Network

May - Common Ground's Food For All Program

June - Eastern Illinois Foodbank

July - The Refugee Center

August - Hospice Hearts Animal Rescue

September - Immigrant Services of CU

October - Urbana Champaign Reproductive Justice

November - Common Ground's Food For All Program

December - Crisis Nursery

All the Round Up For Good recipients are voted on by our Co-op owners each September during our Annual Owner Elections. 100% of the round up donations support the featured local organization of the month. Thanks for helping fund important resources in our area!

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Last month we raised over \$5,300 for Crisis Nursery!

**Mission:** "Crisis Nursery creates an "Island of Safety" dedicated to the prevention of child abuse and neglect by providing 24-hour emergency care for children and support to strengthen families in crisis."

**Project Proposal:** "With a grant from Common Ground in 2024, Crisis Nursery's Safe Children program will be fortified, empowering us to extend our compassionate support to even more vulnerable children and families navigating through crises. At the core of our mission lies the belief that "Asking for help is a sign of strength", and with this grant, we can continue to reinforce that message.

The Safe Children program is a lifeline for countless families, offering a vital "Island of Safety" when they need it most. The cost to provide this essential service amounts to \$15 per hour per child in crisis. This financial support is not just a figure: it is the key to unlocking hope and stability for those we serve."



[Learn more](#)

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January's Round Up For Good organization is Daily Bread Soup Kitchen!

**Mission:** "The mission of the Daily Bread Soup Kitchen is to feed the hungry in our community regardless of race, religion, or ethnicity. We welcome all volunteers to this service who share an unconditional regard for every human being. We provide a safe, respectful, and inviting environment in an atmosphere of hope and dignity."

**Project Proposal:** "During the COVID pandemic of 2020, we began offering meals to-go. In order to make this possible, we installed a window where guests can receive a hot meal with sack lunch without entering the building. This process has allowed us to serve more people who suffer from food inadequacy while we have continued with indoor eating. Thus, the number of guests and meals has increased significantly. Currently, we are providing an average of 400 hot meals and 350-400 sack lunches daily for the most in need in our community.

The most expensive monthly expenditure we have is the purchase of protein: meat, cheese or peanut butter. We strive to provide a hot nutritious meal daily with a to-go sack lunch. We always offer a vegetarian option for guests who do not or cannot eat meat. In addition, we provide a sack lunch for each guest to take with them. Often, these meals are their only food source. If we receive funds from the Round Up For Good Grant we will purchase food items rich in protein like meat, cheese and peanut butter for our guests. Thank you for your ongoing support as we work together to address the issue of hunger in our community."



## Recipe Features

### Co+op Basics: Sweet Pea Hummus



For this month's Basics recipe, we have a vibrant and delicious Sweet Pea Hummus! Blended with protein-packed cannellini beans, this hummus is a perfect healthy snack to serve with veggies or to spread on a veggie sandwich. It features 4 Co+op Basics products and comes out to only \$1.35 per serving.

[Get recipe](#)

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### Roasted Romanesco with Creamy Sriracha Sauce



Romanesco is definitely one of the more unique vegetables we carry at the Co-op. Romanesco is a member of the brassica family, and is a sort of hybrid between broccoli and cauliflower. It is sweet and mild when cooked, and is a fantastic side dish to add to any meal. We paired roasted Romanesco with a creamy Sriracha sauce for a delectable winter dish.

[Get recipe](#)

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## Pink Lemon Thyme Mocktail



This Pink Lemon Thyme mocktail is the perfect drink to start out the new year! Our produce department is stocked with pink lemons, which have a nice tartness that gives a kick to this drink. We added some maple syrup for sweetness, fresh thyme for complexity, and topped it off with coconut water and soda water. This simple mocktail is sure to please.

[Get recipe](#)

## New Products

### Grocery



#### Actual Veggies Purple Burger

New in our frozen section, Purple Burgers are chef-crafted beet patties with white bean & caramelized onion. Serve on a bun with yogurt sauce, alfalfa sprouts, or pickles for a tasty bite!

\$6.69

#### Almondeli Nuts

Stock up on snacks with our newest nuts from Almondeli! The Valencia Campesina Almonds are perfectly spiced for a savory treat, while the White Chocolate Cinnamon Hazelnuts indulge with sweetness.

\$15.35 - \$16.95



### Meat & Cheese



#### Artikaas Youngsters Cheese

Artikaas Gouda is made in the Netherlands and has a variety of amazing flavors to try! Check out our Peppadew Pepper Gouda or spicy Gochujang in our cheese case.

\$12.95

#### Lox in a Box

Each Lox in a Box kit features hand-trimmed Atlantic smoked salmon, subtly seasoned, and delicately smoked over North American

Hardwoods. Available in Avocado Toast and Cream Cheese!

\$8.75



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## Kitchen



### Cajun Chicken Alfredo

This creamy entree is made with organic linguine, all-natural chicken, and a slightly spicy alfredo sauce seasoned with garlic, parsley, paprika, oregano, thyme, pepper, and cajun seasoning.

\$10.89/lb

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## Beer & Wine

### Go Brewing Non-Alcoholic Beer

Nestled in the heart of Chicagoland, Go Brewing aims to make a craft brew that's better for you, handcrafted with traditional methods, just like your favorite beers.

\$10.99 for 6-pack



### Chemistry Wines

Chemistry wines are designed with the belief that everyone should have access to high-quality Willamette Valley wines. Balanced, approachable, and elegant, their goal is to make the winemaking imprint as minimal as possible in order to craft wines that reflect their region and vintage.

\$12.99 - \$13.99



**THANKS FOR  
READING!**

**ENJOY  
\$2 OFF**

with a purchase of \$15 or more

Show this coupon at the registers.  
Cannot be reused or used for sale items, Co+op Basics,  
or Alcohol. Valid during the month of January.



Common Ground Food Co-op | 300 S. Broadway Ave #166 | Urbana, IL 61801 US

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