



July 2025 Newsletter

In this month's newsletter:

- A Word from the General Manager
- 4th of July Hours
- Cooling Summer Indian Cooking Class
- Coffee Cake & Scone Virtual Cooking Class
- Run for the Board of Directors
- 2026 Round Up For Good Nomination Period
- Common Ground on the Chambana Proud Podcast
- Round Up For Good
- Recipe Features
- New Products

FROM THE

**GENERAL
MANAGER**



By Gary Taylor

Hello Cooperators!

Hot enough for ya? Wow, it's been quite the month of June for us here at the Co-op!

I just have a few updates for you:

First, you may have noticed that a few of your favorite items were not available for a short time. Our main warehouse, UNFI, had an IT security breach and could not receive our orders for about a week and a half. We were able to pivot and get several items from other vendors and other distributors to fill our needs but now are back up and running as normal. We thank you for your patience as we worked through that absolute nightmare!

We finally received some upgraded display units that we have placed at the ends of aisles next to the end caps. We think they look fantastic and hope you do too.

We have done some product analysis and have decided to move a few things around to make set sizes and locations make more sense. We greatly appreciate your patience as we implement this project and look forward to helping you find your favorite items if you need help.

Finally, we have our new coffee brewers in and they are scheduled to be installed on Thursday July 3rd. Coffee will then be available all day long and will be ground and brewed on demand. Hot tea will also be available. The beans will still be local from Mad Goat, and we will have four options instead of two on a daily basis! We are planning to have 3 regular and 1 decaf varieties at all times.

[Election packets](#) are now available to run for our Board of Directors. If you are interested please take a look and [apply](#) before August 11th.

Thanks for reading and thank you for supporting your local Co-op!

Gary

July 4th Hours

JULY 4TH HOURS

7:30 AM - 6:00 PM

Normal hours resume
Saturday, July 5th

COMMON GROUND
FOOD CO-OPERATIVE

Upcoming Classes & Events

Cooling Summer Indian Cooking Class

Wednesday, July 16th 5:30 - 7:30 pm

Join us for our next Indian cooking class featuring traditional cooling summer recipes. This class is taught by longstanding Co-op Instructor, Sirisha Bhandaru.

The menu includes:

- **Cucumber Salad (Khamang Kakdi):** a salad with sliced cucumber, toasted peanuts, fresh coconut, and spices
- **Roasted Eggplant Raita:** an eggplant and yogurt sauce served with basmati rice
- **Mango Drink (Aam Panna):** similar to a mango lemonade, this drink is made with cooked raw mango
- **Thandai Drink:** a sweet cooling nut, spice, and dairy-based drink

\$50/person - Owners can use promo code: OWNER for \$5 off their ticket. Limited seating available - only 12 seats per class. Waiting list will be made available once tickets are sold out.



[Register](#)

Coffee Cake & Scone Virtual Baking Class with Hannah Fink of Tooth Butter Cottage Bakery

Saturday, July 19th 1:00 - 3:00 pm

Learn how to make coffee cake and savory scones with local baker Hannah Fink of Tooth Butter Cottage Bakery! These delicious recipes highlight the unique flavors of locally-grown and milled flours from Janie's Mill. Bake along in your kitchen with our baking kit and learn elevated recipes from an expert baker and local food enthusiast. The menu includes:

- **Black Raspberry & Sage Coffee Cake:** a buttermilk coffee cake layered with black raspberry jam, hints of sage, topped with an oat crumble
- **Cheddar Scallion & Kale Scones:** a savory and cheesy favorite with a little spin

Registration is \$50 and includes a baking kit. Co-op owners can use promo code: OWNER for \$5 off their registration.



Register

Announcements

Run for the Board of Directors



We have 3 seats open for the 2025 Board of Directors elections!

Common Ground's directors play a pivotal role in steering its direction, ensuring adherence to cooperative principles, and representing the diverse interests of its

owners.

Running for the Board is a testament to one's dedication to community, cooperative values, and the vision of a sustainable future. It is a chance to make a meaningful impact, contribute expertise, and ensure that the Co-op remains a vibrant and resilient institution for generations to come.

Whether you are a longstanding owner or new to Common Ground, consider stepping forward and running for the Board! Together, we can strengthen our cooperative, uphold its values, and create positive change in our community.

[Review 2025 Board Election Packet](#)

[Apply for the Board of Directors](#)

2026 Round Up For Good Nominations



Starting June 23rd - July 13th, Co-op owners can nominate local organizations for the 2026 Round Up For Good grant.

Round Up For Good is a community-funded grant supported by our customers and owners. Each month, a local organization that enriches our community receives donations through customers "Rounding Up" their change at the registers. A little bit at the register adds up to a lot: we have raised over \$586,000 for local organizations since 2012!

Every fall, we host our Owner Elections where owners vote on 10 organizations to be featured Round Up For Good recipients throughout the year. May and November are reserved for our internal food accessibility program, Food For All. Any owner can nominate 3 local organizations to be featured on the ballot. Organizations must be located in Champaign County, align with Common Ground's Ends, and submit a Project Proposal detailing how they intend to use the funds.

[Nominate your favorite local organizations](#)

July 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 July.

July 2nd
-
July 29th

OWNER DEALS



2/\$4
Sanzo Sparkling Water
12 fl oz
reg. price \$2.49



Shop over 100
amazing owner
exclusive sales!

 <p>2/\$4 Eden Foods Pistachios 1 oz <i>reg. price \$2.99</i></p>	 <p>\$4.29 Fever-Tree Ginger Beer 4 pack <i>reg. price \$5.99</i></p>	 <p>2/\$5 Gerolsteiner Sparkling Mineral Water 25.3 fl oz <i>reg. price \$2.99</i></p>	
 <p>\$4.69 Village Piemaker Mini Pies 5.3 oz - 7 oz <i>reg. price \$7.69</i></p>	 <p>2/\$6 Tofutti Better Than Sour Cream 12 oz <i>reg. price \$4.29</i></p>	 <p>\$5.49 Madhava Agave Nectar 23.5 oz <i>reg. price \$9.29</i></p>	
 <p>2/\$5 Nora Snacks Crispy Seaweed 1.13 oz <i>reg. price \$3.59</i></p>	 <p>\$3.59 Natural Choice Fruit Bars 4 count <i>reg. price \$5.49</i></p>	 <p>2/\$6 Kooshy Croutons 5 oz <i>reg. price \$4.69</i></p>	
			<p>2/\$8 RW Garcia Crackers 5.5 oz <i>reg. price \$6.19</i></p>

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

[Learn more](#)

Community

ROUND UP FOR GOOD

UPDATE

Last month we raised over \$5,100 for Eastern Illinois Foodbank

Mission: "EIF is the primary food source for a network of 160 food pantries, soup kitchens, homeless shelters, and other programs working to feed our neighbors facing hunger. In the last fiscal year, we distributed more than 11 million meals (25% of which was fresh produce) to local families, children, seniors, and veterans experiencing food insecurity in our communities."

Project Proposal: "Funds received from the Round Up For Good grant will support our Foodmobile program, which has evolved in recent months to have a greater impact. The need is higher than ever: our pantries are serving 90% more people than they were in 2022. The evolution of our Foodmobile program in recent months allows us to meet our neighbors where they are, and to provide nutritious food to neighbors in approximately 100 rural and underserved communities across our 18-county service area. Each dollar we receive enables us to deliver three meals to members of our community facing hunger."



[Learn more](#)

July's Round Up For Good organization is The Refugee Center.

Mission: "Since 1980, the mission of The Refugee Center has been to provide services essential to refugee and immigrant resettlement in East Central Illinois, including orientation, translation, referral, liaison, public benefits assistance, social service counseling, advocacy, job placement, and supportive employment services."

Project Proposal: "Over the course of the next fiscal year, we plan to welcome 120 refugees from all over the world. While these newcomers receive a resettlement stipend from the federal government, it is not sufficient to meet all of their needs. Imagine trying to restart your life with only \$1,325 per family member! The cost of setting up a new home can easily eat up the majority of a new arrival's resettlement stipend, which is intended to cover all expenses during their first 90 days in the country."

The Refugee Center will continue to use Common Ground funds to purchase home supplies and toiletries that are essential to newly arrived families. A fund designated for home supplies has allowed The Refugee Center to purchase supplies in bulk and take advantage of sales, rather than purchasing more expensive individual items for families as they arrive. Additionally, it enables us to reserve each client's resettlement stipend for the growing costs of living, like rent, utilities, groceries, and essential

seasonal clothing. Finally, a small portion of the funds will be reserved to maintain some essential cleaning supplies for the resettlement team to use in cases when housing has not been adequately cleaned by property management. Round Up For Good funds will be used to provide our newcomer families dignity, security, and comfort in their new homes in the CU community."



[Learn more](#)

Common Ground on the Chambana Proud Podcast



We were featured in an episode of the Chambana Proud Podcast a couple of weeks ago! Tune in for a great listen as our wonderful staff member, Liz Sands chats with

Carly from Champaign County Economic Development Corporation and Terri from Experience Champaign-Urbana.

[Listen to Podcast](#)

Recipe Features

Co+op Basics: Peach Upside Down Cake



We're sharing an old Co+op Basics dessert, perfect for the 4th of July! Canned peaches are the star of the show to make a peach upside-down cake. The cake is actually super simple to make, you just need a springform pan to easily flip the cake. We topped the cake with our favorite cooperative whipped cream from Cabot Creamery! This cake is super affordable, featuring 8 Co+op Basics products for only \$1.01 per serving.

[Get recipe](#)

Halloumi Salad



This beautiful salad pairs local seasonal vegetables with amazing halloumi cheese! Halloumi is a salty, Greek cheese that has a high melting point so it is perfect for frying. The result is an incredible, balanced salad with a fresh tangy vinaigrette, all perfect for summer.

[Get recipe](#)

New Products

Grocery



Wild Harvest Milk

Wild Harvest Organic milk contains Vitamin D and calcium to help you and your family get their essential nutrients. Add it to your fruit smoothies, oatmeal, and batters. Find it in 2% and Whole milk!

\$3.99

Shroomi Mushroom Coffee

Try another popular mushroom coffee by Shroomi to support brain health with more than 24 servings per bag! Shroomi is also certified organic and fair trade.

\$23.89



Patagonia Spicy Mussels

Inspired by Spanish escabeche, these Spicy Mussels burst with tangy-sweet heat. The mussels are cultivated off the coasts of Spain, Portugal and Chile, where they improve water quality, create habitat for other marine life and leave a minimal carbon footprint. Plus, they're an excellent source of vitamin B-12 and a good source of protein and iron.

\$7.09



Meat & Cheese

Boston Chowda Soups

Their award-winning clam chowder – made with local surf clams, rich cream and hand-cut potatoes – has dedicated fans from coast to coast. Find it in the frozen fish section.

\$6.89



Bakery

Ethel's Cherry Crumble

New to the bakery is Ethel's Crumble Desserts with a sweet and tart jam between signature gluten-free buttery shortbread and crumbly streusel top.

\$7.99



Shirley's Whoopie Pies

We all remember grandma's sugar cookies! Shirley's Orange Creamsicle Whoopie Pie is a sweet delicious memory of home with a baked

soft sugar cookie cake sandwiched with vanilla icing center.

\$8.49



Wellness



Aroma Naturals Citronella Votive

We have the perfect thing to keep those mosquitos away! Just light up a few of our citronella votives when you are out on your porch and enjoying the cooler evenings. Find them in our candle section.

\$2.99 each

Beer & Wine

Urban Chestnut Tangerine Radler

Try the new Tangerine and Grapefruit Radlers from Urban Chestnut Brewing based out of St. Louis.

\$2.49



**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 July.



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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!