



## March 2025 Newsletter

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### Owner Appreciation Days Start Tomorrow!

Owner Appreciation Days are our special sales celebration where all of our Co-op owners get great store-wide deals! Owners will receive a 10% discount off their entire purchase of one shopping trip of their choice (excluding Co+op Basics, alcohol, and items already on sale).

All owners who shop during Owner Appreciation Days and use their 10% discount will receive a special coupon book with exclusive deals from March to May (including an additional 10% storewide discount).

There will also be exclusive owner deals, free Golden Ticket items, and the chance to win one of four amazing raffle giveaways!

# owner appreciation days

*March 5 - 11*



**10% OFF**



**COUPONS**



**RAFFLES**



**OWNER DEALS**



**GOLDEN  
TICKET ITEMS**



[Learn more](#)

**FROM THE  
BOARD OF  
DIRECTORS**



**By Andrew Muller**

This month the Common Ground Board of Directors are pleased to announce the start of the Common Ground Book Club! The Book Club will select one book every month and the Common Ground Board of Directors will host a discussion of the book.

This month we are excited to read the 1959 adventure novel *My Side of the Mountain*!

*My Side of the Mountain* is a middle-grade adventure novel written and illustrated by American writer Jean Craighead George published in 1959. This is the story of a young boy relating his adventures during the year he spends living alone in the Catskill Mountains including his struggle for survival, his dependence on nature, his animal friends, and his ultimate realization concerning his needs for human companionship.

*My Side of the Mountain* is available in multiple formats at the Urbana Free Library! Please join us at the Flatlander Class room on March 13th at 5:30pm, we are excited to hear what you think of this book!

## Upcoming Classes & Events

### Virtual Baking Class & Ingredients Kit

Saturday, March 29th, 11 am - 1 pm

Join us for a virtual baking class and kit with Heidi Leuszler of Berries & Flour, where we will explore one of our favorite flavor pairings: chocolate and raspberries! Using our class kit, participants will bake their own delicious dark chocolate cupcakes filled with local Berries & Flour raspberry jam frosted with homemade chocolate raspberry ganache. While the cupcakes are in the oven, make a homemade raspberry rose-geranium shrub for raspberry fizz mocktails. Heidi will share her baking tips and tricks and unique insights on using foraged and regional flavors in her recipes.

The kit includes recipes, pre-portioned ingredients for cupcakes and mocktails, cupcake liners, cheesecloth, and cupcake corer.

\$45 non-owner / \$40 Co-op Owners (promo code: OWNER for \$5 off registration). Ticket includes a class baking kit.



[Register](#)

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## 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, April 16th 1:00 - 2:30 pm

**Chickpea Curry with Homemade Flatbread**

*Nutritional Focus: Protein & Fiber*

Wednesday, May 21st 1:00 - 2:30 pm

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

*Nutritional Focus: Nutrition Labels*

Wednesday, June 11th 1:00 - 2:30 pm

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

*Nutritional Focus: Vitamins & Minerals*

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## Announcements

### March 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 March.

March 5th  
-  
April 1st

# OWNER DEALS



**\$4.99**  
Food For Life  
Select Bread  
24 oz  
*reg. price \$7.99*



Shop over 100  
amazing owner  
exclusive sales!



**\$6.99**  
Cafe Altura  
Instant Coffee  
3.53 oz  
*reg. price \$11.99*



**2/\$8**  
Lucky Foods  
Thai-Style  
Spring Rolls  
8.5 oz  
*reg. price \$5.49*



**\$5.99**  
Miso Master  
Red Miso  
8 oz  
*reg. price \$7.69*



**\$4.49**  
Lotus Foods  
Millet & Brown  
Rice Ramen  
4 pack  
*reg. price \$6.39*



**5/\$5**  
Brown Cow  
Chocolate Yogurt  
5.3 oz  
*reg. price \$1.39*



**\$5.49**  
Itoen Unsweetened  
Green Tea  
2 liters  
*reg. price \$7.69*



**\$4.49**  
Let's Date  
Date Sugar  
12 oz  
*reg. price \$7.99*



**2/\$8**  
Julian's Butter &  
Garlic Baguette  
12.3 oz  
*reg. price \$5.79*



**\$4.29**  
Apple & Eve  
Apple Juice  
48 fl oz  
*reg. price \$6.29*



**2/\$6**  
Back to Nature  
Select Crackers  
5 oz - 6.5 oz  
*reg. price \$4.69*

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

## Community

# ROUND UP FOR GOOD

## UPDATE

Last month we raised \$5,195 for Planned Parenthood of Illinois: Champaign Health Center!

**Mission:** "Planned Parenthood of Illinois is the leader in providing and promoting compassionate, comprehensive reproductive health care, education, and rights."

**Project Proposal:** "The Round Up For Good Grant will be used to support care provision at Planned Parenthood of Illinois' Champaign health center. PPIL Champaign provides vital sexual and reproductive healthcare to the community, including STI testing, contraceptive counseling, youth education, gender-affirming care services, and medication and procedural abortion services. Funding also supports the provision of community programming on sexual and reproductive health issues, LGBTQ+ affinity organizing, and wraparound support connections. In FY24 PPIL Champaign served 4,927 patients, providing 5,235 STI screenings, 116 cancer screenings, and 1,655 contraceptive counseling sessions among other services."



[Learn more](#)

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March's Round Up For Good organization is RACES (Rape Advocacy, Counseling & Education Services).

**Mission:** "We provide compassionate comprehensive support to those affected by sexual trauma. We care for our communities through prevention education programs that promote consent."

**Project Proposal:** "In service to our vision of a world free of sexual violence, Rape Advocacy, Counseling & Education (RACES) provides free, age-appropriate, and evidence-informed prevention education programming to students of all ages. During the 2023-2024 school year, RACES staff provided programming to over 5,000 students in Champaign County, thanks in part to the support from a Round Up for Good Grant. RACES has been fortunate to receive these grants for multiple years and this has allowed us to increase our staff capacity to be able to reach more students in our community. If selected, funds will continue to be used to cover staff compensation and related expenses, which will allow RACES to maintain its current, high level of service provision at no cost to local schools or organizations."



[Learn more](#)

**Recipe Features**

## Co+op Basics: Yogurt Parfaits



Looking for a nutritious and affordable breakfast that is also easy to make? Try our delicious blueberry yogurt parfait with thick rolled oats and chia seeds for extra protein and fiber. This recipe features the Brown Cow vanilla yogurt, but feel free to swap it out for plain or maple. You could also use the Field Day frozen strawberries in place of blueberries. Every ingredient in this recipe is part of the Co+op Basics line, and only costs \$3.58 per serving!

[Get recipe](#)

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## Roasted Artichokes



Roasting artichokes can seem like an intimidating task, but actually it's so easy! Simply cut and prepare the artichokes, drizzle them with a delicious fresh herb butter, and roast in the oven for half an hour. The result is a tasty appetizer or side dish that is sure to impress.

[Get recipe](#)

## New Products

### Grocery



#### Rudi's Breakfast Sandwiches

Start your mornings with a mouthwatering delight from Rudi's! Their new breakfast sandwiches are crafted with care and quality ingredients. Each bite promises a perfect balance of protein and deliciousness.

\$7.69

#### 7 Days Bagel Chips

Thinly sliced, twice-baked, and sprinkled with just the right amount of seasoning, these gourmet crisps are delicious on their own or with your favorite cheese or spread.

\$4.50





## Dutch Farms Cheese

Dutch Farms makes quality cheese from farm-fresh milk. Their delicious cheese is the perfect complement for sandwiches, snacking, and entertaining. Available in Sharp Cheddar, Mild Cheddar, and Mozzarella.

\$3.29

## Meat & Cheese

### Meister Banana Pepperjack Spread

This new spread combines creamy pepper jack cheese with the tangy, mild heat of banana peppers for a smooth and zesty flavor. Perfect for spreading on crackers, sandwiches, or adding a kick to your favorite recipes.

\$7.35



### Wellshire Farms Bacon Bits

These bacon bits may be bite-sized but they are packed with flavor! Great for use in baking, adding extra flavor to main dishes, or topped on pizza and salad.

\$6.45

### Amylu Foods Chicken Burgers

Amylu is a Chicago-based company known for its commitment to quality, innovation, and natural ingredients. We have two new chicken burger flavors in our meat case! Try the Caramelized Onion & Gouda, or the Sea Salt & Cracked Black Pepper.

\$6.25 - \$6.75



## Produce

### Mandarinquats

Stop by our produce department and try a mandarinquat! As the name suggests, these are a cross between a mandarin and a kumquat.

These unique fruits are sweet and tart, with a crunchy bite that softens into a juicy texture. Eat whole (including the peel!), use in salads, preserves, or purees.

\$10.99/lb



### Kikkerland Stay Fresh Potato Bags

Keep your potatoes fresher, longer! These Stay Fresh bags hold up to 8 pounds of potatoes and

\$2.49



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## Bakery

### Rainbow Doodle Cookies

Take a stroll through our fresh bakery aisle and pick up our newest Rainbow Doodle cookies! Not only are these cookies bright and adorable, they are delicious and the perfect treat.

\$4.00



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## Wellness

### Kikkerland Garden Markers

Keep track of your seedlings with these stylish garden markers. These markers are reusable, long-lasting, and stay in place. Includes 12 birchwood sticks and 1 dust-free piece of chalk.

\$1.99



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## Beer & Wine

San Antonio Fruit Farm Wines

All San Antonio Fruit Farm wines are naturally crafted with two real fruits. Their wines provide a refreshing, low-alcohol alternative for a sweet, relaxing time that is fresh, bright, and fun no matter the occasion.

\$12.99



### Springfield Beer Company Beer

We've got 2 new beers from local brewery Springfield Beer Company! The Coffee Blond is a light ale with a nice splash of coffee flavor, and the Juicy Hop Bomb is a double dry hopped hazy IPA.

\$14.99

**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 March.





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