



December 2024 Newsletter

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By Gary Taylor

Hello Cooperators,

There is plenty going on in December for All!

We will once again be running our gift card deal for the month of December! Purchase a \$50 Common Ground Gift Card and receive an additional \$10 Gift Card for free! There is no limit on the amount of gift cards you can purchase!

Our Owner Appreciation Days will be from December 11th - 17th! We will have raffle drawings, special coupons, exclusive deals for our owners, and a 10% discount on one shopping trip (some exclusions will apply) during the week.

Please help us to continue growing our cooperative community by referring a new owner. The new owner will receive a welcome package and both of you will receive \$10 in Radish Rewards!

We will also feature our 20% off wine deal when you buy 3 bottles or more the weekend before Christmas, followed by a 20% off beer sale for New Year's when you purchase 3 singles or multipacks of your favorite brews!

We appreciate your continued support and wish the best for you during this holiday season!

Take care everyone!

Gary

FROM THE BOARD OF DIRECTORS



By Hannah Andresen

Hello owners and welcome to December!

Your Board of Directors launched the new board year with our annual Board Retreat on November 23rd. This meeting was a great opportunity for new Board members to get to know each other and the returning Board members on a deeper level.

The retreat was led by our Columinate partner, Todd Wallace, a familiar face for the returning Board members. He led us through exercises that helped us express the strengths we bring to our roles, clarify our fundamental governance theory, build group expectations, and set goals that would help us achieve our main aims.

One of the more engaging activities that Todd led us through was for each person to specify what strength they bring to the Board, what they need from the group to

succeed, and what their vision was for the group. The only catch - we had to draw each answer, no writing allowed!

We also had very in-depth discussions about what it means to have a healthy "culture", and what action items we can all take to support the whole. This led into a session focused on our Board Policy language to support our aspiration to be more inclusive.

As one of your new Board of Directors, I came away from the Board Retreat better educated, energized, and eager to work with such a wonderful team. We have an exciting year ahead of us!

May you have a wonderful holiday season!

Upcoming Classes & Events

Owner Appreciation Days

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).

Owners will also receive a special coupon book with exclusive deals from December to February (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

December 11 - 17

★ **10% OFF** ★ **COUPONS** ★ **RAFFLES** ★ **OWNER DEALS** ★

[Learn more](#)

Holiday Gift Card Promotion

For the entire month of December, get a free \$10 gift card for every \$50 gift card purchased! Gift cards can be purchased in the store or online and there is no limit on the amount purchased.



**co-op
gift card
promo!**

[Purchase a gift card](#)

Holiday Hours

HOLIDAY HOURS

Tuesday, December 24th: 7:30 am - 6 pm

Wednesday, December 25th: **CLOSED**

Thursday, December 26th: 10 am - 9 pm

Tuesday, December 31st: 7:30 am - 6 pm

Wednesday, January 1st: **CLOSED**

COMMON GROUND
FOOD CO-OPERATIVE

Holiday Wine Sale

Saturday, December 21st - Tuesday, December 24th

Stop by the Co-op the weekend before the Christmas Holiday and get 20% off all wine when you buy 3 or more bottles! Stock up on your favorites or try something new, just in time to celebrate.



20% OFF
when you buy 3 bottles or more



Mistletoe Market at Lincoln Square

A local favorite, the Mistletoe Market is back this Holiday season! The market will be held at Lincoln Square Mall on **December 7th and 14th from 10 - 5 pm.**

This year the markets will feature over 70 different vendors selling locally made goods!



[Learn more](#)

New Year's Eve Beer Sale

Saturday, December 28th - Tuesday, December 31st

Stop by the Co-op the weekend before New Year's Eve and get 20% off all beer when you buy 3 or more singles, packs, or cases! Support local with a huge selection of brews from C-U favorites like Riggs Beer Company and Triptych Brewing.



Announcements

Holiday Gift Guide

Gift Giving season is upon us and Common Ground has got you covered! We have so many amazing products to give to everyone on your list this year. Browse our Gift Guide for ideas featuring locally made gifts, gifts for foodies, budget-friendly gifts, last minute gifts, and sustainable gifts.



[View Gift Guide](#)

December Owner Deals

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

December 4th
-
December 31st

OWNER DEALS



2/\$6
Way Better
Tortilla Chips
5.5 oz
reg. price varies



Shop over 100
amazing owner
exclusive sales!



\$4.29
Endangered Species
Baking Chips
10 oz
reg. price \$6.99



2/\$6
Tofutti Better Than
Cream Cheese
8 oz
reg. price \$4.19



\$4.29
Brazi Bites
Cheese Bread
11.5 oz
reg. price varies



5/\$5
Primal Strips
Vegan Jerky
1 oz
reg. price \$1.69



\$4.59
Shady Maple
Farms Stroopwafels
8.5 oz
reg. price \$7.29



2/\$7
Cocomel
Candies
3.5 oz
reg. price varies



\$5.39
Three Bakers
7 Grain Bread
17 oz
reg. price \$8.49



2/\$7
Sea Tangle
Kelp Noodles
12 oz
reg. price \$5.49



\$5.89
Newmans Own
Raisins
15 oz
reg. price \$8.99



2/\$6
Snopac Select
Frozen Vegetables
10 oz
reg. price \$3.99 - \$4.79

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 over \$4,800 for Common Ground's Food For All Program!

Mission: Common Ground's mission is broken up into 4 Ends that guide our organization.

- End #1: The Co-op is the center of an inclusive, vibrant community.
- End #2: The cooperative movement is strengthened.
- End #3: The Co-op serves as an educational resource on food issues.
- End #4: The local food movement is equitable, robust, and environmentally sound.

Project Proposal: Food For All is our food accessibility program. One aspect of our fourth end is to ensure that healthy and affordable food is accessible to all people. Food For All was created to do just this, and through grant donations and fundraising, we have been able to keep this program going. A Food For All grant covers full owner equity, giving members all of the same benefits that owners receive. They also get a 10% discount on our entire produce section as well as on all Co+op Basics products. All of the funds raised through Round Up For Good will go directly towards providing our customers with that 10% discount.



[Learn more](#)

December's Round Up For Good organization is 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](#)

Recipe Features

Co+op Basics: Hashbrown Casserole



If you're looking for an inexpensive and easy breakfast to fill a crowd, we've got you covered! Our latest Basics recipe features Field Day frozen hashbrowns, local eggs, veggies, and yogurt for extra protein. This hashbrown casserole is perfect for a quick holiday breakfast. Plus, it features 4 Co+op Basics products and is only \$2.59 per serving!

[Get recipe](#)

Vegan & Gluten Free Holiday Appetizers



Save the indulgence for dessert and enjoy these delicious, healthy vegetable appetizers! These dishes are easy, affordable, and accessible to different dietary restrictions. The menu includes:

- Garlic Butter Roasted Mushrooms
- Roasted Cauliflower with Lime Dressing
- Green Beans with Toasted Walnuts & Caramelized Onions

[Get recipe](#)

New Products

Grocery



Egglife Egg Wraps

Turn all your favorite wraps into a delicious low-carb alternative with one simple swap! These wraps are made with 95% egg whites for extra protein.

\$5.49

Better Booch Cha Teas

New to our grab n' go drink case, Cha is a prebiotic sparkling tea with only 2 grams of sugar. Try in Tropical Green or Hibiscus Ginger Lime.

\$2.49



Freshé Tuna Meal

This Provence Nicoise tuna is made with wild tuna, fire roasted peppers, zesty herbs, potatoes, and olives. Try it as a salad topper or on its own!

\$5.39



Bakery

Izzio Sliced Bread

Izzio collaborated with farmers and millers to create a custom flour made from wheat that they can trace directly to the farm. Their sliced bread is available in Sourdough, Rustic Potato, and 7 Multigrain.

\$7.50



Chuckanut Bay Cheesecake

These mini cheesecakes are made with real butter and sour cream, and are free from artificial preservatives! Available in Pumpkin and Peppermint Swirl.

\$4.50



Produce

Melissa's Edamame

Fully cooked and ready-to-eat, these nutrient-rich, fresh soybeans are the perfect healthy snack or tasty addition to your favorite salad,

stir-fry, or side dish.

\$5.99



Good Food Dips

Packed with flavor, Good Foods makes a variety of dips including Dill Pickle, Nacho Cheeze, and Spicy Guacamole!

Prices vary



Tamarindo

This fruit comes from a tall African shade tree and is popular in East Indian and Middle Eastern cooking. Tamarindo is often used in combination with chutneys, curries, and pickled fish for a full-flavored seasoning.

\$7.99



Meat & Cheese



Isigny Ste Mere Mimolette

This award-winning cheese is ripened for 6 months in Normandy cellars. It is a firm, brittle cheese with hazelnut notes and a beautiful orange rind.

\$8.75

MadeWith Foods Snack Boxes

These pre-made snack boxes are ready to go - just add cheese! A delicious mix of nuts and dried fruit is perfect for a quick snack or as a base for a decadent charcuterie board.

\$10.29 - \$12.29



Coastal Seafood Dips

Stop by the fresh fish case and try one of our new dips!

Super Crab dip is a premium spread made with wild-caught Indonesian blue crab blended with mayonnaise, cracker crumbs, bell peppers, spices, and mirin.

The Smoked Salmon dip is fresh premium smoked salmon with cream cheese, sour cream, mayonnaise, and a special spice blend.

\$6.75 - \$8.45



Beer & Wine

Dark Horse Plead the 5th

This Russian Imperial Stout is pitch black in color with a faint tan head that immediately identifies this beer as BIG. Aromas of dark fruits, chocolate, caramel, and roast also make it even bigger. Roasted coffee and fruity chocolate notes are just the beginning of this beer's complex flavor.

\$11.99 for 6-pack



Las Ninas Mapuche Red Wine

Beautiful aromas of strawberry and raspberry combine gracefully with subtle notes of herbs, spices, and cedar. Juicy and fresh, it has a nice roundness and a texture that lingers with the light cedar of the oak aging.

\$11.99



**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 December.



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

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