February 2024 Newsletter

In this month's newsletter:

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- March Owner Appreciation Days
- Round Up For Good: $500,000 milestone!
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FROM THE GENERAL MANAGER

Hello Cooperators,

Wow, what a crazy month! Freezing cold and icy weather caused us to close for a couple of days to make sure our staff stayed safe. After that, a break in Lincoln Square's original drainage line forced us to close for another day while work crews came out to fix it. We weathered the storm and were able to get reopened but then were hit with more bad news.

Read full article

Upcoming Classes & Events

Simple Meals
In-person Cooking Class

Rainbow Quinoa, Bacon Salad & Focaccia
Thursday, February 8th 6:00 - 7:30 pm

Join us for an in-person cooking class taught by Co-op instructor, Adam Wisnewski of Breakfast, Life, and Dinner! In our Simple Meals series, we'll be doing quick and easy dinners that help you keep your weeknights moving. This cooking class will cover how to make delicious and quick Rainbow Quinoa, Bacon Salad, and Homemade Focaccia Bread. You won't believe how quickly you can make a delicious loaf of bread, even for weeknight meals. A grain salad and some delicious bacon-dressed greens will round out this Simple Meal.

Register

Taste of Russia
In-person Class Series

Taste of Russia - Summer Picnic at the Dasha
Tuesday, February 27th 6:00 - 8:30pm

Do a deep dive into Russian culture with instructor Paul Young as we sample a wide range of seasonal delights from a country with a fascinating history and even more fascinating cuisine.

Dashas are summer homes for city dwellers in Moscow or St. Petersburg. Because Russian summers are relatively short, many people spend most of the warmer months in the country growing their own vegetables and dining outdoors. Even though it's still winter here, we'll imagine that it's the summer solstice and prepare an evening picnic under the midnight sun with imported wines. Here are some dishes we'll be making on this festive evening:

- Caviar & Vodka Toast
- Carpathian Mushroom Soup
- Shuba (Layered Herring Salad)
- Olivier (Potato Salad)

Register

Mark Your Calendars!

Learn more

Community

We reached an incredible feat with our Round Up For Good program this week! Thanks to our supportive Co-op community, we have raised more than **$500,000.00** in Round Up For Good donations since we started the program in 2012! 100% of these donations have funded important neighborhood programs, food access projects, and environmental initiatives.

Thank you for all of your donations over the years. This is proof that small donations really add up.

A huge thank you to all of our Front of House staff, past and present, for helping us reach this total.

Learn more

Last month we raised $4,778.71 for Daily Bread Soup Kitchen

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

Project Proposal: "We would use the funds from Round Up for Good to help with the expenses of our sack lunches. In addition to a hot meal we give all who come to our door a sack lunch to take with them. This lunch often provides our guests with an evening meal. STRIDES, previously known as Town's Center, collects sack lunches from us so their night time clients can have a meal.

The sack lunches, although basic, always include a sandwich filled with meat, cheese or peanut butter; a sweet treat and a salty. Purchasing protein, meat, cheese and peanut is our most expensive expenditure. Any support we would receive would be used for these expenses.

Since the pandemic, March of 2020, we have noted a significant increase in the number of guests we serve, meals and sack lunches provided. Thank you."

Learn more

February's Round Up For Good organization is Planned Parenthood of Illinois: Champaign Health Center.

Mission: Planned Parenthood of Illinois (PPIL) is the leader in providing and promoting comprehensive, compassionate health care, education and rights.

Project Proposal: A Round Up for Good Grant from the Common Ground Co-Op will support the provision of high quality, affordable sexual and

reproductive health care at our local Champaign Health Center. PPIL's Champaign Health Center serves over 5,000 patients each year – helping to prevent unintended pregnancies through contraception, reducing the spread of sexually transmitted infections through testing and treatment, and screening for cervical and other cancers.

Learn more

Recipe Features

Game Day Appetizers

Loaded Kimchi Fries

Get Recipe

Hot Bean Dip

Get Recipe

Caprese Spaghetti Squash

We love squash at the Co-op, and this month we're featuring spaghetti squash! Spaghetti squash is super unique because of the way it shreds after it's cooked, giving you a finished product resembling spaghetti pasta. The taste and texture are quite different from that of spaghetti, but you can use it the same way as a low-carb conduit for all of your favorite sauces! This Caprese recipe is a perfect Valentine's Day meal, equal parts healthy and indulgent, and featuring the classic combination of tomato, fresh mozzarella, basil, and balsamic.

Get recipe

Co+op Basics: Tofu BLT

There's nothing better than a BLT, and we've put together a delicious vegan version! Swap the bacon for smoky tofu bacon, and replace the mayo with a protein-packed chickpea aioli, and you won't miss the real thing. This sandwich features Co+op Basics products and comes out to $4.00/sandwich!

Get recipe

Happy Valentine's Day!

Stop by the Co-op for all of your Valentine's Day shopping! We have amazing cards, chocolates, candles, personal care products, cupcakes, and so much more.

New Products

Grocery

Chia Smash Superfood Jams

Chia Smash is a superfood fruit spread bursting with real berries, sweetened naturally with dates, and powered by chia seeds, so that you can eat good and feel good. Available in raspberry and strawberry!

$7.79

Boylan Sodas

Shop our newest sodas from Boyland Bottling Co! We have a huge variety of flavors including creme soda, cola, ginger ale, root beer, black cherry, and sparkling lemonade.

$7.99

Realgood Foods Frozen Entrees

Real Good Foods makes your favorite foods into more nutritious, gluten-free, high protein, low carb, and keto-friendly frozen meal choices you can feel good about.

- Turkey, Egg & Cheddar Bagel
- Mongolian Inspired Beef Bowl
- Chicken Enchiladas

$7.49 - $12.99

St Dalfour Fruit Spreads

These Superfood fruit spreads are made in the epicurean heart of the french countryside. They are made with only 100% fruit with vineyard-ripened grape "must" as a natural sweetener.

- Blueberry Acai
- Apricot Chia
- Strawberry Goji

$5.89

Meat & Cheese

Feel Good Foods Frozen Snacks

All of Feel Good Foods appetizers are certified gluten-free, and can be ready within minutes or even seconds. Try our newest varieties: Crispy Jalapeno Bites or Mozzarella Sticks!

$8.25 - $8.89

Produce

Enoki Mushrooms

Enoki mushrooms are common in Japanese cooking and can be enjoyed on their own as a side dish, over rice, in soups or ramen, fried, or in sushi!

$5.99

Wellness

Kikkerland Animal Zipper Bags

These adorable zipper bags are perfect for storing an on-the-go snack! Available in hippo, panda, and tiger.

$2.69

Kikkerland Embroidery Kits

Relax at home and work on a mimi-embroidery! This kit is perfect for beginners and includes a 3" bamboo hoop frame, square canvas to stitch on, color threads, 1 needle, and a pattern guide to get started.

$4.59

Grab n' Go

Digestive Wheat Cookies

Wheat germ, the nutrient-rich heart of wheat kernels, gives these cookies their hearty, nutty crunch while also keeping them tender and crumbly. Grab a pack from our bakery!

$8.50

Roasted Veggie Sub

We've got some amazing new deli sandwiches in our Grab n' Go cooler! Try this delicious roasted veggie and hummus sub, featuring zucchini, grape tomatoes, red onion, green olives, and roasted garlic hummus on a Sourdough roll.

$7.00

Abe's Cupcakes

Available in vanilla and chocolate, these vegan and allergy-friendly mini cupcakes are a delicious kid-sized treat that's perfect for school-friendly celebrations.

$8.99

Beer & Wine

Riggs Schwarzbier

Check out this seasonal brew from one of our favorite local breweries, Riggs! Schwarzbier is an extremely dark, well-hopped, medium-strength lager. It's a roasty beer, with a hint of smoky sweetness.

$10.99

La Playa Wines

The vineyards that produce the grapes used for La Playa wines have always been farmed sustainably. The early motivation in using these green practices was easy: sustainable grapes yield the cleanest and most pure varietals. We're proud to introduce 3 new varieties from La Playa: Red Blend, Cabernet Sauvignon, and Chardonnay.

$8.99

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 February.

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