



July 2024 Newsletter

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CLOSING EARLY

Thursday, July 4th
6:00 pm

Happy 4th of July!

COMMON GROUND
FOOD CO-OPERATIVE

FROM THE

**GENERAL
MANAGER**





By Gary Taylor

Hello Cooperators,

I am writing this month's newsletter to report that we are making slow but steady progress with our update to the area of the store that used to be our cafe.

Our new coolers have been ordered and are expected to arrive during the week of August 12th. As soon as we can get them set up we will be making a few changes in the locations of many of our products.

[Read full article](#)

FROM THE **BOARD OF DIRECTORS**



Engaging in Cooperative Governance

By Mickey Parson

Cooperative enterprises serve as pillars of community strength, embodying values of cooperation, sustainability, and local empowerment.

As Common Ground Food Co-op prepares for its upcoming Board of Directors election, owners are encouraged to consider running for a position. Whether you are passionate about sustainable agriculture, social equity, or economic development, your voice and commitment are essential to shaping the future of our co-op.

[Read full article](#)

Upcoming Classes & Events

4th of July Beer Sale

Monday, July 1st - Thursday, July 4th

Stop by the week of July 4th and get 20% off all beer when you buy 3 or more singles, packs, or cases! Support local with a huge variety of brews from C-U favorites like Riggs Beer Company and Triptych Brewing. Stock up on your favorites or try something new, just in time to celebrate the holiday.



Greek Virtual Cooking Class & Meal Kit

Saturday, July 27th
3:00 pm - 5:00 pm

Cook a Greek dinner menu with Chef Alisa DeMarco using peak summer ingredients sourced from local farms! The menu includes:

- **Greek Lemon Chicken Skewers** - Marinated local chicken breast (or pressed tofu) with bright flavors of fresh oregano and lemon with a homemade tzatziki sauce
- **Yemista** - Baked tomatoes and peppers stuffed with local Cahokia rice, regional feta cheese, and spices
- **Skordalia** - Greek garlic potato dip with fried zucchini chips

Registration is \$50 and includes meal kit portioned for 2-3 people. Co-op Owners can use promo code: OWNER for \$5 off their registration.



[Register](#)

Solar Power Hour

Thursday, July 18th
5:30 pm - 6:30 pm in the Common Ground Mall Hallway

Join us for a free event and learn about Solar Power! Solar energy is a great way to gain energy independence, support the local economy, and create a healthier environment. Property owners can participate in the cost-saving group buy program which combines volume purchasing with community education to make solar more accessible and affordable. Attend the power hour to learn the basics of solar, its

financial benefits, and how the solar group buy program works.



[Learn more](#)

Announcements

2024 Owner Elections

Round Up For Good Nominations

An illustration showing several hands of different skin tones reaching up. One hand holds a grey ballot box, another holds a ballot, and others are holding green leaves. The background is white with faint green leaf patterns.

It's almost time to nominate your favorite local organizations for the 2024 Round Up For Good Grant! The nomination period is July 15th - 28th.

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 registers adds up to a lot: we have raised \$522,435 for local organizations since 2012!

Every fall, we hold our owner elections where owners vote on Round Up For Good organizations. Any owner can nominate 3 local organizations to be featured on the ballot. Organizations must be in Champaign County and align with Common Grounds Ends.

Nominations begin on July 15th! Keep your eyes out for a separate email inviting you to nominate your favorite organizations.

[Learn more about Round Up For Good](#)



We have 5 seats open for the 2024 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.

[Learn more](#)

July Owner Deals

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

July 3rd
-
July 30th

OWNER DEALS



2/\$3
Poppi
Prebiotic Sodas
12 oz
reg. price \$2.29



Shop over 100
amazing owner
exclusive sales!

\$2.49
Wildwood Extra
Firm Tofu
14 oz
reg. price \$3.69



2/\$6
Dandies Vanilla
Marshmallows
10 oz
reg. price \$5.99



\$2.59
Cabot Creamery
Whipped Cream
7 oz
reg. price \$3.79



\$5.29
Mauna Loa
Roasted
Macadamias
4 oz
reg. price \$8.79



2/\$4
Gerol Sparkling
Mineral Water
25.3 oz
reg. price \$3.99



\$2.79
Tofutti Better
Than Cream
Cheese
8 oz
reg. price \$4.19



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



5/\$5
Glee
Chewing Gum
16 count
reg. price \$1.79



\$4.79
Fody Food Tomato
Basil Pasta Sauce
19.4 oz
reg. price \$8.99



Pure & simple
snacking



2/\$8
Fruit Bliss
Dried Fruit
6 oz
reg. price \$6.49

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](#)

Community

ROUND UP FOR GOOD UPDATE

Last month we raised \$4,533.92 for Eastern Illinois Foodbank.

Mission: "Eastern Illinois Foodbank (EIF) exists hunger in eastern Illinois. EIF is the primary food source for food pantries, soup kitchens, homeless shelters, and other programs working to feed our neighbors facing hunger. In the last fiscal year, we distributed 9 million meals (28% 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 recent purchase of two trailers has allowed us to increase our reach and frequency of distributions, and to provide nutritious food to neighbors in 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.

The Refugee Center also aids in the exchange and preservation of the respective cultures of our clients. As an organization, we believe in the inherent worth of all human beings, regardless of nationality, ethnicity, religion, race, sex, sexual orientation, or cultural heritage."

Project Proposal: "The Refugee Center will use Common Ground Round Up For Good Funds to purchase essential items for newly arrived refugees.

In 2023/2024, we plan to welcome 85 refugees from all over the world. These newcomers are entitled to a range of services from our organization, including safe and secure housing, application for public benefits, employment search assistance, and cultural orientation to their new country and community, among many other services. While these newcomers receive a resettlement stipend from the government, it is not sufficient to meet all of their needs. Imagine trying to restart your life with only \$1,275 per family member. The Refugee Center will use Common Ground funds to support our newcomers in ways our grants don't allow, particularly to purchase items that are useful to newly arrived families. This includes bilingual books and dictionaries for our school-aged children, bus passes, grocery store gift cards, and essential toiletries. These costs can be insurmountable for newcomer families who have little to no resources or money for their basic needs. Round Up For Good funds will be used to give these families dignity, security, and comfort in their first months in their new community.



[Learn more](#)

Recipe Features

Co+op Basics:
Applesauce Muffins



Our latest Co+op Basics recipe features 13 different products from our Basics line! These are hearty and tasty muffins with whole wheat flour, applesauce, rolled oats, and raisins. This is the perfect make-ahead muffin to grab on a busy morning. Packed with protein and fiber, these applesauce muffins are a great choice. Plus, they are only \$1.02 per muffin!

[Get recipe](#)

Local Veggie Stirfry



Summer vegetables are here! Try this delicious stirfry featuring local onion, potato, cauliflower, yellow squash, snap peas, green beans, and garlic scapes mixed together with whole wheat lomein noodles and tossed in a savory stirfry sauce.

[Get recipe](#)

Stone Fruit Salad



We have some amazing stone fruit at the Co-op right now, and decided to make it the star of a salad! This salad features 5 different kinds of stone fruit, tossed together in a sweet vinaigrette, and topped with goat cheese, almonds, and fresh mint. For this salad we used peach, nectarine, red & black plums, and apricots, but you could use any combination you prefer.

[Get recipe](#)

New Products

Grocery



Ayo Groundnut Stew

Groundnut stew is a simple slow-cooked, one-pot dish of peanut butter, chicken thighs, roasted tomato, onions, and ginger with a piquant, slightly creamy spice and aroma.

\$5.99

Annie's Graham Sandwiches

These delicious treats are made with certified organic graham crackers, loaded with creme and topped with sprinkles to satisfy your afternoon sweet tooth craving.

\$6.99



Starlight Plant-Based Taquitos

Starlight's handcrafted crispy taquitos are made with plant-based chicken, onion, mushroom, chickpeas, and authentic spices.

\$9.99



Tasty Bite Entrees

Try Tasty Bites for a quick & nutritious meal!
Entrees are available in the following options:

- Madras Lentils
- Vegetable Tikka Masala
- Channa Masala
- Bombay Potatoes

\$4.29



Meat & Cheese



Organic Valley Pepperjack Cheese

Organic jalapeno peppers add a spicy twist to this pepper jack cheese. This vegetarian-friendly cheese spices up sandwiches, appetizers, nachos, and more.

\$7.49

Field Day Fishsticks

Brand new in our seafood case, Field Day wild caught cod is available in fillets or sticks! Check out this great new product that is both affordable and delicious.

\$6.39



Bakery



Peach Berry Pie

Savor this slice of summer filled with peaches, strawberries, raspberries, and organic spices!

\$3.99 per slice

Citrus Sunshine Muffins

Our newest muffins are bright and beautiful with a blend of organic lemon and orange. Plus, they're vegan and wheat free!

\$9.00 per 4-pack



Zesty Zucchini Garlic Bread

Try this delectable spin on zucchini bread with your next dinner! Zucchini, garlic, and Monterey jack cheese pair perfectly in this new bread.

\$7.99



Beer & Wine

Riggs Hopilly

Hopilly is an Illinois' homegrown Sparkling Hop Water. It contains zero alcohol, sugar, carbs, or gluten. Enjoy over ice, flavored with the fruit of your choice, or as the base for your favorite cocktail.

\$9.99 per 4-pack



Salt of the Earth Moscato

Summer is the perfect time for a crisp, sweet Moscato. Salt of the Earth brings us 2 new varieties: Rubino & Rosito.

Rubino is perfect for dark fruit lovers, and those who enjoy sweet red wine. Intense strawberry and cherry flavors burst forth with the first taste and are carried away on a light, slightly effervescent river of fresh fruit.

Rosito has a crisp, refreshing quality with a lively tartness on the palate. The sweetness that follows offers a slight hint of fruit and citrus, providing a juicy and succulent character to the wine.

\$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 July.



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