



December 2023 Newsletter

In this month's newsletter:

- A Word from the General Manager
- A Word from the Board of Directors
- December Owner Appreciation Days
- Holiday Gift Card Promotion
- Indian Afternoon Tea Party Virtual Cooking Class
- Quick Mediterranean Meals In-person Cooking Class
- Mistletoe Market
- Holiday Hours
- Link Match Update
- Round Up For Good
- Recipe Features
- New Products

FROM THE

**GENERAL
MANAGER**



Hello Cooperators!

I must have blinked. How is it already December? 2023 is definitely flying past us and we are trying to wrap up the year on a positive note!

[Read full article](#)

FROM THE

**BOARD OF
DIRECTORS**

Early in November, the Board held our annual retreat. As I wrote in last month's newsletter, this is our annual opportunity to set our goals and priorities. It was a great day with energy flowing and a list of topics for this year. Our first task was to set our officers for this year. Andrew, Calvin,



and I will all remain in our current positions of Treasurer, Vice President, and President respectively. Morgan was elected to be our new Secretary and kicked off her duties with recording all our ideas at the board retreat.

[Read full article](#)

Upcoming Classes & Events

Owner Appreciation Days

Owner Appreciation Days are an entire week starting Wednesday, December 6th through Tuesday, December 12th!

Like all Owner Days, 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 December - February (including an additional 10% storewide discount). Specialized coupons to come.

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

owner appreciation days

December 6 - 12

10% OFF

COUPONS

RAFFLES

OWNER DEALS

GOLDEN TICKET ITEMS

[Learn more](#)

Holiday Gift Card Promotion

For the month of December, buy a \$50 gift card and receive an additional \$10 gift card for free!



Indian Afternoon Tea Party Virtual Cooking Class & Kit

Saturday, January 20th 2-4 pm

Join us for an Indian afternoon tea party and virtual cooking class taught by longtime Co-op instructor, Sirisha Bhandaru. Cook along in your kitchen with our class meal kit and learn flavorful fun recipes. Each \$40 class ticket includes a meal kit with everything you need to make each recipe. The menu includes:

- **Homemade Traditional Indian Chai** - authentic chai made with strong Assam black tea, a flavorful blend of whole spices, sugar, and whole milk
- **Parsi Mawa Cake** - Irani cafe-style cake with rich flavors from cardamom and mawa (evaporated milk solids) topped with slivered almonds. This cake is very popular in bakeries spread across the cities of Mumbai and Pune in Maharashtra.
- **Poha** - A popular household snack or breakfast all across India made from flattened rice flakes, herbs, spices, roasted potatoes, peanuts, and onions.
- **Chutney Sandwiches** - Dainty finger sandwiches with refreshing cilantro coconut chutney, butter, sliced cucumber, and pickled beets.

[Register](#)



Quick Mediterranean Meals In-person Cooking Class

Thursday, January 18th 6 - 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 Mediterranean recipes including hummus, Greek Salad, and homemade pita bread. This class will take place in our Flatlander Classroom at Common Ground Food Co-op.

The menu includes:

- **Hummus** - A centuries-old staple that's gained in popularity in the US. Delicious with bread (traditionally pita), vegetables, sandwiches, grilled meats... anything, really! The trick is to get the mashed/pureed texture just the way you like.
- **Greek Salad** - All fresh, all delicious! Brings together bell peppers, tomatoes, cucumber, black olives and feta cheese.
- **Homemade Greek-style pita bread** - a thicker, softer flatbread than what you're used to. There's no pocket, but there's lots of deliciousness in a bread you can make anytime you like.



[Register](#)

Announcements

HOLIDAY HOURS

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

Monday, December 25th: CLOSED

Tuesday, December 26th: 10 am - 9 pm

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

Monday, January 1st: CLOSED

COMMON GROUND
FOOD CO-OPERATIVE

Link Match Update

Starting immediately, Link Match vouchers will not expire! We will be receiving new vouchers soon that do not have an expiration date, but in the meantime, customers can continue using their vouchers that show an expiration date of "12-31-2023" into the new year.

Since the launch of the program on August 7th, over \$19,000 worth of vouchers have been redeemed for free, fresh local produce! We're so excited to continue this program next year. Help us spread the word to friends and family who have a Link card - we would love for them to be able to utilize this program!

If you have any questions about the Link Match program, please reach out to us at marketing@commonground.coop



GET MORE WITH LINK MATCH



**BUY \$1 OF FOOD WITH LINK
GET \$1 OF FRESH, LOCAL PRODUCE WITH LINK MATCH**

**EARN UP TO \$25 IN
LINK MATCH VOUCHERS
A DAY!**



Learn more: www.commonground.coop/link-match

Link Match

How it Works

- 1** Use your Link Card to purchase groceries at the Co-op
- 2** With any Link purchase, up to \$25, receive dollar for dollar match
\$1 in Link purchase = \$1 Link Match Voucher
- 3** Use your Link Match Vouchers to purchase local fruits & vegetables



[Learn more](#)

Community

ROUND UP FOR GOOD

UPDATE

Last month we raised over \$4,200 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 will cover 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. Crisis Nursery is the only emergency-based childcare facility in Champaign County that is open 24 hours, 365 days a year for the entire community to access with no fees or income eligibility.

Project Proposal: "Funds from the Round Up For Good Grant will be used to sponsor two days of care for up to 18 children whose families are experiencing crisis in Champaign County. Through your generosity, families who are homeless, in an unsafe situation, or have high levels of stress within the home receive support through free emergency childcare. This includes basic necessities such as diapers, wipes, formula, and clothing, as well as resource referrals to stabilize and strengthen the family unit."



[Learn more](#)

Recipe Features

Watermelon Radish Salad



We're stocked with one of the most fun and colorful winter veggies - watermelon radishes! They are crisp and spicy, and so beautiful on the plate. We paired that with a new dressing from Bella San Luci, a California vinaigrette with sweet oranges and wildflower honey. Top it off with some additional vegetables and creamy goat cheese, and you've got a gorgeous and delicious salad.

[Get recipe](#)

Baked Olives with Feta & Baguette



We've put together a special recipe for December Owner Appreciation Days! The core ingredients are all on sale for owners, and come together to create a delectable appetizer of olives, shallot, feta, and spices served with crisp Boulart bread.

[Get recipe](#)

New Products

Grocery



Bella Sun Luci Dressing

Simplify creating delicious meals with a 100% olive oil vinaigrette. Made using arbequina extra virgin olive oil from the bounty harvested from the groves of the Mooney Family Estate in Sonoma, California.

- California Vinaigrette
- Sonoma Vinaigrette
- Balsamic Vinaigrette

\$5.29 - \$6.49

Brioche Gourmet Bread

This brioche is crafted in France and baked using high quality, wholesome ingredients, like French butter, milk and cream, and cage-free eggs.

- Burger Buns
- Everything Bagel Burger Buns
- Brioche Loaf
- Hot Dog Buns

\$3.49 - \$5.99



BLK Water

BLK is a pure water infused with Fulvic Acid. It's smooth on the palette and tastes just like premium water, but has more minerals and health benefits.

- Calabasa Apple
- Dirty Lemonade
- Elderberry
- Strawberry Rhubarb

\$2.99

Meat & Cheese

Miller Amish Poultry Smoked Chicken Sausage

We've got a new product from one of our favorite regional brands, Miller Amish Poultry! Located in Orland, Indiana, Miller operates their own family hatchery and feed mills, giving you the highest quality product.

\$9.75



Callie's Hot Little Biscuit

Callie's buttermilk sausage biscuits satisfy the craving for a savory, spiced sausage biscuit but without the preservatives. The all-natural patty comes from Jones Dairy Farm, a seventh-generation family-owned company in Wisconsin.

\$8.99



Cheeseland Holiday Gouda

Give these gorgeous goudas a try for your holiday cheese plate! Available in Green Pesto with basil, and Red Pesto with tomatoes.

\$15.39/lb



Produce



Small Town Cultures Pickled Vegetables

Small Town Culture's ferments are easy to incorporate into your existing diet. They are raw, probiotic-rich, unpasteurized, and made with no additives or preservatives. Plus, they are all naturally gluten-free, vegan, non-GMO, and keto-friendly!

- Red Onions
- Dilly Beans
- Baby Carrots
- Turmeric Kimchi
- Red Sauerkraut

\$6.99

Wellness

2024 Slingshot Calendars

Slingshot is a quarterly, independent, radical, newspaper published in the East Bay since 1988 by the Slingshot Collective. Every year, they publish their annual calendar to make organizing your schedule a breeze!

\$6.69 - \$13.49



Bakery



Sweet Almond Coffee Cake

Our newest bakery creation is a vegan coffee cake, loaded with spices like cinnamon, ginger, and nutmeg, and flavored with almond and vanilla!

\$9.99

Beer & Wine

G.D. Vajra Rosa Bella Rosato

Give the gift of wine this holiday season! This Rosabella is a rose produce with native grapes. It's floral on the nose, with roses,

pomegranate and cherry, and is bright and fresh on the palate with wonderful wild strawberry finish.

\$17.99



Shorts Brewing Thirst Mutilator Non-Alcoholic Beer

Thirst Mutilator is a lemon & lime sparkling hop water that is gluten free with no calories, no carbs, and no alcohol. This is a perfect citrusy, bubbly hop water to keep you hydrated.

\$2.69 for a single

**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

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