



September 2020

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FROM THE

**GENERAL
MANAGER**



"It is September which means election season is upon us. As most of you are aware, we hold our annual Board elections in September as well as give our owners have the opportunity to vote on Round-up for Good organizations for the coming year. Common Ground has made a couple changes to the Round Up program starting this election, so let's hear about them!"



[Read Gary's full article here!](#)

FROM THE

BOARD OF DIRECTORS

"You know that Common Ground is different from other grocery stores in town because it's the only one that's cooperatively owned. That means a little piece of it actually belongs to each of our owners. It's not owned by some multinational corporation like Aldi's (which also owns Trader Joe's) or Amazon (which owns Whole Foods). Common Ground was founded right here in Urbana in 1974 to serve the needs of its local owners, by providing access to fresh, healthy foods and products. And that's still what we're about."



[Read Karen's full article here!](#)

The Board of Directors typically meets the second Monday of the month from 6:15 to 8:15 pm in the Flatlander Classroom. Due to the COVID-19 pandemic, the Board of Directors meets online via Zoom. Email board@commonground.coop for more information!

GOOD TO KNOW
EVENTS, ANNOUNCEMENTS, & COMMUNITY HAPPENINGS



★ **OWNER** ★
APPRECIATION DAYS

Sept. 8 - Sept 15

ONE WHOLE WEEK!

Owner Appreciation Days are coming up! Mark your calendars for ONE WHOLE WEEK of amazing sales, 10% regular priced items, plus an owner exclusive coupon book!

Why are Owner Days a whole week?

Common Ground wants to celebrate our owners while staying committed to the highest level of safety for both shoppers and staff. With this as our highest priority, we extended Owner Days to a whole week to allow our owners to stop by during their regular shopping schedule in order to prevent crowds and congregating. **We ask that our owners maintain their regular grocery shopping schedule during Owner Days. Masks are, of course, mandatory, and please respect our Senior & At-Risk Hours from 7:30am - 9:00am.**

Not comfortable shopping in the store for Owner Days? No problem!

For the first time, owners can place an online order for curbside pick-up during Owner Days! Those placing online orders will receive the Owner Deals, an owner coupon book, and have the option to use their 10% discount! Just indicate in the "Order Instructions" box if you'd like to apply your 10% off.



The Co-op Shop has been up and running for a month now! Have you placed an online order yet? September is a perfect chance to try out our curbside service!

Maintain social distance during Owner Days from September 8th - September 15th! You can receive our Owner Deals, enter giveaways, get our exclusive coupon book, and score your 10% off -- all from the comfort of your vehicle!

[Read about online ordering here!](#)

SEPTEMBER IS FAMILY MEALS MONTH!
What does it mean & how can you celebrate?

The Food Marketing Institute established Family Meals Month back in 2015 to bring awareness to the importance of eating together. Its mission is to encourage families



to eat one more meal per week as a family. The Co-op is jumping on board!

What is Common Ground doing to celebrate Family Meals Month and help families eat together?

Common Ground is working to ensure sharing a family meal is easier than ever! Stop by the store to see our themed end cap where families can grab all the ingredients for a meal in one central location.

The first half of September will feature an end cap for Taco Night. Who doesn't love tacos!? We'll have a display full of all your taco fixings right when you walk in the door, alongside **two co-op original recipes developed by our very own Education & Outreach Coordinator**. These recipes will offer one vegetarian option and one option with meat.



Read more about Family Meals Month here!

sept. 7th

**CLOSED ON
LABOR DAY**

*business as usual on
sept. 8th!*

MEETING OF OWNERS

& OWNER ELECTION

A graphic with an orange background. At the top, a white speech bubble contains the text "ZOOM MOO MEETING OF OWNERS" in bold, yellow and white letters. Below the speech bubble is a white silhouette of a cow with brown spots. To the right of the cow, the text "SEPTEMBER 17TH 6:00-7:30PM" is written in yellow. At the bottom right, the text "COMMON GROUND" is in bold white, with "food co-operative • urbana, illinois" in smaller white text below it.

ZOOM MOO
MEETING OF OWNERS

SEPTEMBER 17TH
6:00-7:30PM

COMMON GROUND
food co-operative • urbana, illinois

What is the Zoom MOO?

The "MOO" stands for Meeting of Owners. The MOO is an annual event where owners can hear store updates from the General Manager and Board of Directors. Usually this event is a huge party with socializing, free food, and lots of giveaways. This year, in light of the COVID pandemic, we're moving the MOO online. The event will take place through Zoom, an online video platform.

Why should you attend the MOO?

The Co-op is more than a grocery store. It's an investment! You own part of the Co-op and deserve to be updated on operations, visioning, and community impact. This is your chance to engage with Co-op leaders and have your voice heard!

The Zoom MOO will take place on September 17th from 6:00pm - 7:30pm. Watch for a Zoom invitation via e-mail from our Board of Directors!

OWNER ELECTION

One of the most important aspects of a co-op is its democratic process. Every September, Common Ground owners can participate in the Owner Election, allowing them to vote for both the Board of Directors and Round Up For Good organizations.

Owner Elections will begin Thursday, September 10th and run until the Meeting of Owners on Thursday, September 17th.

The Board of Directors will send an email with the owner election ballot on September 10th. Keep an eye out!

BOARD OF DIRECTORS CANDIDATES

Vote for your Co-op Board of Directors this month!

From September 10th to September 17th, elections will be open for owners to vote for their representatives on the Co-op Board.

Read more about the candidates here!

ROUND UP FOR GOOD PROPOSALS

The Round Up For Good grant proposals are in!

In order to appear on the election ballot, we asked all nominated organizations to submit a simple proposal of what the Round Up For Good Grant would fund if received.

Read Round Up For Good Proposals Here!

Unfortunately, not all nominated organizations returned the proposal form. Only the organizations who submitted proposals will appear on the election ballot.

Want to know more about these changes made to Round Up? **Read our General Manager's September newsletter article!**

BUCKET BRIGADE DONATION UPDATE

In response to COVID-19, the Channing Murray Foundation started an initiative called the Bucket Brigade to help feed our neighbors experiencing food insecurity. Food staples are donated and distributed weekly throughout the community. Common Ground is proud to have contributed to the Bucket Brigade! With the help of our owners' donations, we raised \$925 in August. The Co-op matched every donation and provided the Bucket Brigade recipients with beans, rice, masa, after-school snacks, and face masks. Another donation is planned for early September!



The Co-op is humbled to have received so many donations from our owner base.

Thank you so much to everyone who donated in August!

We are still accepting donations for the Bucket Brigade; however, the Co-op donation match has ended.

Donate here!

COVID SAFETY DURING PHASE 4

Our self-service stations have been up and running for a month now! We are so glad to be offering our delicious locally roasted coffee, fresh salad bar, and house-made soup daily. Please be aware of the safety procedures we have put in place to ensure sanitation and a safe experience for all.

Before serving yourself at the salad bar, soup wells, or coffee station, **always use the provided hand sanitizer.**

Please be mindful of physical distancing while waiting to serve yourself in the Cafe area. CDC still recommends maintaining 6 feet distance whenever possible.

Remember that masks are still required to enter Common Ground. Be sure your mask is **always** covering both your nose and your mouth, especially when you are serving yourself or shopping in the bulk foods aisle.

When shopping in the bulk foods aisle, **always use the provided hand sanitizer** before handling the scoops or tongs.

And remember, if you're not comfortable with the self-service stations, we have tons of pre-packaged grab n' go options in the cooler! Selections include cold soups, our famous Asian baked tofu, pesto veggie wrap, and our ever-popular and ever-rotating entrees!

Please know Common Ground staff is committed to the highest level of safety for our staff and customers. We are changing out salad bar and soup utensils hourly, sanitizing high-touch surfaces throughout the store hourly, and sanitizing the bulk foods scoops and tongs hourly.

NEW ITEMS



LOCAL PRODUCE UPDATE

September is the ultimate month for local foods in the Midwest. Summer crops are still going strong, while fall crops are starting to come in. You'll see everything from zucchini and tomatoes, to greens, winter squash, and

local apples. And even though this year has been a really strange one, we should

still see a lot of variety starting to show up. Definitely stop by to see what our farmers are currently harvesting!

AGAINST THE GRAIN GLUTEN-FREE PIZZAS



Check out these gluten-free Against the Grain gourmet pizzas, available in our frozen section. We now carry a veggie vegan pizza and a nut-free pesto pizza, both with crust made from cheese!

CUSTOM COLLAGEN MULTI-COLLAGEN



**FOLLOW YOUR HEART HIGH OMEGA VEGAN
RANCH SALAD DRESSING**



LOCALLY MADE FACE MASKS BY MARIBELLE'S MASKS



More New Products:

- Durham Ranch Ground Elk, frozen
- Lieb Farm Ground Bison, frozen
- Moore Family Farm Lamb Cuts, frozen
- Good Culture Double Cream Classic Cottage Cheese
- Wedderspoon Raw Monofloral Manuka Honey
- Hu Grain-Free Crackers, sea salt & pizza flavors

Queen Anne's Lace Update

Queen Anne's Lace, one of our beloved local producers, is discontinuing her line of wellness products. Common Ground has absolutely loved working with and sourcing from Linda Oberg and wish her the very best in her next chapter.

ROUND UP FOR GOOD

UPDATE

September Round Up For Good: Planned Parenthood Champaign Health Center

In September, we are rounding up for Planned Parenthood Champaign Health Center. Planned Parenthood is one of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education.

August Round Up For Good: Sola Gratia Farm

In August, we rounded up over \$3,300 for our closest local farm and non-profit, Sola Gratia Farm. Sola Gratia Farm is a community-based farm dedicated to producing locally-grown, high-quality, natural produce. The farm is committed to helping those who lack adequate food resources by donating a minimum of ten percent of its produce to support regional hunger programs. The farm promotes healthy lifestyles and community building through volunteering and service, special events and outreach and education programs.

CLASSES & WORKSHOPS



Due to COVID-19, all classes and events have been canceled until further notice.

THANKS FOR READING!

Enjoy \$2 off your next purchase of \$15 or more

Just bring in this slip or show it on your device. Valid through the end of September. May *not* be reused or used for sale items, Co-op Basics, or alcohol.

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Connect with us

