

### Social Distancing? Treat Yourself!

**\$4.99** ea

4lb Navel Orange Bag  
Save \$2



**\$1.39** per lb

Braeburn Apples  
Save 60¢ lb



**\$1.69** per lb

Bartlett Pears  
Save 30¢ lb



**\$3.39** ea

THREE TWINS  
16 fz Vanilla Bean  
Ice Cream  
Save \$2



**\$1.00** ea

JUSTIN  
Peanut Butter Cups  
Save 99¢



**\$4.99** ea

HEAVENLY ORGANICS  
12 oz Raw White  
or Neem Honey  
Save \$3.70



**30% OFF** per lb

DIVINA  
Greek Mix Pitted Olives  
Save \$3 lb



**\$8.99** ea

RYAN PATRICK  
Red Head Red or Rose  
Save \$1



**25% OFF** per lb

MITICA  
Capricho De Cabra  
Peppercorn or Herbs  
Save \$3.25 lb



**20% OFF** per lb

FROMAGERIE  
GUILLOTEAU  
Fromager D'Affinois  
Save \$2.80 lb



**19.99** ea

NEW BELGIUM BREWERY  
Voodoo Ranger Multi PK  
Savings Vary



**20% OFF** per lb

PAUL DISCHAMP  
Bleu D' Auvergne  
Save \$2.60



**20% OFF** ea

FARMER FOCUS  
20 oz Italian Chicken  
Meatballs  
Save \$1.80



**18% OFF** per lb

THOUSAND HILLS  
24 oz Beef Brisket  
Save \$3.06 lb



**20% OFF** per lb

TRIPLE S FARMS  
Corned Beef Brisket Sliced  
Save \$2.50 lb



**The News-Gazette's People's Choice  
#1 Best Health Food Store for 2019!**



# COMPOSTING & VERMICOMPOSTING WORKSHOP

APR 22 6p - 8p

Join us for upcoming class with local farmer, Kaitie Adams where she will teach you the basics of composting at any scale including no-yard worm composting (vermicomposting). Each attendee will receive a lidded 5-gallon bucket and red wiggler composting worms and will build their own take home worm bin during class.

**2/\$7<sup>ea</sup>**

**GREENS FOR YOU**  
5oz Greens Mixes  
*Save \$2.50 lb*



**3.99<sup>per lb</sup>**

Asparagus  
*Save \$4 lb*



**1.99<sup>ea</sup>**

Red or Yellow Peppers  
*Save \$1*



**\$2.50<sup>ea</sup>**

**RISING MOON**  
Select Frozen Pasta  
*Save \$2.49*



**\$1.00<sup>ea</sup>**

**SIGGIS**  
Select 5.3 oz Yogurt  
*Save 89¢*



**\$4.49<sup>ea</sup>**

**REEDS**  
4/12 fl oz Ginger Ale  
*Save \$2.50*



**\$11.79<sup>ea</sup>**

**WELEDA**  
5oz Skin Food Body Butter  
*Save \$8*



**\$14.79<sup>ea</sup>**

**WELEDA**  
2.5 oz Light Nourishing Cream  
*Save \$5*



**20% OFF<sup>ea</sup>**

**WELEDA**  
1 or 2.5 oz Skin Food  
*Savings Vary*



**\$8.99<sup>ea</sup>**

**CONSCIOUS COCONUT**  
3.4 oz Coconut Oil  
*Save \$6*



## COVID-19: HEALTHY CO-OPS HELP COMMUNITIES STAY HEALTHY!

The current pandemic of novel coronavirus (COVID-19) shows us once again that grocery stores are a vital resource to the communities they serve. You have come to us in recent days to prepare alongside others in the community. We wish that everyone here, shoppers and staff alike approach the way we operate with the health of ourselves and each other in mind. Below are ways that we here at Common Ground are working to do this, followed by things you can do to help us and each other:

- Self-serve coffee will only be available behind the Cafe counter
- Oatmeal will only be available behind the Cafe counter.
- The salad bar will be closed. Please check our Grab n' Go cooler for packaged salads.
- One hot soup will be available daily and served behind the Cafe counter. -Please check our Grab n' Go cooler for more packaged soups.
- The Flatlander Classroom will be closed to the public for the time being.

Check our website for updates on the actions we are taking to keep everyone safe and what you can do to help:  
<https://bit.ly/2w3saEB>

3.17-  
3.24

Open Daily  
7:30 a - 9:30 p

300 S. BROADWAY SUITE 166  
Urbana, IL  
217-352-3347

