

Save Money With Every Shopping Trip!



Co-op basics

Co-op Basics are discounted items for everyone. Products include canned goods, bulk beans and grains, dairy, and even personal care items!

Healthy - Organic - Affordable

Organic products are grown without the use of synthetic materials or genetically modified crops. They are better for you, benefit the environment, and you can get them here with Co-op Basics!

COMMON GROUND
FOOD CO-OPERATIVE



Shop healthy on a budget!

Over 147 unique Food Co-ops nationwide have teamed up together for collective buying power so we can offer low prices on healthy, organic, and wholesome foods every day.

Get a 10% Discount!

Join our community-funded discount program **Food For All** and get an additional 10% off Co-op Basics items and our entire produce section, as well as community funded Co-op Ownership.

Become an Owner!

Common Ground is cooperatively owned by over 9,000 neighbors in the greater C-U area. You can own a share at the Co-op by paying a one-time equity investment of \$60! Find out more at the registers with our cashiers or sign up online!

We support local!

Since 1974, we've committed ourselves to local foods, organic foods, and supporting our vibrant community. We consider local to be within 100 miles of Common Ground, and support as many local farms and producers as we can.

**KILGUS FARMSTEAD
CENTRAL ILLINOIS BAKEHOUSE
ALLISON CENTENNIAL FARM
SOLA GRATIA
PAGE ROASTING COMPANY
SASSIE'S APIARY
TRIPLE S FARMS
GREENS FOR YOU
PRAIRIE FRUITS FARM
& SO MANY MORE!**

300 S. Broadway Ave. Suite #166 Urbana, IL 61801
www.commonground.coop 217-352-3347
OPEN 7:30 AM-9 PM DAILY

AISLE 1

| | | |
|---------------------------------|-------|--------|
| Annie's Organic Salad Dressing | 8 oz | \$4.99 |
| Rudi's Organic Bread | 22 oz | \$4.99 |
| Field Day Organic Fruit Spreads | 14 oz | \$4.99 |
| Field Day Organic Peanut Butter | 18 oz | \$4.99 |
| Field Day Almond Butter | 16 oz | \$8.99 |
| Field Day Organic Diced Peaches | 16 oz | \$3.99 |
| Field Day Organic Diced Pears | 16 oz | \$3.99 |
| Field Day Organic Raw Honey | 12 oz | \$5.99 |
| Field Day Organic Applesauce | 16 oz | \$3.99 |

AISLE 2

| | | |
|--------------------------------------|--------------|---------|
| Bulk Old Fashioned Thick Rolled Oats | /lb | \$1.99 |
| Bulk Organic All Purpose Flour | /lb | \$1.79 |
| Bulk Organic Whole Wheat Flour | /lb | \$1.89 |
| Bulk Organic Millet | /lb | \$1.99 |
| Bulk Organic Green Lentils | /lb | \$2.79 |
| Bulk Organic Split Green Peas | /lb | \$1.79 |
| Bulk Organic Red Lentils | /lb | \$1.99 |
| Bulk Organic Pinto Beans | /lb | \$2.79 |
| Bulk Organic Black Turtle Beans | /lb | \$2.79 |
| Bulk Organic Chickpeas/Garbanzos | /lb | \$2.79 |
| Bulk Organic Short Grain Brown Rice | /lb | \$3.29 |
| Bulk Raw Almonds | /lb | \$5.99 |
| Bulk Raw Cashews | /lb | \$10.99 |
| Equal Exchange Organic Bulk Coffee | /lb | \$9.99 |
| Inspired Organics Coffee | 12 oz | \$7.49 |
| Field Day Organic Spices | | \$4.99 |
| Field Day Organic All-purpose Flour | 5 lb | \$6.99 |
| Field Day Organic Whole Wheat Flour | 5 lb | \$6.99 |
| Field Day Baking Powder | 10 oz | \$2.99 |
| Equal Exchange Baking Cocoa | /lb | \$7.99 |
| Guittard Chocolate Chips | 12 oz | \$4.99 |
| Field Day Organic Sugar | 24 oz | \$3.99 |
| Field Day Mediterranean Sea Salts | 24.7-26.5 oz | \$2.99 |
| Field Day Organic Maple Syrup | 8 oz | \$7.49 |
| Prince of Peace Green & Black Teas | 100 ct | \$6.99 |



AISLE 3

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|---------------------------------------|---------|---------|
| Wild Harvest Organic Beans | 15 oz | \$1.99 |
| Field Day Organic Beans | 16 oz | \$1.79 |
| Field Day Organic Crackers | 7-8 oz | \$3.99 |
| Field Day Organic Canned Green Beans | 15 oz | \$1.99 |
| Field Day Organic Canned Sweet Peas | 15 oz | \$1.99 |
| Field Day Organic Pure Pumpkin | 15 oz | \$2.99 |
| Field Day Organic Broth | 32 oz | \$2.99 |
| Field Day Organic Mac & Cheese | 6 oz | \$1.99 |
| Field Day Organic Shells & Cheese | 12 oz | \$3.99 |
| Field Day Organic Ketchup | 24 oz | \$3.49 |
| Field Day Organic Mustard | 8 oz | \$2.99 |
| Field Day Organic Pasta | 16 oz | \$1.99 |
| Field Day Organic Pasta Sauce | 26 oz | \$3.99 |
| Field Day Organic Brown Rice Pastas | 12 oz | \$2.79 |
| Field Day Organic Rices | 32 oz | \$4.99 |
| Field Day Extra Virgin Olive Oil | 16.9 oz | \$9.99 |
| Field Day Extra Virgin Olive Oil | 1 liter | \$12.99 |
| Field Day Organic Coconut Milk | 13.5 oz | \$1.99 |
| Field Day Organic Coconut Cream | 13.5 oz | \$2.99 |
| Field Day Olives | 6 oz | \$2.49 |
| Field Day Sliced Olives | 3.8 oz | \$1.99 |
| Field Day Organic Cooking Spray | 5 oz | \$5.99 |
| Field Day Canola Oil | 32 oz | \$6.99 |
| Cadia Canola Oil | 32 oz | \$7.99 |
| Field Day Organic Coconut Oil | 14 oz | \$6.49 |
| Field Day Organic Canned Tomatoes | 28 oz | \$3.49 |
| Field Day Organic Tomato Paste | 6 oz | \$1.39 |
| Field Day Organic Tomato Sauce | 15 oz | \$2.29 |
| Field Day Organic Pizza Sauce | 15.5 oz | \$2.99 |
| Field Day Organic Apple Cider Vinegar | 32 oz | \$5.99 |
| Field Day Organic Red Wine Vinegar | 17 oz | \$3.49 |
| Field Day Organic White Wine Vinegar | 17 oz | \$3.49 |
| Field Day Canned Skipjack Tuna | 5 oz | \$2.29 |
| Field Day Canned Albacore Tuna | 5 oz | \$2.99 |
| Natural Sea Canned Tuna | 5 oz | \$2.79 |

AISLE 4

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|-----------------------------------|----------|--------|
| Blue Diamond Almond Breeze | 64 oz | \$4.69 |
| Field Day Organic Snack Bars | 6-pack | \$3.49 |
| Field Day Organic Cereal | 10-14oz | \$3.99 |
| Field Day Oatmeal | 11.29 oz | \$4.99 |
| Field Day Organic Granola | 12 oz | \$4.99 |
| Field Day Coconut Water | 16.6 oz | \$2.49 |
| Field Day Organic Apple Juice | 64 oz | \$6.99 |
| Field Day Organic Grape Juice | 32 oz | \$4.69 |
| Field Day Organic Cranberry Juice | 32 oz | \$5.99 |
| Rice Dream Organic Rice Milk | 64 oz | \$5.69 |
| Westsoy Unsweetened Soy Milk | 64 oz | \$5.69 |

AISLE 5

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|-------------------------------------|----------|---------|
| Field Day Paper Towels | 3-pack | \$4.99 |
| Field Day Custom Size Paper Towels | single | \$1.99 |
| Field Day Facial Tissues | 85 ct | \$1.99 |
| Field Day Bath Tissues | 4-pack | \$2.99 |
| Field Day Bath Tissues | 12-pack | \$8.99 |
| Field Day Napkins | 250 ct | \$3.49 |
| Field Day Baby Wipes | 72 ct | \$3.99 |
| Field Day Laundry Detergents | 100 oz | \$12.99 |
| Field Day Dish Detergent | 25 oz | \$3.99 |
| Field Day Dishwasher Detergent | 12.7 oz | \$5.49 |
| Field Day Trash Bags | 20 ct | \$5.99 |
| Field Day Cutlery Variety Pack | 24 ct | \$3.49 |
| Field Day Disposable Plates | 30 ct | \$5.49 |
| Field Day Disposable Bowls | 30 ct | \$4.99 |
| Field Day Organic Pretzels | 8 oz | \$2.79 |
| Field Day Organic Salsas | 16 oz | \$3.99 |
| Field Day Organic Microwave Popcorn | 3-pack | \$3.29 |
| Field Day Organic Dried Cranberries | 4 oz | \$2.49 |
| Field Day Organic Jumbo Raisins | 15 oz | \$5.99 |
| Field Day Organic Tortilla Chips | 9 oz | \$2.99 |
| Garden of Eatin' Tortilla Chips | 16 oz | \$5.99 |
| Valentina Hot Sauce | 12 fl oz | \$2.49 |
| Wild Harvest Salmon Gravy Cat Food | 5.5 oz | \$1.29 |

FRIDGE

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|--------------------------------------|------------|--------|
| Brown Cow Whole Milk Yogurt | 32 oz | \$3.99 |
| Earth Balance Buttery Sticks | 1 lb | \$5.69 |
| Allison Centennial Farm Eggs | dozen | \$4.99 |
| Kilgus Local Milk | gallon | \$4.79 |
| Kilgus Local Milk | 1/2 gallon | \$2.99 |
| Organic Valley Whole Milk | gallon | \$8.99 |
| Soyboy Extra Firm Tofu | 15 oz | \$2.49 |
| Soyboy Bulk Tofu | 4 lb | \$7.99 |
| Lightlife Bulk Tempeh | 2 lb | \$9.99 |
| Tillamook Salted Butter | 1 lb | \$5.99 |
| Grab n' Go Chana Masala & Brown Rice | | \$5.00 |

FROZEN

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|-------------------------------------|---------|--------|
| Snopac Organic Corn | 10 oz | \$2.99 |
| Snopac Organic Peas | 10 oz | \$2.99 |
| Field Day Organic Blueberries | 32 oz | \$9.99 |
| Field Day Organic Strawberries | 32 oz | \$8.99 |
| Field Day Organic 3 Cheese Pizza | 12.2 oz | \$7.99 |
| Co-op Made New York Pizza Dough | each | \$3.75 |
| Field Day Organic Crinkle Cut Fries | 24 oz | \$5.59 |

PERSONAL CARE

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|---------------------------------|---------|--------|
| Toms Unscented Deodorant | 2.25 oz | \$5.49 |
| Dr. Bronner Bulk Unscented Soap | /lb | \$5.29 |
| Jason Spearmint Toothpaste | 4.2 oz | \$6.99 |

Look for
the purple
tag!

