



December/January Events— All are Welcome

Friday, December 1, 6-8:30 pm, *First Friday*, Fredericksburg Center for the Creative Arts, 813 Sophia Street, Fredericksburg, VA 22401. Enjoy the beautiful art of this wonderful gallery. Visit our co-op table and feast on tasty and healthy treats.



Saturday, December 2, 8 am – 1 pm, *Farmers Market*, Hurkamp Park, Corner of Prince Edward and William Streets, Fredericksburg, VA 22401. Buying local makes all the difference! The products are fresh, local, and delicious and the people are friendly and welcoming. Please stop by our food co-op table. We love seeing you.



Thursday, December 7, 6-9:00 pm, *Fair Trade Holiday Gift Evening*, Latitudes Fair Trade Store, 800 Caroline Street, Fredericksburg, VA 22401. What a great night to purchase holiday gifts from Fredericksburg's own fair trade store! And 15% of your purchases will go to support our co-op. Win-Win-Win.



Friday, January 5, 6-9 pm, *First Friday*, Artful Dimensions, 922 Caroline, Fredericksburg, VA 22401. Stop by the new location of this wonderful gallery and get reacquainted with its unique appeal. Visit our co-op table and enjoy tasty treats, and good conversation.



Sunday, January 14, 2-3:30 pm, *Eat Your Veggies*, Downtown Library, 1201 Caroline St., Fredericksburg, VA 22401. Mid-January is a great to listen as Faye Krause, registered dietician, owner of M2 Fitness and co-op member discusses the importance of diet to good health. Enjoy delicious food samplings from our talented co-op members' businesses.



Wednesday, January 24, 5:30-7:30 pm, *Plant Based Cooking Class*, St. George's Episcopal Church, 905 Princess Anne Street, Fredericksburg, VA 22401. Gwyn Whittaker, founder of GreenFare will explain how easy and important it is to make delicious healthy foods without added sugar, oils or salt. Bring a vegan dish for the potluck or make a contribution to The Table, St. George's food pantry.



Wednesday, January 31, 3:00-5:00 pm, *Celebrating Co-op Growth*, Camellia Cottage, 207 Amelia St. Fredericksburg, VA 22401. Our co-op has doubled in the last year. Let's celebrate! Join us at this wonderful and historic house as we look ahead to further growth and ultimately to the opening of our co-op grocery store!

