



## Growing Our Food Co-op -- January 2018

Dear Fellow Member-Owners and Friends,

### We Nearly Doubled in 2017!

We are thrilled by the strong growth of our co-op.

We started 2017 with a firm conviction in the co-op principles and with 315 co-op member-owners. We ended the year with 596 wonderful member-owners – an increase of 281, more than 89% growth – and with a growing appreciation for the immense value of this food co-op to our community!

December and November of 2017 were our strongest member growth months of the year. Thirty (30) new members joined the co-op during each of these months! With your help, the accelerated growth of the final two months of 2017 will continue into 2018!

As more and more people join the co-op, we are getting ever closer to the time when we will open our member-owned grocery store based on the seven (7) cooperative principles that are at the heart of this effort. Because we are a cooperative, our grocery store will be different than other groceries. We will focus on healthy local foods, local control, community involvement, and environmental sustainability.

It's fun to watch our co-op grow. But, much work remains. This includes the need for continued strong member growth, and eventually, raising investment funds from members and lenders, and identifying the right location for our store. Working together, all of these are doable and have been achieved by food co-ops in many other communities.

We are more than grateful for a wonderful 2017 and as we enter 2018 we are as excited as ever to open a grocery based on the seven co-op principles.



## What Are Your New Year's Resolutions?

We love the article “*New Year’s Resolution: JOIN THE FXBG FOOD CO-OP*” in the January issue of “Front Porch Fredericksburg.”

([https://issuu.com/frontporchfredericksburg/docs/fpfjan2018\\_online\\_edition/14?ff=true](https://issuu.com/frontporchfredericksburg/docs/fpfjan2018_online_edition/14?ff=true) )

This excellent article by co-op member M.L. Powers ends with the suggestion “Why not start out 2018 on a positive note by becoming a co-op member.” We couldn’t agree more.

Not already a co-op member? Why not adopt this resolution as your own and make it happen! Already a co-op member? Why not make a New Year’s resolution to talk about the co-op with friends and neighbors and ask them to consider joining early in 2018?

Together we can do this – for the benefit of our health, our local farmers, our environment, and our community.

## What inspired you in 2017?

In 2017 we were inspired by the efforts of more and more communities to reject the notion that only the most massive of corporations should control basic human needs – like the supply of food.

We were inspired by the many communities that for decades have successfully owned and operated their own very awesome food co-ops as a means of buying healthy local products, building community connections and keeping control and profits local. Visiting these established food co-ops is always inspiring and good for one’s spirits! We highly recommend it.

We were also inspired by the efforts of startup co-ops that continue to grow in number across the country. And we were inspired by those co-ops that launched member investment campaigns in 2017 in which co-op members are given the opportunity to make investments in their grocery co-op (loans or non-voting preferred) in exchange for a fixed return. We acknowledge the challenge of these campaigns, but we are nevertheless heartened to see real people investing real money into a business that will yield real value right in their own communities!

If other communities can successfully start and operate awesome food co-ops with huge positive benefits to their members, so can we, right here in FXBG!



## Three Cool Events in January

We have some wonderful events planned for this month. You can read all about them in our “January Events” listing. Be sure not to miss:

- Sunday, January 14, 2:00-3:30 pm, **“Eat Your Veggies”** at the Downtown Library with dietician Faye Krause.
- Wednesday, January 24, 5:30-7:30 pm, **“Plant-Based Cooking Class”** with Gwyn Whittaker at St. George’s. We were excited to see that Gwyn – and her fascinating story – were featured in a recent Washington Post article. <https://www.pressreader.com/usa/the-washington-post/20171227/282003262796879>
- Wednesday, January 31, 3:00-5:00 pm, **“Celebrating Co-op Growth”** at the historic Camellia Cottage at 207 Amelia Street. Come and let’s have fun celebrating together.

## Ready to Walk or Run?

We’re excited to announce our first annual Co-op 5K!

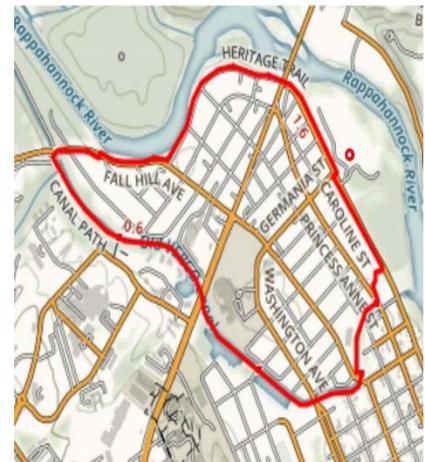
On Saturday March 31, we will get together to walk and/or run the wonderful Heritage Trail. We’ll start at Old Mill Park – gathering at Shelter 1 around 8:30 am for a 9:00 am start to this healthy endeavor.

Register online by the end of February to get the “Early Bird” rate of \$25. And you’ll also get a beautiful tee shirt designed just for this Co-op 5K.

<https://fredericksburgfoodcoop.com/go-far-go-together-5k-race/>

See you along the Trail.

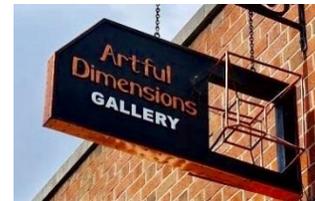
Wishing you a VERY Happy and COOPERATIVE New Year.





# January Events— All are Welcome

**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 time 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!

