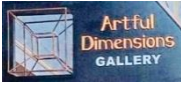




February & March 2019 Events: All are Welcome

Friday, February 1, 6-8:30 pm, *First Friday*, Artful Dimensions, 922 Caroline Street, Fredericksburg. Celebrate wonderful three dimensional art on *First Friday* at this unique and beautiful gallery. Visit our co-op table with free tasty treats and good conversation.



Saturday, February 2 & 16, 3:00-5:00 pm, *Co-op Board Meeting*, All are welcome to attend our board meetings. If you plan to stop by please email us at fxbgfoodcoop@gmail.com.



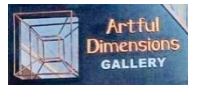
Saturday, February 9, 12-2 pm, *Healthy Heart, Happy Planet*, The Center, 1514 College Ave, Fredericksburg. Mishell Ellis, nurse practitioner and integrative nutrition health coach, and Brenna Creamer of UMW will share their thoughts on heart health through a delicious whole food plant-based diet. Good for the planet, good for the heart recipes will be shared! Potluck will follow presentations. Please bring a plant-based dish to share or make a contribution to the Center.



Wednesday, February 27, 5:30-7:30 pm, *Plant-Based Cooking – Great Foods for Kids*, St. George's Episcopal Church, 905 Princess Anne Street, Fredericksburg. Christine Carlson is raising two children on a vegan diet. Hear her secrets for healthy, fun meals. Vegan potluck follows cooking class. Bring a vegan dish or consider making a donation to The Table, St. George's Food Pantry.



Friday, March 1, 6-8:30 pm, *First Friday*, Artful Dimensions, 922 Caroline Street, Fredericksburg. Celebrate great three dimensional art on *First Friday* at this unique and beautiful gallery. Visit our co-op table with free tasty treats and good conversation.



Friday, March 1, 7-11 pm, *Dr. Yum Project Casino Night*, Old Silk Mill, 1707 Princess Anne Street, Fredericksburg. We're proud to be a sponsor of this important fundraiser for the Dr. Yum Project which does so much to enhance "an understanding of the connection between food and overall health" and provides "tools to live a healthy life."



Saturday, March 9 & 23, 3:00-5:00 pm, *Co-op Board Meeting*, All are welcome to attend our board meetings. If you plan to stop by please email us at fxbgfoodcoop@gmail.com.



Sunday March 10, 2-3:30 pm, Our Co-op's *Past, Present & Exciting Future*, Central Rappahannock Regional Library, Fredericksburg Branch, 1201 Caroline Street, Fredericksburg. 2019 is an *EXCITING* year for our co-op. Join us for this lively reflection of past and present and learn how YOU can help create our future.



Tuesday, March 12, 7-8:30 pm, *Food as Medicine -- Celebrating National Nutrition Month*, Stafford Hospital, 101 Hospital Blvd, Stafford. Fabulous Fay Krause, Registered Dietitian Nutritionist, will introduce us to amazingly talented local Registered Dietitians. Learn how dietitians use food as medicine. What better way to enjoy National Nutrition month!



Wednesday, March 27, 5:30-7:30 pm, *Plant-Based Cooking – Stir Fry without Oil*, St. George's Episcopal Church, 905 Princess Anne Street, Fredericksburg. The wonderful Clarice Barker demonstrates how incredibly yummy stir fries can be prepared without oil! Vegan potluck follows cooking class. Bring a vegan dish or consider making a donation to The Table, St. George's Food Pantry.



Sunday March 31, 2-3:30 pm, *The Dr. Yum Project: Creating a Culture of Wellness through Cooking*, Central Rappahannock Regional Library, Fredericksburg Branch, 1201 Caroline Street, Fredericksburg. Local pediatrician and Dr. Yum Project founder Nimali Fernando MD, MPH will lead an interactive discussion on making cooking fun with taste-tested recipes, free e-tools, and hands on classes. Learn to make tastier, easier, budget-friendly food with the Dr. Yum Project.

