



March 2019 Events: All are Welcome

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."

Wednesday, March 6, 6-8 pm, *Co-op Happy Hour*, Adventure Brewing, 33 Perchwood Drive #101, Fredericksburg, VA 22405. Bring a Friend. Relax with us. Enjoy some Cooperative Happiness. Get recognized for your special homemade salsa or just enjoy the salsa made by co-op members and others.

Saturday, March 9 & 23, 3:00-5:00 pm, *Co-op Board Meeting*, All are welcome to attend our board meetings. These are a good opportunity for you to learn about our process and to make input. 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!

Saturday, March 23, 6-9 pm, *Wild and Scenic Film Festival*, Chandler Auditorium, University Center, University of Mary Washington. We are delighted to have a co-op table at this inspiring film event that is a benefit for the very special organization, Friends of the Rappahannock. Tickets at riverfriends.org/events.

Wednesday, March 27, 5:30-7:30 pm, *Fast, Fresh Low-Fat Meals*, St. George's Episcopal Church, 905 Princess Anne Street, Fredericksburg. Wonderful Co-op Member Clarice Barker shares her secrets of incorporating fresh vegetables into delicious daily diets without the use of 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.

