



SEPTEMBER 2019 EVENTS: ALL ARE WELCOME

Thursday, September 5, Noon-1:30 pm, LUNCH & LEARN: ASK A DIETITIAN, Unitarian Universalist Fellowship, 25 Chalice Circle, Fredericksburg, VA. Bring a lunch and join us at a monthly forum designed to provide practical answers to your questions about the role of nutrition in enhancing fitness, preventing illness, managing chronic conditions and improving well-being. Series continues through May 2020.

Friday, September 6, Noon-1:30 pm, THE MAGIC METHOD OF LAUNCHING A SUCCESSFUL FOOD CO-OP, Hurley Convergence Center, Digital Auditorium, University of Mary Washington, Fredericksburg VA. Expert Jacqueline Hannah from the Food Co-op Initiative will show us the rigorous process the Fredericksburg Food Co-op will use to create a powerful, positive community impact by opening our grocery store. The first 50 people who let us know at fxbgfoodcoop@gmail.com that they are coming will enjoy a FREE vegan wrap from Katora Cafe.

Friday, September 6, 6-8:30 pm, FIRST FRIDAY, Artful Dimensions, 922 Caroline Street, Fredericksburg VA. We'll welcome you to this unique gallery with delicious treats and good conversation at our Food Co-op table.

Saturdays, September 7, 14, 21, 28, 7 am-2 pm, FARMERS MARKET, Hurkamp Park, William & Prince Edward Streets, Fredericksburg VA. Come by our Food Co-op table in the park. *Pick up or drop off a reusable bag at the special Food Co-op sidewalk table from 8 am – noon. NEW: Recycle used toothbrushes, toothpaste tubes and other oral care waste – drop off at the Food Co-op table.*

Saturday, September 7, 9 am-Noon, ANOTHER DAY WALK TO STOP SUICIDE, Old Mill Park, 2201 Caroline Street, Fredericksburg VA. The Food Co-op is proud to support this worthy community effort. Please join us.

Saturday, September 7, 11:30 am-1 pm, FIGHT CLIMATE CHANGE WITH YOUR FORK, Unity of Fredericksburg, 3451 Jefferson Davis Hwy, Fredericksburg VA. Learn how our nutritional choices can have an impact on global warming. Meeting opens with a plant-based potluck. BYO plate & utensils. Earth Care monthly series on sustainability continues through April 2020.

Sunday, September 15, 4-6 pm, FOOD CO-OP BOARD MEETING, Board meetings are a good opportunity to learn about our process and to have input. Please email us at fxbgfoodcoop@gmail.com if you plan to attend the meeting.

Sunday, September 22, 3-4:30 pm, FOOD CO-OP ANNUAL MEETING, Dorothy Hart Community Center, 408 Canal Street, Fredericksburg. Celebrate four years of amazing progress with the Food Co-op! Learn how you can help open our community-owned grocery store. Member-owners will elect board directors. Delicious refreshments!

Wednesday, September 25, 5:30-7:30 pm, EATING FOR THE EARTH, St. George's Episcopal Church, 905 Princess Anne Street, Fredericksburg VA. Learn a Chinese grandmother's tips for creating quick and easy meals with vegetables. Vegan potluck follows the class.