



## OCTOBER 2019 EVENTS: ALL ARE WELCOME

**Thursday, October 3, Noon-1:30 pm, LUNCH & LEARN: ASK A DIETITIAN,** Unitarian Universalist Fellowship, 25 Chalice Circle, Fredericksburg, VA. Bring your lunch and your questions about the role of nutrition in enhancing fitness, preventing illness, managing chronic conditions and improving well-being.

**Thursday, October 3, 3-5 pm, UMW TREE FESTIVAL,** Ball Circle, University of Mary Washington, Fredericksburg VA. The Tree Festival will feature a tree climbing demonstration, refreshments, vendors and community organizations. **SAVE A TREE – Donate your extra t-shirts at the Food Co-op table. Volunteers will turn the t-shirts into reusable shopping bags.**

**Friday, October 4, 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, October 5, 12, 19, 26, 7 am-2 pm, FARMERS MARKET,** Hurkamp Park, William & Prince Edward Streets, Fredericksburg VA. Visit our Food Co-op table. **Pick up or drop off a reusable bag at the special Food Co-op sidewalk table from 8 am – noon. Donate your extra t-shirts to be turned into reusable bags. NEW: Recycle used toothbrushes, toothpaste tubes and other oral care waste – drop off at the Food Co-op table in the park.**

**Saturday, October 5, 7-10 am, THE CO-OP 5K 2019,** Hains Point, Ohio Dr SW, Washington DC. Join the Fredericksburg Food Co-op team at this national co-op 5k race. Register at <https://racewire.com/register.php?id=10845> (Promo code FFC19)

**Saturday, October 5, 11:30 am-1 pm, LOCAL APPROACHES TO OUR CLIMATE CRISIS,** Unity of Fredericksburg, 3451 Jefferson Davis Hwy, Fredericksburg VA. How should our community respond to climate change? Learn about a new energy revolution with Dr. Eric Bonds, UMW Professor of Sociology. Meeting opens with a plant-based potluck. BYO plate & utensils. *You can also recycle t-shirts and oral care waste!*

**Monday, October 7 & 21, 6-8 pm, FOOD CO-OP BOARD MEETINGS,** You are welcome to learn about the board. Please email us at [fxbgfoodcoop@gmail.com](mailto:fxbgfoodcoop@gmail.com) if you plan to attend a meeting.

**Saturday, October 12, 8:30-11:30 am, WALK TO END ALZHEIMER'S,** Fick Conference Center, 1301 Sam Perry Blvd, Fredericksburg VA. Join the [Fredericksburg Food Co-op team](#) walking to raise awareness and funds to end Alzheimer's.

**Saturday, October 12, 6-10 pm, DOWN HOME BALL,** Market Square, Fredericksburg VA. Join us for Downtown Greens' annual fundraiser. Enjoy live music, dancing, snacks and fun for all ages!

**Wednesday, October 23, 5:30-7:30 pm, EATING FOR THE EARTH,** St. George's Episcopal Church, 905 Princess Anne Street, Fredericksburg VA. Crystal Anderson, a self-taught chef with Southern roots, brings us a plant-based twist on classic Southern flavors. Vegan potluck follows the class. Bring a plant-based dish or make a contribution to the Table food pantry.