



MARCH 2020 EVENTS: ALL ARE WELCOME

Thursday, March 5, Noon-1:00 pm, ASK A DIETITIAN - LUNCH & LEARN, Unitarian Universalist Fellowship, 25 Chalice Circle, Fredericksburg VA 22405. We can all benefit from some plant-based inspiration in our meals. Bring your healthy lunch and join Registered Dietitian Marsha Lockett as she shares tips, recipes, cooking methods, and delicious samples of plant-based foods.

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

Saturday, March 7, 11:30 am-1 pm, RECYCLING FACTS & FICTION, Unity of Fredericksburg, 3451 Jefferson Davis Hwy, Fredericksburg VA 22408. You have lots of questions about recycling. Diane Jones, Recycling Manager of the Rappahannock Regional Landfill has answers. Join us for a lively presentation following a plant-based potluck. BYO plate and utensils and a dish to share or make a donation to Unity. *You can also recycle reusable shopping bags, t-shirts, and oral care waste!*

Thursday, March 12 & Monday, March 30, 6-8 pm, FOOD CO-OP BOARD MEETINGS. You are welcome to attend our board meetings to learn more about the Food Co-op. Please email us at fxbgfoodcoop@gmail.com if you plan to attend a meeting.

Sunday, March 15, 9:30-10:45 am, CONSCIOUS CONSUMPTION with Hal Wiggins, Presbyterian Church of Fredericksburg, 810 Princess Anne St, Fredericksburg VA. Scientist and author Hal Wiggins will share the transformative effects on his health and the environment of replacing meat with salad as a complete meal. All are welcome at this special Lenten program.

Saturday, March 21, 2-4 pm, DISCOVER OUR CO-OP, Living Water Church, 318 Jefferson Davis Hwy, Fredericksburg VA. Why does Fredericksburg need a Food Co-op? When will it open? General Manager Chris Roland will explain and update us on the plans for opening the store. Everyone is welcome to join us for this lively presentation right next door to the Co-op's storefront.

Sunday, March 22, 2-5 pm, WILD & SCENIC FILM FESTIVAL, Chandler Ballroom, University Center, University of Mary Washington. Visit our Food Co-op table at this inspiring benefit for the Friends of the Rappahannock. You will be empowered to confront environmental threats facing our rivers, oceans, forests and deserts. Tickets are available at riverfriends.org/events. Students can attend for free.

Wednesday, March 25, 5:30 - 7:30 pm, EATING FOR THE EARTH, St. George's Episcopal Church, 905 Princess Anne St, Fredericksburg VA. Learn how to make delicious vegetarian shepherd's pie from Caroline McTarsney, Irish-born and trained cooking teacher. Everyone is welcome at the vegan potluck following the class. Please bring a plant-based dish to share or make a donation to St. George's food pantry.