



April 2018 Events -- All are Welcome

Friday, April 6, 6-8:30 pm, *First Friday*, Artful Dimensions, 922 Caroline, Fredericksburg, VA 22401. Enjoy the beautiful art of this wonderful gallery. Visit our co-op table and enjoy tasty treats.



Wednesday, April 11, 5:00 – 7:00, *Gratitude Grille*, Old Mill Park, 2201 Caroline Street, Fredericksburg, VA 22401. All are welcome. Our co-op friends from Cabot are graciously bringing their food truck and serving delicious Mac and Cheese and vegan salad. Free for all. Join us as we express our gratitude for all the support this co-op is receiving from our wonderful community.



Friday, April 20, 6 – 8:30 pm, *Health Fair for Children and Their Families*, Stafford Middle School, 101 Spartan Lane, Stafford, VA, 22554. Bring your family and learn about physical health, mental wellness, fitness, nutrition and much more. RSVP (kimylisela@comcast.net) required.



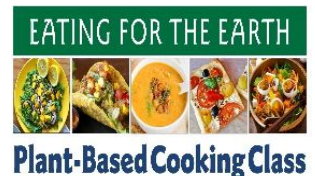
Saturday, April 21 & 28, 7 am-2 pm, *Farmers Market*, Hurkamp Park, 500 William Street, Fredericksburg, VA 22401. We are excited to be part of our wonderful Farmers Market as the 2018 Season gets underway. Don't miss the chance to purchase wonderful local products. And stop by our food co-op table while you're there!



Saturday, April 21, 11 am-4 pm, *Earth Day Festival*, Old Mill Park, 2201 Caroline Street, Fredericksburg, VA 22401. A core value of our food co-op is our commitment to the environment. We are delighted to be part of this wonderful community celebration of sustainability!



Wednesday, April 25, 5:30-7:30 pm, *Plant Based Cooking Class*, St. George's Episcopal Church, 905 Princess Anne Street, Fredericksburg, VA 22401. Rector/chef Joe Hensley will show us how to grow sprouts and use them in healthy meals. Bring a vegan dish to the potluck or make a contribution to The Table, St. George's food pantry.



Thursday, April 26, 10 am-2 pm, *Fort A. P. Hill Earth Day*, Beaverdam Picnic Area, At this invitation only event, enjoy nature trails, outdoor adventure, and learn how Fort A.P. Hill and local organizations are leading the way in sustainability. Looking forward to seeing you at our food co-op table.

