



## November 2018 Events - All are Welcome

**Thursday, November 1, 6-7:30 pm, *Collective Courage***, University of Mary Washington, 1301 College Ave, University Center, Chandler Ballroom, Fredericksburg, VA 22401. All are invited to this fascinating discussion with Dr. Jessica Gordon Nembhard, foremost scholar on the importance of the cooperative business model in African American history.



**Friday, November 2, 6-8:30 pm, *First Friday***, Artful Dimensions, 922 Caroline Street, Fredericksburg, VA 22401. First Fridays are a time to celebrate great art and enjoy good conversation. Be sure to visit this unique and beautiful gallery. We'll welcome you at our co-op table with free tasty treats and good conversation.



**Wednesday, November 7, 5:30-7:00 pm, *What Makes Food Co-ops Successful?*** The Center, 1514 College Avenue, Fredericksburg, VA 22401. Join us for this enjoyable evening with Stuart Reid, Executive Director of the Food Co-op Initiative (FCI) as he shares his insights on what makes a food co-op successful, pitfalls to avoid and how food co-ops can add incredible value to their communities.



**Saturday, November 17, 7 am-2 pm, *Farmers Market – Pre-Thanksgiving Shopping***, Hurkamp Park, 500 William Street, Fredericksburg, VA 22401. Nothing quite like healthy, fresh, delicious local foods. Local just tastes better!



**Saturday, November 17, 3:00-5:00 pm, *Co-op Board Meeting***, UMW, Hurley Center, 1301 College Ave, Fredericksburg, VA 22401. All are welcome to attend our board meetings. Please email us at [fxbgfoodcoop@gmail.com](mailto:fxbgfoodcoop@gmail.com) if you plan to stop by.



**Sunday, November 25, 3-4:30 pm, *Stress-free Eating through the Holidays***, Central Rappahannock Regional Library, 1201 Caroline Street, Fredericksburg, VA 22401. Faye Krause, registered dietitian nutritionist discusses strategies to navigate the holiday season without stressing about food choices. Festive and healthy foods will be offered by our awesome co-op volunteers.



**Wednesday, November 28, 5:30-7:30 pm, *Plant-Based Cooking Class – Seasonal Cooking***, St. George's Episcopal Church, 905 Princess Anne Street, Fredericksburg, VA 22401. Join us as Liz Ritoli shares her favorite ideas for healthy and delicious recipes for this special season. Bring a vegan dish or make a contribution to The Table, St. George's food pantry.

