



Community Food Smart Bags and Cooking Classes



Just a reminder that it is that time of the month again.

Money for November food bags is **due Wednesday Nov 7th** and **pick up** will be **Nov 14th** at the Tri-County Pharmacy.

Fredericton Junction Clinic hours:

- Monday 9-9
- Tuesday 8-4
- Wednesday 9-9

Don't forget to return your bags when paying for you next month's goodies

Winners for the 2 free bags this month were Marvena Harris, and Shirley McLaughlin – they will be able to be picked up at the pharmacy with the others!

Cooking class is BACK – Nov 15th, 1:30 to 3:30 at the Fredericton Junction Health Center.

We will be using produce from the Community Food Smart Bags.

Seats limited call the clinic to save yours as soon as possible.

Packing will take place at the Geary Lions Club Wednesday Nov 14th starting between 8:30-9 AM and taking about an hour. If you have some time available, it would be great to have a few volunteers come help.