



DECEMBER 2024

# Newsletter

## Flash Sales are Back!

We're having Flash Sales **every Friday** in December! Come by to get 25% off select items in our Gift Corner. The first flash sale will be on Clothing, including sweaters, ponchos, hats, scarves, mittens, socks, leg warmers, and more!

Follow us on facebook or instagram to get updated on which items will be on sale! @uppervalleyfoodcoop

## MEMBER PERK: Quarterly Inventory Sale

Our member inventory sale offers up to 15% off member purchases at our co-op! This is a great time to stock up on your fall and winter food staples. Put in your special orders now, and pick them up on the 29th or 30th to get the inventory sale discount.

Not a member? Join us today and enjoy our member perks! It only takes a few minutes at the register to become a member.

## Fire Cider Workshop!



Thank you so much to Sarah Shaw for leading the Fire Cider Workshop last month! Participants enjoyed learning how to make their own Fire Cider with fresh veggies and herbs.

What hands-on workshops would you like us to offer? Send your suggestions to [info@uppervalleyfood.coop](mailto:info@uppervalleyfood.coop)

**FLASH SALE** \*In-Store Inventory Only

EVERY FRIDAY in December

25% off! select items

Follow us on Facebook or Instagram to get notified about each week's Flash Sale!

**Member Perk!**

**INVENTORY SALE!**

December 30th & 31st

- Save 5% on purchases of \$50-99
- Save 10% on purchases of \$100-199
- Save 15% on purchases of \$200 and over

This sale is for **CURRENT UVFC MEMBERS ONLY**

**SPECIAL STORE HOURS**

Dec 24 🍷 8am to 4pm

Dec 25 🎄 CLOSED

Happy Holidays!

DECEMBER

# Co-op Calendar

6 (Friday)  
4-6pm

### Downtown Music Walk

November Topic: Musical History of White River Junction  
Owner and Curator of the Main Street Museum, David Fairbanks Ford, will walk us through downtown to the steam engine, ending at the museum for piano night!

8 (Sunday)  
1:30-2:30pm

### Community Seed Fair

Come meet some local seed savers and pick out some free, locally grown seeds for your garden next year! You're welcome to stay for our monthly meeting from 2:30-3:30.

10 (Tuesday)  
11am-5pm

### Sew-op Holiday Sale

The Sew-op will be downstairs in the store, selling homemade goodies, including fabric gift bags, as well as easy sewing projects to make your own holiday gifts!



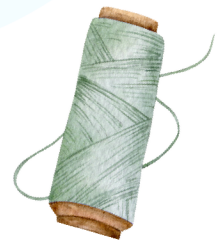
## OPEN HOURS!

Tuesday, Dec. 3, 10, 17  
1-3pm

Wednesdays, Dec. 4, 11, 18  
1-3pm & 4-6pm

Saturday, Dec. 6  
1-3pm

Adult Open Hours are free and open to the public. Must be 14 or older to attend. Our Sew-op volunteers will be on-hand to help. Bring a machine or use one of ours!



## Adult Basic Sewing: Upcycling

Friday, 12/20, 12-2pm

REGISTRATION REQUIRED: email [info@uppervalleyfood.coop](mailto:info@uppervalleyfood.coop)

\$30 for UVFC members / \$35 for non-members

## COMMUNITY SEED FAIR

Come meet some local seed savers and pick out some free, locally grown seeds for your garden next year! The Upper Valley Seed Savers will be holding a Community Seed Fair and giving away a variety of homegrown seeds, answering questions, and chatting about this fascinating and important aspect of gardening.

### When:

Sunday, December 8th, 1:30-2:30 PM

You're welcome to stay for our monthly meeting from 2:30-3:30.

**Where:** In the Classroom at the Upper Valley Food Co-op, North Main Street, White River Junction. Please use the back entrance and follow signs.

**Who:** Everyone is welcome. Seed ya there!

Our DECEMBER partner is...

UV Habitat for Humanity builds homes in VT and NH for qualifying low-to-moderate income households who would not ordinarily have access to homeownership to purchase through an affordable 0% interest mortgage.