

Ottawa Valley Food Co-operative Inc.

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February 2, 2009

FOR IMMEDIATE RELEASE

Eganville- The Ottawa Valley Food Co-operative will be holding its second Annual General Meeting on Saturday, February 14th at Wesley United Church, 275 Pembroke St East, Pembroke ON.

In the spirit of the food co-operative, the afternoon will begin with a delicious potluck lunch at 12 noon. Please feel free to bring your favourite dish! The annual general meeting will begin at 2 pm, following the potluck lunch. Everyone is welcome to either the lunch and the meeting, or just the meeting. It is not necessary to be a member of the co-op to attend.

By linking local producers with local consumers – the Ottawa Valley Food Co-operative has had a variety of positive impacts, from environmental to economic.

Come out and hear about the co-op's first successful year of operation, sign up as a member, and learn about some of the Food Co-operative's upcoming events, including a Farm Mentorship Round Table Discussion and a Local Foods Fundraising Lunch to take place on Sunday March 8th, during Seedy Sunday at Fellowes High School in Pembroke.

Following the meeting there will be a showing of a 10 minute documentary, entitled, 'Rooftop Gardens', produced for a Montreal co-operative, by Wilno native filmmaker, Adam Thompson.

For more information, contact Food Co-op Coordinator, Christina Anderman at 613-757-3044 or christina@ottawavalleyfood.org. Visit the food co-op at www.ottawavalleyfood.org

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