



East End Food Cooperative
7516 Meade Street
Pittsburgh, PA 15208
412.242.3598

COMMUNITY EVENT SERIES

November 2016

Wednesday, November 9th at 7 PM

Healthy Plant-based Meals

Sally Lipsky, Food for Health

POWER/EEFC Conference Room

Sally Lipsky, certified in Plant-based Nutrition and from the non-profit Food for Health, will share practical tips on how to shop for and prepare simple, delicious, and healthy meat-free meals. Learn how to stock your pantry and where to find recipes and meal plans to support a plant-based diet. There will be plenty of time for questions!

This event is FREE! Please RSVP to 412-242-3598.

Thursday, November 10th at 6 PM

Food Systems, Ch.4: The System

412 Food Rescue & East End Food Co-op

Repair the World – 6022 Broad Street, Pittsburgh, PA 15206

Food Systems, Ch.4: The System completes the four film Food Systems documentary series with an in-depth look at home cooking, hunger, origins of poverty, and solutions to growing food problems around the Pittsburgh area.

This event is free; optional donations will be accepted at the door. RSVP online

www.foodsystemsfilm.com

Wednesday, November 30th, All Day

Wellness Wednesday

East End Food Co-op

EEFC Supplements and HBA Departments

All shoppers will receive 10% off wellness and body care items including multivitamins, minerals, protein powders, homeopathic remedies, lotions, soaps, skincare, cosmetics and much more. Our expert staff and vendors will be on hand to help you select products that promote health and wellbeing, inside and out. Discounts are non-stackable, excludes items already on sale; vendor coupons welcome.

Natural, Local and Organic Foods and Products
Open to Everyone, Everyday, 8am-9pm