



LIZ SWANK

Share a little about yourself— your hobbies, interests, family and/or career.

I love to garden (vegetables) and cook. I have a husband, 12 year old daughter and 3 year old son. We live on a farmette in Weyers Cave. We have horses, chickens, rabbit, pigs, dogs and a cat. We do butcher and process the pigs each winter. Making our own sausage, roasts, ribs and even making lard.

I own and run an insurance claims processing/adjusting firm. I love my job; but it is stressful—so I look forward to cooking, to decompress, in the evenings.

Why would you like to serve on the board of Friendly City Food Co-op?

I would like to serve on the board to assist with the growth and uniqueness of Friendly City Food Co-op. I am interested in participating in arranging for local grower products at the store and finding cool new products to accommodate alternative diets and eating lifestyles.

What particular skills, knowledge, and/or life experience do you bring to Friendly City Food Co-op that enables you to support and advance its mission?

I have served on the board for the Virginia State Claims Association and am currently the president. I am passionate about good quality in my family's food system. Organic, Non GMO, local producers, sustainable methods are all important to me in my own personal food life.

I own and operate my own small business. My mother has also started her own farm animal mineral business; and I have helped her along the way with my prior experience of starting my own company in 2011.

Friendly City ignites my passion for...

COOKING!! I love to walk around and see ingredients and let my brain start creating a meal!

The item I can't live without at Friendly City is...

The French Wine section....