

ESSENTIAL BUSINESSES (In all cases, call ahead for hours)

United States Postal Service

The [Fries post office](#) is located at 491 W. Main Street, Fries VA. The Zip code is 24330.

There is a community bulletin board located in the lobby with local news and information
Tel: 800-275-8777

Truist Bank

Closed.

Medical care

Emergency: CALL 911

[Fries Fire & Rescue](#) operates local emergency services and sponsors fundraisers throughout the year.

[Tri-Area Community Health](#) – Medical center in Fries with a family nurse practitioner on site. For contact information and hours, please follow the link.

[Twin County Regional Hospital](#) is open 24 hours a day for emergency care and is located 15 minutes from Fries. The hospital offers a full range of services for the community.
Tel: 911 or 276-236-8181 for emergencies.
Location: 200 Hospital Drive, Galax VA 24333

[Twin County Regional Hospital Urgent Care clinic](#) provides walk-in service for a wide range of non-life threatening conditions.
Tel: 276-238-0439
Location: 961 E. Stuart Drive, Galax VA 24333

The city of Galax, Virginia, located five miles from Fries, is served by a range of doctors, dentists, optometrists, dermatologists, and other health care professionals.

Churches:

[Fries Baptist Church](#) is located at 111 E. Main Street, Fries.

[Fries United Methodist Church](#) is located at 629 Church Street, Fries.

A number of other churches are located near Fries. To find them look [here](#).

groceries:

While there is no grocery store located in Fries, there are plenty of places in town and nearby to get vacation supplies:

[Dollar General](#), 806 E. Main Street, Fries. Basic canned and dry goods, frozen foods, beer & wine, dairy.

Tel: 276-744-5500

[Double AA Mart](#), 1946 Ivanhoe Road, two miles north of Fries on Rt. 94. Full selection of meat & dairy, baking supplies, frozen foods, some produce, ice cream, beer cave & wine...gas, hardware. Locally owned.

Tel: 276-744-7890

[Main Street Produce](#), 101 E. Stuart Dr., Galax. Fresh seasonal produce, Mexican specialties, farm eggs.

Tel: 276-236-3232

[Food City](#), 955 E. Stuart Dr., Galax. Large full-service grocery: deli, seafood, produce, beer & wine, pharmacy, gas. Curbside pickup available.

Tel: 276-238-0700

[Southwest Farm Supply](#), 675 Meadow Street, Galax. A large selection of frozen locally raised beef in various cuts, plus other local products.

Tel: 276-236-3721

Dining:

Dining options are listed at friesva.com.

Retail in Fries

[2 Blessed Girls Custom Creations](#), 483 W. Main Street, Fries. A custom design and screen print shop for personalized gifts and Fries souvenirs. Drop by for local information.
Tel: 276-237-1522

[Fun & Fashion Beauty Shop](#), 479 W. Main Street, Fries. Need a haircut? This is the place. Service for gents and ladies.
Tel: 276-744-2211

Jason's Mechanical Services, 816 E. Main Street, Fries. A full-service auto mechanic shop with friendly and reliable service for all kinds of vehicles, including ATV service.
Tel: 276-744-2300

Fries Car Wash, next to Jason's Mechanical Services on E. Main Street. Two bays for self-service wash, scrub, and wax; operates on quarters; minimum \$1.50 with add-on minutes. Vacuum on premises.

[Dollar General](#), 806 E. Main Street, Fries. A true general store serving the community and visitors alike. See website for coupons, weekly specials, DG app, and more. Services include FedEx and Western Union. Ice and gas cannister exchange for cookouts.
Tel: 276-744-5500

The town of Fries is a proud member of the [Twin County Chamber of Commerce](#), which includes businesses in Grayson County, Carroll County, and the city of Galax. If you don't find what you need in Fries, check the website.

Lodging:

Lodging options are listed at friesva.com.