

Free admission & Free parking

The 13th Annual 

Boston Vegetarian Food Festival

Organized by the



Saturday, Nov. 1, 2008

10am – 6pm

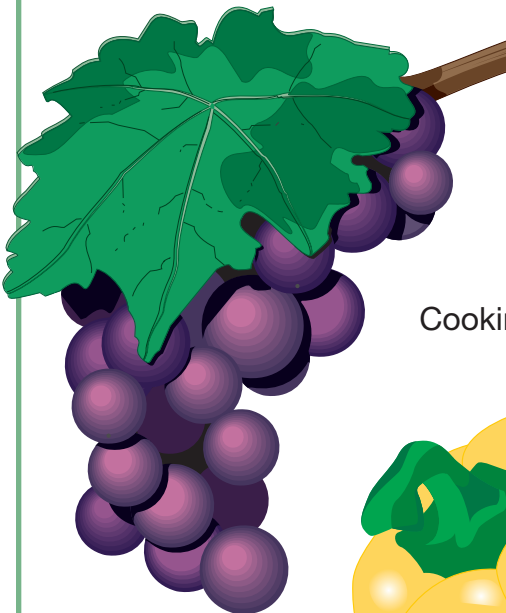
Reggie Lewis Athletic Center

1350 Tremont Street, Boston, MA

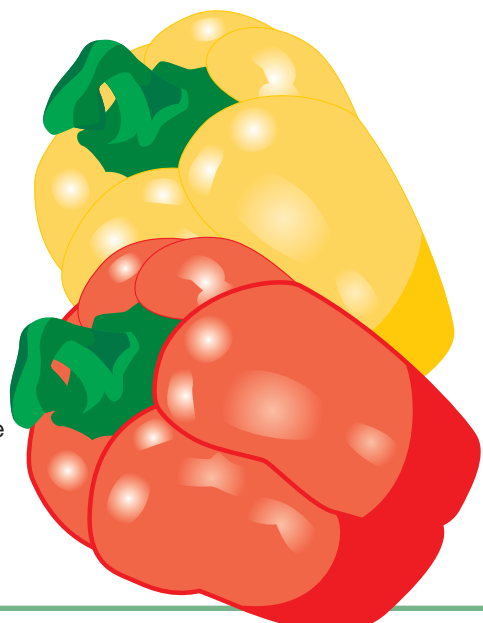
(Orange Line – Roxbury Crossing)

www.BostonVeg.org

617-424-8846



- Free Food Sampling! ■
- Exhibitors ■
- Discounted Shopping ■
- Top National Speakers ■
- Cooking Demos by Noted Chefs ■
- Kids' Activities ■



MAJOR SPONSORS:

- Equal Exchange
- Fresh Hemp Foods
- May Wah Veg Foods
- Raw Food to the Rescue
- Sunshine Burger
- Tribe Hummus
- Vegan.com
- Veg Resource Center

SPEAKERS

All presentations are free!

- 10:45am – Vegan Travel Tips & Cooking Q & A**
~ Sarah Kramer, cookbook author
- 11:30am – Meat Production's Impact on Climate Change & Environment**
~ Danielle Nierenberg, Worldwatch Institute
- 12:15pm – A Fresh Take on Vegan Cooking – Demo**
~ jae steele, nutritionist, cookbook author
- 1:30pm – Scientific Evidence for a Plant-Based Diet**
~ T. Colin Campbell, PhD, The China Study
- 2:30pm – Rethinking the Way We Treat Animals**
~ Karen Dawn, Thanking the Monkey
- 3:30pm – The Latest in Human Nutrition**
~ Michael Greger, MD
- 5:00pm – Passionate about Dessert – Cooking Demo**
~ Hannah Kaminsky, My Sweet Vegan

Principal Sponsors:

