



A program of Animal Rights Coalition, Minneapolis, MN

## Many faith communities are exploring plant-based (vegan) eating for reasons of health, environment, and benefit to animals!

We partner free of charge with local organizations to provide programming tailored to your interests and questions about plant-based eating. Examples of past partnerships include:

### **Parkway United Church of Christ**

*Pastor Kathy Itzin*

Presentation, film screening, and food samples concerning "Veganism: A Path for Healing the Earth, Our Bodies, and Animals."

### **Normandale Community College**

*Professor Kim Socha*

Presentations to college classes regarding human rights, workers' rights, and environmental concerns related to "What Does It Mean to Eat Ethically?"

### **Cigna Health Insurance and Silicon Graphics International Corporation**

Presentations and food samples at Employee Health Fairs.

### **All of our resources are provided at no cost to you.**

- Vegan food sampling, which can be offered after worship services
- Speakers on topics of plant-based eating, compassionate living, and how to become vegan
- Film screenings of popular documentaries, including *Peaceable Kingdom*, *Cowspiracy*, *Everyday Stories*, *Speciesism*
- Facilitating youth or book discussions
- Basic or gourmet "Easy Peasy Plant-Based Cooking" instruction (currently offered at local co-ops but available at no charge at your facility's kitchen)
- Workshops such as "Help! I'm Going Vegan," "Plant-Based Nutrition," and "Vegan Meal Planning"
- Partnering with your social justice or environmental committees on special topics or for special events