

33RD

VEG FOOD FEST



PROGRAM



SEPT 8-10, 2017
HARBOURFRONT CENTRE

#VEGFOODFEST
VEGFOODFEST.COM



MEDIA INQUIRIES

David Alexander

media@veg.ca

416-544-9800

HARBOURFRONT CENTRE

235 Queens Quay West
Toronto, Ontario

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**FRIDAY
SEPT 8**

4pm—9pm

**SATURDAY
SEPT 9**

12pm—9pm

**SUNDAY
SEPT 10**

12pm—7pm



This year, the Toronto Vegetarian Association has launched **The Veg Guide** app! Free to download, the app provides interactive maps and directories to help people discover veg-friendly businesses and events in Toronto. For the Veg Food Fest this year, the app will include a detailed directory of vendors and presenters. Plan out your weekend by setting your schedule on **The Veg Guide** app!

VEG FOOD FEST

CHANGE YOUR MOUTH'S MIND

Produced by the Toronto Vegetarian Association, the Veg Food Fest is not your average food festival – it's the biggest veg fest in North America, celebrating 33 years of delicious food that you never thought could be vegan.



Enjoy tasty dishes from over 130 vendors, local restaurants and bakeries, plus free presentations, live music, yoga classes, cooking demonstrations, and plenty of veg-friendly products for sale.



Founded in 1945, the Toronto Vegetarian Association is Toronto's go to resource for all things veg. Members and volunteers sustain our mission – to inspire people to choose a healthier, greener, more compassionate lifestyle through plant-based eating. Members enjoy exclusive benefits – like special discounts and community updates.

Join the TVA for a minimum gift of \$25 to enjoy exclusive member benefits and support events like this festival!

Visit veg.ca to join today!

	STUDIO THEATRE Presentations 	EAST TENT Discussions 	LAKE SIDE TERRACE Cooking Demos 	MISS LOU'S ROOM Demos & Workshops 
F 4:00				
R 5:00		The Future of Food: Round Table		
I 6:00	Anita Krajnc and Gary Grill			Bryonie Wise
D 7:00			Candice Hutchings	
A 8:00	Unlocking the Cage (Film Screening)			Marco Pagliarulo
Y 9:00				
12:00				
S 1:00	Jonathan Balcombe		Doug McNish	
A 2:00	Desiree Nielsen, RD	Bruce Friedrich		Shoshana Chaim
T 3:00			Monique Koch	
U 4:00	The Bearded Vegans: Live Podcast			TVA's Guide to Being Veg in Toronto
R 5:00	Captain Paul Watson (via Skype)	How to Go Vegan as a Family: Round Table	Taymer Mason	
D 6:00				Adam Chaim
A 7:00	John Lewis	Veganism and Feminism: Round Table	Richa Gupta	
Y 8:00	How Not to Die (Film Screening)			Riana Topan and Julie MacInnes
9:00			Lisa Le	
12:00				
S 1:00	Carol J. Adams		Lynda Turner	
U 2:00	Dr. Pamela Fergusson, RD	Kids Yoga Class		Amanda Dell'Aquila
N 3:00			Nathan Isberg	
D 4:00	Sailesh Rao	How to be a Plant-Based Athlete: Round Table		Krista Hiddema
A 5:00	Dr. Tushar Mehta		Sam Turnbull	
Y 6:00				Yoga Class ISHA Foundation
7:00	Nathaniel Erskine-Smith		Ishita Asher	



JO-ANNE MCARTHUR:

Captive Animals and the Future of Zoos Photo Exhibit
FRI, SAT & SUN

MARILYN BREWER COMMUNITY SPACE



Award-winning photographer, author, and educator Jo-Anne McArthur has been documenting our complex relationship with animals around the globe for fifteen years; a relationship she will be carefully scrutinizing and sharing in her photography exhibition that questions the future of zoos and the ethics surrounding animals in captivity.

MUSIC

Stage in the Round



Matt Zaddy

Colleen Allen

Julie Michels

AHI

Joy Lapps Trio

Nichol Robertson

Justin Bacchus

TVA KIDS AREA

SAT & SUN | 12PM - 6PM



Bring your kids along to Veg Food Fest and join in the fun at our TVA Kid's Area located in the North Exhibition Common on the East Side of Harbourfront Centre. The Kid's Area is full of activities like crafts, music, reading and making friends. We will even have some goodies from Natura Foods to enjoy! Open from 12-6 on Saturday, September 9th and Sunday, September 10th.

ICON LEGEND



Music



Speaker



Yoga



Special
Presentation



Film
Screening



Cooking
Demo



Round
Table



Workshop



Kids
Programming

FRIDAY, SEPT 8



Round Table - The Future of Food



5:00 - 6:00 | east tent

Find out why our food system is at its breaking point and what's being done to shake the foundations of modern agribusiness. Join our special Friday Round Table to learn more about this controversial topic. Panelists Bruce Friedrich, Sailesh Rao, Dr. Tushar Mehta, Stephen Scharper, Riana Topan and Julie MacInnes (Humane Society International) will respond to an audience Q&A.



Anita Krajnc with Gary Grill - Bearing

Witness with Toronto Pig Save



6:00 - 7:00 | studio theatre

In the summer of 2015, Anita Krajnc was charged with criminal mischief for giving water to a thirsty pig. The trial that followed captured international media attention as Anita and her lawyers sparked a deeper discussion about the health, environmental, and ethical issues associated with eating meat. Join us for a provocative discussion between Anita Krajnc and Pig Trial defence lawyer Gary Grill.

Candice Hutchings (Edgy Veg) - How to Make a Vegan Philly Cheesesteak



7:00 - 8:00 | lakeside terrace

In Candice Hutchings' kitchen, nothing is off-limits & everything is vegan! Join the Edgy Veg chef as she re-purposes a familiar favourite, the Philly Cheesesteak, for an audience with sophisticated palettes & food-nerd obsessions. This sandwich includes meaty seasoned mushrooms and seitan, red bell peppers, with thinly sliced sweet onions, and chilies topped with her signature savoury vegan cheddar cheese sauce, piled high on a toasted fluffy hoagie roll.



Bryonie Wise - The Practice of Kindness

6:00 - 7:00 | miss lou's room

In this hour-long workshop, artist, heart worker and yoga teacher Bryonie Wise will use a mix of conversation, meditation and writing exercises, to explore ahimsa, the principal of non-violence towards all beings, ourselves included.



Documentary Screening - Unlocking the Cage



7:30 - 9:15 | studio theatre

Unlocking the Cage follows animal rights lawyer Steven Wise in his unprecedented challenge to break down the legal wall that separates animals from humans.



Marco Pagliarulo - How a Plant-Based Diet Will Make You Sexier

8:00 - 9:00 | miss lou's room

Marco Pagliarulo will explore how a plant-based diet can make you more physically attractive; from skin, to body odour, to mood. Pagliarulo, M.Sc., is a biologist with a background in toxicology and ecology.

SATURDAY, SEPT 9



Chef Doug McNish - Gourmet Vegan Cooking

12:00 - 1:00 | lakeside terrace

Explore vegan cooking with chef Doug McNish of Doug's Public Kitchen and sample delicious recipes from the author of *Vegan Everyday*, *Eat Raw*, *Eat Well*, and *Raw, Quick and Delicious*.



Bruce Friedrich - Seeds of Disruption: How Food Technology Will Save the Planet

1:00 - 2:00 | east tent

Bruce Friedrich is executive director of The Good Food Institute (GFI), a nonprofit that promotes plant-based and "clean" (cultured) alternatives to animal products. In this talk, Friedrich will discuss why animal protein alternatives are gaining popularity with the biggest tech investors in Silicon Valley, including Bill Gates, Biz Stone, and Sergey Brin; how slaughter-free meat grown in a brewery will change how the world eats; and, why the future of protein is directly linked to the future of the planet itself.



Jonathan Balcombe - What a Fish Knows

12:00 - 1:00 | studio theatre

Jonathan Balcombe is a biologist with a PhD in ethology (animal behavior), the author of five books, has appeared on National Geographic, *The Nature of Things*, and many more. He and his audience will explore the lives of the least understood vertebrates on Earth—the subjects of his New York Times best-selling book: *What a Fish Knows*.

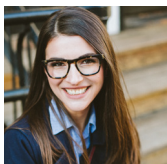


Shoshana Chaim - How to Get Children (of any Age) to Eat Plant-Based

1:00 - 2:00 | miss lou's room

Plant-Based Health and Wellness Coach Shoshana Chaim has combined the top 5 methods that she and her nutrition clients use in order to get children to eat more plant-based without stress and fighting. By sharing her family's journey and her top 5 methods to plant-based eating, you will be sure to be inspired and have actionable steps for confidently creating a plant-based family.

**Desiree Nielsen -
You are what you(r
bacteria) eat: how
plants power gut health**



1:30 - 2:30 | studio theatre

Desiree Nielsen is a registered dietitian, author and host of *The Urban Vegetarian* on Gusto TV. Learn more about the miraculous relationship between you and your gut in Nielsen's talk on how a plant-centred diet will help you restore vibrant health from the inside out.

**TVA's Guide to Being Veg
in Toronto**



3:00 - 4:00 | miss lou's room

Join the Toronto Vegetarian Association for this interactive workshop! We'll share our best tips, tricks, and tools for being vegan or vegetarian in the Greater Toronto Area. Discover helpful resources, local community supports, and the many benefits of becoming a member of the Toronto Vegetarian Association.



**Monique Koch - How to Make Vegan Life
Practical for Families**

2:00 - 3:00 | lakeside terrace

Monique Koch is a vegan, but she is also a mother of three and a wife. During her cooking demo, Veg Food Fest attendees will be treated to easy vegan lunch/dinner ideas that are flavourful, filling and family-friendly. She will share how her own family went from fast food to healthy vegan meals and how to transition into vegan life with a family.

**Taymer Mason -
Last Summer
Beach Party**



4:00 - 5:00 |
lakeside terrace



Enjoy fresh, healthy and imaginative meals prepared by Veg Food Fest favourite Taymer Mason, author of *Caribbean Vegan* and *Caribbean Smoothies*. Vegan "Fish" Taco, Summer Mocktails and Tropical Ice Cream: Say goodbye to the summer island style with vegan fish tacos made with the tropical fruit soursop. Curry mayo and tantalizing mango chow. Tamarind mocktails and pineapple mango ice



**The Bearded Vegans Live Podcast (with
Carol Adams) - Veganism Is Not About
Vegans**

3:00 - 4:00 | studio theatre

The Bearded Vegans is a weekly podcast featuring an often humorous dissection of all things vegan. In this live podcast event featuring Carol Adams, The Bearded Vegans will be discussing an important framework for how to best advocate for animals, participate in productive discussions and ultimately make more vegans.



**David Hance - Sea Shepherd:
Celebrating 40 Years on the Frontline
of Marine Conservation**

4:30 - 5:30 | studio theatre



Join us live in this exclusive Skype session with David Hance, Chief Operating Officer of Sea Shepherd Conservation Society - dedicated to research, investigation, and enforcement of laws, treaties, resolutions and regulations established to protect marine wildlife worldwide. The session will be facilitated by Brigitte Breaux, Coordinator of the Sea Shepherd Conservation



How to Go Vegan as a Family - Round Table

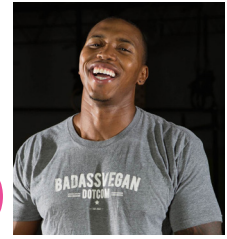
4:00 - 5:00 | east tent

Get the best tips and tricks on navigating the plant-based world as a family in this panel discussion with Monique Koch, Pamela Fergusson (RD), and Desiree Nielsen (RD).



John Lewis (Bad Ass Vegan) - Vegans Aren't Filling Up the Hospitals

6:00 - 7:00 |
studio theatre



John Lewis discusses his take on the vegan movement and why people should incorporate a plant based lifestyle for themselves and for the planet. With his uncommon witty approach he engages the crowd with his unique Q & A Format that not only keeps the crowds attention but allows them to feel a part of the exciting speech.



Adam Chaim - From Illness to Ironman

5:00 - 6:00 | miss lou's room

Join Adam Chaim—athlete, nutrition/fitness coach, and the co-host of The Plant Trainers Podcast, as he tells his story of how a tumor found by accident and a terrifying prognosis helped him find a plant-based lifestyle, heal physically, emotionally and spiritually.

Richa Gupta - 5 Easy Ways to Add Turmeric to Your Cooking

6:00 - 7:00 |
lakeside terrace

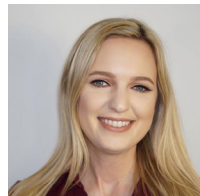


Richa Gupta, the founder of Good Food for Good, will share simple and easy recipes that will allow audience members to add turmeric to their diet from breakfast to dinner and all the meals in between.

At the Intersection of Veganism and Feminism - Round Table

6:00 - 7:00 | east tent

Discover the parallels between veganism and feminism in this panel discussion with Carol J. Adams, Elise Desaulniers, Lisa Le, Anita Krajnc and Krista Hiddema.



Riana Topan and Julie MacInnes - Helping Canadians Eat More Compassionately and Sustainably

7:00 - 8:00 | miss lou's room

Riana Topan and Julie MacInnes from the Humane Society International/Canada will explain the most important food-related changes happening today in the Canadian context. Find out what work is being done to promote the Three R's of Eating: "refining" our diets by avoiding products from farms with the most abusive practices, "reducing" consumption of animal products and "replacing" them with plant-based foods.



100% VEGAN DESSERTS NUT FREE OR GLUTEN FREE



SWEETSFROMTHEEARTH.COM

How Not to Die - Film Screening

7:30 - 9:00 |
studio theatre



Join us for a virtual experience with Dr. Michael Greger featuring a personal Veg Food Fest message from the *How Not to Die* author and a screening of his annual review from 2016. You don't want to miss this!

Totally Fabulous Vegan Bake-off



bakeoff.veg.ca

COMING WINTER 2018!

Lisa Le - How to Love Your Veggies

8:00 - 9:00 |
lakeside terrace



Lisa Le is the quirky vegan food blogger behind *The Viet Vegan* who likes to keep it real on her YouTube channel! As veggies are a crucial ingredient in a healthy vegan diet, Le will demonstrate how to prepare vegetables in unique and palette-pleasing ways so that audiences may leave with new tricks on how to make veganism the tastiest lifestyle ever.

SUNDAY, SEPT 10



Lynda Turner – Vegan Cheese Fondue Two Ways!

12:00 - 1:00 | lakeside terrace



Think dairy-free cheese fondue can't be as delicious as its dairy alternative? Think again! Lynda Turner of Zengarry Fauxmagerie will be making a traditional Swiss-style cheese fondue (using Zengarry, of course) as well as a Mexican cheese fondue for those days when the spicy craving is strong! These simple recipes are suitable for any occasion and will have you ready to fondue like a boss in no time!



Carol J. Adams – The Sexual Politics of Meat

12:00 - 1:00 | studio theatre



Carol J. Adams, author of *The Sexual Politics of Meat* (1990) and *Even Vegans Die: A Practical Guide to Caregiving, Acceptance, and Protecting Your Legacy of Compassion* (2017), will be presenting the evolving slide show *The Sexual Politics of Meat*. The Slide Show provides an ecofeminist analysis of the interconnected oppressions of misogyny, racism, and speciesism by exploring the way popular culture draws on dominant Western philosophical viewpoints regarding race, gender, and species. It identifies how meat has been a valued masculine-identified protein source and the ways that assumptions about meat eating reinforce a gender binary.



Kids Yoga Class with Shoshana Chaim

1:00 - 2:00 | east tent



Join Shoshana Chaim from Plant Trainers for a Kid's Yoga Class before digging into yummy plant-based treats on our last day of Veg Food Fest! Please bring your own mat and comfortable clothes to move in. If you don't have a mat there will be some available for purchase.



Amanda Dell'Aquila - Mindfulness and the Meat Industry

1:00 - 2:00 | miss lou's room



Have you ever been at odds with a meat-eating family member, watched footage from a factory farm, or attended a protest, and felt negative emotions? Join Amanda Dell'Aquila in a session that will help audience members understand the physiological responses that contribute to reactions, and give audience members the tools to restore calmness and clarity as they advocate for what they believe in.



Chef Nathan Isberg - Inside the Kitchen of Awai Restaurant

2:00 - 3:00 | lakeside terrace



Learn the secrets to successfully create unique vegan dishes by joining plant-based chef, Nathan Isberg, and get a taste of Toronto's popular Bloor West restaurant, Awai.



Pamela Fergusson - Will I Lose Weight if I Go Vegan?

1:30 - 2:30 | studio theatre



Many people decide to follow a vegan diet for the health benefits, including weight loss. In this session, Registered Dietician Pamela Fergusson and Veg Food Fest attendees will explore why some seem to realize those benefits easily, while others seem to struggle. Pamela Fergusson is a registered dietitian with a PhD in nutrition in private practice in Toronto.



Krista Hiddema (Mercy for Animals) - Intelligence of farmed animals and the how-to's of living compassionately

3:00 - 4:00 | miss lou's room



Krista Hiddema, vice president of Mercy For Animals in Canada, explores the rich and deep emotional lives of farmed animals and helps us learn what we can do to live a compassionate and cruelty-free life. Learn about a chicken's incredible capacity for memory, a cow's spatial abilities, and a pig's skill with video games in this thought-provoking discussion.



Just Beet It: Thriving as a Plant-Based Athlete - Round Table



3:00 - 4:00 | east tent

You can lift weights and run miles on a plant-based diet? Absolutely! Join John Lewis, Dominick Thompson and Anne-Marie Campbell in a panel discussion on how to thrive as a vegan athlete.



Sam Turnbull - Get-er done vegan recipes!



4:00 - 5:00 | lakeside terrace

Sam Turnbull is the vegan recipe writer behind the popular blog *It Doesn't Taste Like Chicken*.

Join Sam in her energetic kitchen as she demonstrates how to make vegan cooking quick, easy, and totally scrumptious. Her first cookbook, *Fuss-Free Vegan*, will be hitting the shelves this fall.



Sailesh Rao - Inspiring the Great Transition



3:00 - 4:00 | studio theatre

Dr. Sailesh Rao is the Founder and Executive Director of Climate Healers, a non-profit dedicated towards healing the Earth's climate. In this talk, Rao will use his personal story to show how we can re-frame commonly held stories to help each other transform our civilization into a life-affirming global culture.



Dr. Tushar Mehta - 2017 Vegan Diet, Medical Science, Rock and Roll!

4:30 - 5:30 | studio theatre

Dr. Tushar Mehta is a physician in the GTA and an educator about the medical science supporting plant based nutrition. He also studies and lectures about the effects of animal agriculture on the environment and global food security. This lecture will cover how medical and nutritional science supports plant based diets to prevent important chronic diseases.



Yoga Class - ISHA Foundation

5:00 - 6:00 |
miss lou's room

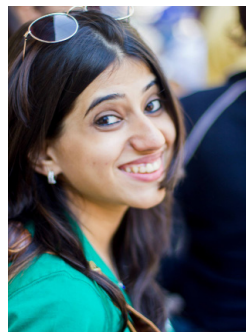


Join Summit Lalwani of the ISHA Foundation for simple yet powerful yoga postures to bring stability and balance to your body and mind. Designed by Sadhguru, these practices are based on the science of Upa Yoga, which is oriented towards physical and psychological benefits. Similar to Hatha Yoga. Please wear comfortable clothing for moving around.

Ishita Asher - Ayurvedic

Cooking

6:00 - 7:00 |
lakeside terrace



Ishita Asher is a vegetarian and vegan cook and consultant who provides cooking and lifestyle advice. Ishita will be sharing a few recipes based on Ayurvedic cooking and present you with a brief introduction to the world of Ayurveda and how it can improve your lifestyle on a daily basis.



Nathaniel Erskine- Smith - Legislation for Animals

6:00 - 7:00 |
studio theatre



How can we pass legislation to improve animal protections?

Nathaniel Erskine-Smith, the Member of Parliament for Beaches-East York, and an advocate for improving animal protections, will delve into the answer behind this question. In 2016, he introduced legislation to modernize our animal protection laws, he's a member of a parliamentary animal welfare caucus, and he and his wife are both vegan (his wife is a vegan chef).

MUSIC

Stage in the Round

Produced in association with
Toronto Downtown Jazz



SATURDAY, SEPT 9

Matt Zaddy

1:30 - 2:30



Matt Zaddy is the kind of songwriter you feel you have known your whole life. His Blend of Folk Rock / & Rhythm & Blues tells his own story of life, love, hardship, and redemption.



Colleen Allen

3:30 - 4:30



Colleen Allen is known for her gorgeous warm tone, soulful style, and brilliant soloing; a world class musician whose musical talents have touched many audiences around the globe.

Julie Michels

5:30 - 6:30

Julie has performed, toured and recorded with Kevin Barrett, George Koller, Ottawa's Chelsea Bridge, the MCCT Choir (Diane Leah, Musical Director) and her own bands, Sutra and Parlay.

AHI

7:30 - 8:30



Brampton-born alt-folk songwriter AHI (pronounced "eye") has traveled over 100,000 miles, armed with an acoustic guitar and a voice like "gravel on silk". Now a finalist in the 2017 JUNO Master Class, it's not hard to see why AHI is one of Canada's most promising emerging acts.

SUNDAY, SEPT 10



Joy Lapps Trio

1:00 - 2:00

The Joy Lapps Project explores Latin-Caribbean Jazz, with a hint of R&B and soul. The ensemble features bassist Andrew Stewart, drummer Larnell Lewis, Jeremy Ledbetter on keyboard and steel pannist Joy Lapps.



Nichol Robertson

3:00 - 4:00

Nichol Robertson's take on classic instrumental country & pop guitar hearkens back to such legends as Merle Travis, Lawrence Welk, and Snowy McPherson.

Justin Bacchus

5:00 - 6:00



With a unique funk-soul sound and performance, lead singer Justin Bacchus excites crowds with the help of his highly accomplished band of players.

VENDOR LIST

Lakeview Market

Veggie Challenge

BEETxBEET
BIO RAW
Bloomer's
Bunner's Bakeshop
Crate 61 Organics
Culcherd
Direct Action Everywhere
Fauxmagerie Zengarry
Fresh City Farms

Genuine Health

Giddy Yoyo Inc.
Hibiscus
Indian Masala
iSOLA Jewelry
Jewels by SJB
Mama Earth Organics
Manna

Meditation Toronto

Mettrum Originals

Natura Foods

Nelakee
Niagara Action for Animals
Nud Fud Inc./Kind Freeze
Nuts For Cheese

Oat & Mill

Ozery Bakery
Peachy Keen Pets
Perfect Chef
Raw Foodz
Sick On Sin
Sol Cuisine

Sweets From The Earth

Titanium Exclusive Cookware Inc.
Tofutown North America
Torii's Bakeshop
Toronto Pig Save / The Save
Movement

VG Gourmet Vegetarian Foods Inc.

Vecado Plant-based Pet Foods

YamChops Vegetarian Butcher & Prepared Foods

YOSO

Lakeview Food Trucks

Globally Local
Mami's Kitchen
Sweet Teeth Vegan

Avenue of Trees

Chocosol
Earth Island
The Eco Well
La Dee Da Gourmet Sauces
Living Chocolate
Molly B's Gluten-Free Kitchen
Sade Baron
Stray & Wander
Tropic Love
Whole Foods Market
Chic Peas Veg

Garage Bays

Toronto Vegetarian Association
Acropolis Organics
Animal Justice
The Epoch Times Media Inc.
King's Café
M. N. R. Distributions
North Toronto Cat Rescue
Sudsatorium

North End

Govinda's
Ital Vital
Iron Vegan
Rescue Dogs Vegan Hot Dogs &
Street Fare
SimplyProtein
Tamale Girl

South Lawn

Buddha Brands Company
Chickapea Pasta
Go Veggies
Humane Society International Canada
Julia's Joyful Kitchen
Living Farmacy
People for the Ethical Treatment of
Animals (PETA)
Rosedale Wellness Centre
Shiva's Delight
Soup Girl
The Vegan Jetsetter

Boulevard Tent

Apocalypse Now!
Daiya Foods
Dolled Up Desserts
Mama Vegan
Pierogi Me!
Ruba Eatery
Tradition Miso

World Café

Apocalypse Now!
Authentic Taste of Indian Cuisine
D-Beatstro
Doug McNish Vegan Inc
King's Café
Nanashake

Marilyn Brewer Community Space

Animals Asia
Fauna Foundation
Jo-Anne McArthur Photo Exhibit
Maya Gottfried

Brigantine Tent

GoGo Quinoa
Land Art & The Vegan Hippie Chick
Lemon Lily
Nongshim
Nature's Source Inc.
Rawesome Raw Vegan Inc.
Sunflower Kitchen

Brigantine Room

TVA's Vegan Bookstore
Cha's Organics
GUSTA Foods Inc.
Manitoba Harvest Hemp Foods
Organic Garage
The Green Beaver Company
Truth Belts
Two Bears Coffee
VegNature Nancy Grenier
Veggemo
YoFiit

East Side

Ontario Square

Arbonne
Bald Baker
Cosmic Treats
Crazies and Weirdos
Damien's Sauces
Designer Henna Shop
Little by Little IC
Loon Kombucha
Matcha Ninja
Mercy for Animals
PROFI Pro Inc.
PapaBubble
Sea Shepherd Conservation Society
Styrian Gold Inc.
Sympathy at Slaughter
Toronto Vegetarian Food Bank (TVFB)

North Exhibition Common

Sproutville Children's Area
Chiropractic and Naturopathic Clinic
Ecoideas
Fetch and Release & Global March
for Elephants & Rhinos
Hallelujah Acres Canada
Inner-J Inc - NAGI & The EDGE
Isha Foundation
Liquid Green Products
Spreadquarters Inc.
White Gold Sweets
Wully Outerwear
Young Living/Hummingbird Wellness
Studio

Toronto Vegetarian Association



JOIN TVA THIS WEEKEND!

The 33rd Veg Food Fest is presented by the Toronto Vegetarian Association (TVA) – your go to resource for all things veg. We rely on support from members to achieve our mission – to inspire people to choose a healthier, greener, more compassionate lifestyle through plant-based eating.

This weekend only we're offering a *special Membership Package* which includes:

- Your **Toronto Veg Card**, eligible for discounts of 5-20% at over 100 businesses in the GTA
- **\$5 voucher** for book and merch purchases over \$20 at the TVA Bookstore
- Our quarterly newsletter, **Lifelines**, and our brand new **2018 Veg Guide**
- Free **TVA tote bag** or **cutlery set**

Great perks in support of a great cause – join with a minimum gift of \$25! Visit a TVA booth to join this weekend or join online at veg.ca.

FESTIVAL MAP

1. LAKEVIEW MARKET

2. STAGE IN THE ROUND

3. AVENUE OF TREES

4. SOUTH LAWN

5. BRIGANTINE TENT + ROOM

6. MARILYN BREWER COMMUNITY SPACE

7. NORTH END

8. BOULEVARD TENT

9. LAKEVIEW FOOD TRUCKS

10. WORLD CAFE

11. LAKESIDE TERRACE

12. MISS LOU'S ROOM

13. GARAGE BAYS

14. STUDIO THEATRE

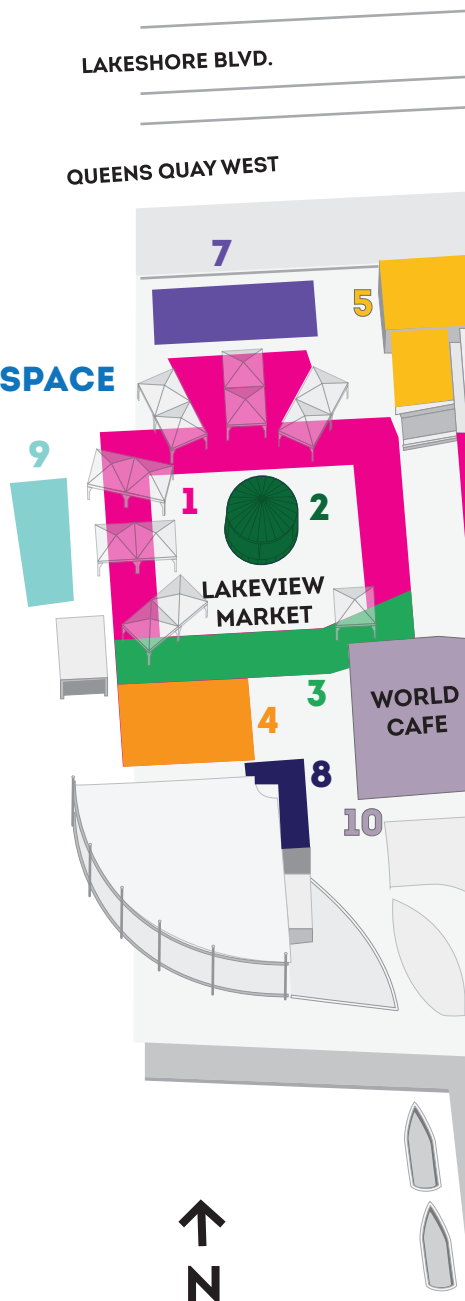
15. MAIN LOFT

16. ONTARIO SQUARE

17. NORTH EXHIBITION COMMON

18. CHILDREN'S AREA

19. EAST TENT





33RD VEG FOOD FEST

PARTNERS

📍 Harbourfront centre



GOLD SPONSORS



MEDIA SPONSORS



SILVER



BRONZE



SUPPORTERS

Carivegan Food Matters TV Genuine Health GUSTA Foods Kelly's Bake Shoppe

Mama Earth Organics Manna Nanashake Oat & Mill Ozery Bakery

Reunion Island Coffee Roasters Sweet Teeth VegNews

VG Gourmet Vegetarian Foods YamChops

PRESENTED BY

