

EVENT PRESS RELEASE

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RESCUE ORGANIZATION INVITES PUBLIC TO LEAVE ANIMAL PRODUCTS BEHIND

**Vegan Education Guild and Finding Forever Rescue
give the community a taste of humanity**

Bring the family to the dog park at Patterson Park for a free sample of classic cruelty-free dishes made by VEG members and FFR volunteers at the Vegan Brunch and Bake Sale on Sunday May 10th, 2014.

“We are expecting a large crowd,” says FFR volunteer Glenda Douglas. “I mean who doesn't want free food? I've had some of the dishes VEG makes and they are simply amazing. I wish they would come to my house and cook for me everyday.”

The brunch is a pot-luck and by donation. Volunteers have hinted that they will be bringing guild favorites like crackers and nut cheese, banana fritters, and black bean brownies. Copies of each recipe will be available. Coffee, tea, water, and wine will be served for adults while sodas and juice will be provided for children.

Volunteers from FFR will be running a bake sale adjacent to the brunch selling some of the delectable foods offered at the brunch along with various snacks and deserts. Some of the treats that will be available are homemade tortilla chips, kale chips, hummus, jalapeno spread, white bean onion dip, and black bean brownies.

After everyone has been given a chance to eat there will be a small presentation on raw veganism and VEG will highlight some of the political issues facing animal advocacy. “People would be surprised at the amount of hormones put into meat products,” says VEG President Javier Martinez. “And factory farming is the norm now. For lots of us it's not that the animal dies, it's how they live.”

The Vegan Education Guild (VEG) promotes the health and moral benefits of a vegan diet. They teach how easy and frugal simple dishes are to prepare and how one can make their meals containing less animal products. The guild hosts weekly hikes at Gunpowder Falls State Park and are active in environmental politics. In the future, they hope to introduce teaching the vegan diet in public schools as a nutritional option.

Martinez dispels some of the common myths about vegan eating. “We don't just eat salads. And we don't push the idea of fake meat. Most of those taste awful. There are so many other meals that use vegetables instead. Alicia (another volunteer) makes a curry dish that would make grown men cry. I will admit however that we make a lot of casseroles.”

President Martinez and VEG are best reached by email at info@VEGBaltimore.com

Contact: Emma Lyons, Media and Advertising Director
info@VEGBaltimore.com