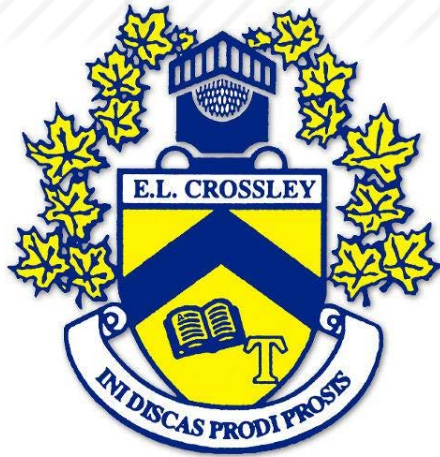
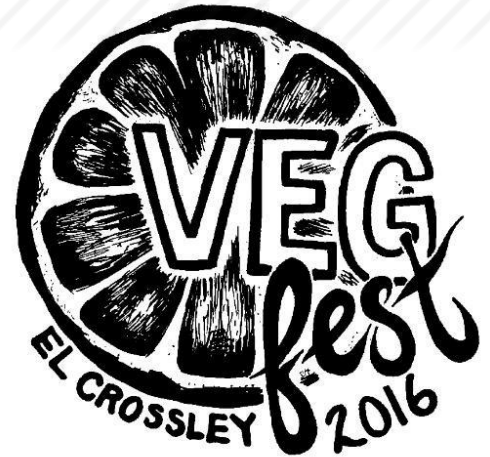


EL Crossley's



**VEG
Fest**



Presented by Julia Labricciosa and Tessa Piccolo

—

Chew on *this*...

Animal agriculture is responsible for up to 91% of Amazon destruction.

A vegan based diet uses $\frac{1}{6}$ of an acre to support, a vegetarian diet requires 3x the land of a vegan and a omnivorous diet requires 18x the land of a vegan diet.

1-2 acres of rainforest are cleared every second.

Veganism

FIND WHERE YOU ARE NOW... THEN CHOOSE A REALISTIC FIRST GOAL!



Our Goal

Our goal isn't by any means to **force** a complete and immediate change upon students, but rather to **promote** a lifestyle that has significant benefits to one's health and the environment.

Sustainable action is on the rise with youth populations across our nation and the purpose of Veg Fest is to make students aware of how they can incorporate mindful dietary choices in their daily lives.

My Story...



Our Veg Fest



April 18th - 22nd

@elcvegfest
@elcvegfest

	MON	TUES	WED	THURS	FRI
MOVIE SCREENING				CAF GAMES	-VENDORS -TREATS -SAMPLES
	(auditorium)	(main foyer)			(main foyer)

SPONSORED BY:



The Process:

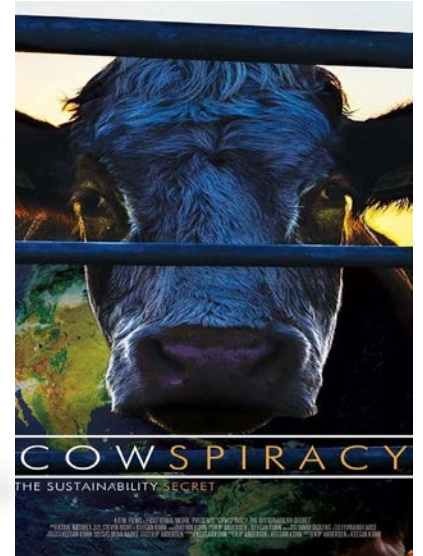
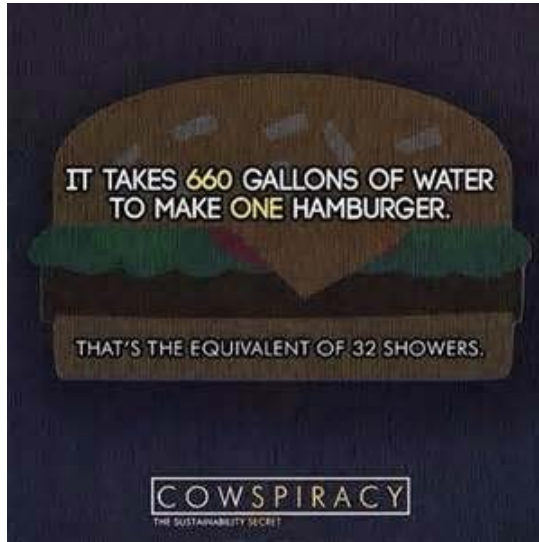
1. Develop an idea...
2. Organize a team...
3. Set a date....
4. Brand your event...
5. Create a master plan...
6. Establish partnerships and sponsors...
7. Take action, learn, have fun!...

Vegan Cooking Class



Moovie Day Monday

Cowspiracy: The Sustainability Secret is an environmental documentary that had our students talking about animal agriculture -- “the most destructive industry facing the planet today”.



Smoothie Day Tuesday

Smoothies are delicious and nutritious and the recipe possibilities are endless. They are simple to create and easy to enjoy, making them the perfect in-school introduction to veganism!



Salad Bar Wednesday

Out with the *simplistic, school lunch salad* and in with the reinvented *plate of green goodness*! We created a salad bar with dozens of vegan toppings and dressings that had students smiling as they devoured their creations!





Cafeteria Games Thursday

What would *you* do for a Beechwood Doughnut?...Would you go as far as eating a raw onion? Or an entire lemon within seconds? As crazy as it seems, we learned that students will do **anything** for a tasty treat!



Beechwood
DOUGHNUTS

Vendor Day Friday

To celebrate the end of a successful week, we invited local vendors to promote their businesses. We wanted to show that a vegan lifestyle can be an accessible, social, and delicious experience...plus, who doesn't love free samples!



Our Video

<http://web.photodex.com/view/7a8gc2x4/?watch-7a8gc2x4>

“Change is not an event, it's a process”

-Cheryl James

Our Project

www.OurCanadaProject.ca/place/vegfest-2016/

Our project won first prize in the 2016 LSF-RBC
Our Canada Project Award



Learning for a
Sustainable Future

LSF

