



For Immediate Release

Halifax Vegfest Celebrates Vegan And Plant-Based Living

Atlantic Canada's Biggest Vegan Festival Has Something For Everyone

Halifax, Nova Scotia, September 12th · Halifax VegFest returns for a fourth year on Sunday, September 22nd at the Halifax Forum Multi-Purpose Centre from 10am to 5pm. The day-long, family friendly event will celebrate vegan and plant-based lifestyles with free workshops, talks, activities, food trucks and over fifty vendors showcasing vegan products. It's a chance to explore some of the top local vegan businesses and products all in one place.

Foodies will want to join chefs Greg Balingit of Five Fishermen Restaurant and Jane Crawford of Hopyard Halifax for a dynamic cooking demo featuring Sweet Potato Vichyssoise with Coconut Crème Fraiche and an Earth Candy Burger with Date Jam. The veg-curious and newly vegan can learn the ropes from Callie and Nichole, the hilarious and heartwarming hosts of the podcast Vegan Warrior Princesses Attack. Animal loving attendees can learn about protecting rabbits from harm with 10,000 Carrots Rescue, and how to help animals and practice self-care at the live podcast recording of The Bearded Vegans Podcast hosted by Paul Stellar and Andy Tabar.

Organizers are encouraging guests to bring along some canned goods as they will be collecting non-perishable plant-based food donations for Feed Nova Scotia and Parker Street Food Bank. Last year, generous VegFest guests donated over four hundred kilograms of plant-based food to the local food banks.

If you would like more details on the event or Halifax VegFest Society please contact:

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Jessie Doyle, founding member of Halifax VegFest Society said, "Sometimes we hear from non-vegans, who don't know what VegFest is about or they aren't sure if they are welcome but we want them to know that Halifax VegFest is for everyone. If you are concerned about the environment or social justice, if you are an animal lover or if you just love food and supporting local businesses Halifax VegFest is for you."

"It's great for people who practice veganism because it is turning the tables on the usual situation where when a vegan goes out, they often only have a couple choices on the menu but at VegFest all of the options are vegan"

About:

Halifax VegFest Society is a volunteer run Nova Scotia registered non-profit society.

Halifax VegFest 2019 is sponsored by ProVeg International, Nova Scotia Humane Society, and Fresh Start Fauxmage

Additional sponsors: Foggy Goggle, Lance Hancock Design, Halifax Water, Daiya Foods, KKP Halifax

September 22, 2019 | 10 AM-5 PM | Halifax Forum



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Cooking demo on the main stage at Halifax VegFest 2018. Left to right: Chef Lauren Marshall of Real Fake Meats; Jessie Doyle of Springhouse; Master of Ceremonies Brett Ruskin; Kirsten Costello of Wild Leek.

High resolution available upon request

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Crowds browse the exhibitor booths at Halifax VegFest 2018.

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