

Season's Greetings • Healthy Holidays



DECEMBER 2021

In the Spotlight

Victoria Moran

Founder, **Main Street Vegan**



I first met the lovely, inspiring Victoria as a student in her **Vegan Lifestyle Coach Educator (VLCE)** certification program in 2017. Victoria has

been living vegan for decades, authored 14 best-selling **books**, hosts a riveting **podcast**, and has been featured on Oprah and other **shows and interviews**.

“One of the most effective speakers in the vegan/animal rights movement, Victoria can hold an audience entranced, make them laugh, and motivate them to take action.”

— *John Robbins, author of Diet for a New America and Healthy at 100*



Nutrition & Brain Health

Thursday, Jan. 13

7:30 – 9 pm ET / 4:30 – 5 pm PT

by Nancy Poznak, MS, CHES

REGISTER / INFO

All Meetups, past, current, future:
www.PlantPoweredMeetups.com



ClimateHealers.org

Transform Yourself
Transform Your World

Vegan World Convergence

Sat. Jan 29 & Sun. Jan 30

11 am – 9 pm ET / 8 am – 6 pm PT

- Education
- Food Healers
- Vegan Governance
- Vegan Economy
- Vegan Spirituality
- Vegan Ecology
- Transitioning the system

**INFO/
REG**



Controversy Corner

Vitamin B-12

If a vegan diet is healthy then why can't we get B12 from eating plants?

- Produced by bacteria typically found in soil; not inherent in plants or animals.
- Farmed animals given B12 supplements.
- Often prescribed for those 50+. As we age, we may not absorb B12 very well from food.
- Methylcobalamin vs. Cyanocobalamin supplementation: **read more here.**
- Impacts many body functions including nervous system and cardiovascular health.

Recommended Daily Allowance

Ages 14 and older: 2.4 micrograms (mcg)

Pregnancy: 2.6 mcg, Lactation: 2.8 mcg

REFERENCE:

The Nutrition Source, Harvard University School of Public Health:

www.hsph.harvard.edu/nutritionsource/vitamin-b12

Afro-Vegan Society



AVS is a national, nonprofit organization which provides resources and support for those in marginalized communities to transition to vegan living.

African-American Vegan Guide

What's Happening?
Visit vegevents.com

Savory & Sweet BotaniCuisine CULINARY DELIGHTS

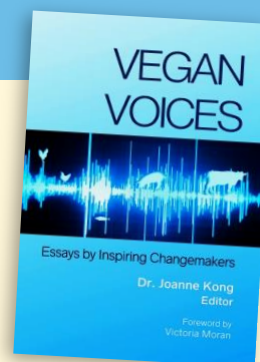
Available At:

- Fell's Point Farmer's Market, Saturdays starting January 8, from 9 am – 12:30 pm
- BMore Kitchen, by appointment

Info / Order

Essays by Inspiring Change-makers

Edited by Joanne Kong
Info / Buy



“A comprehensive collection of compelling testimonials of how our food choices are deeply connected to the pressing challenges of our time.”