



*“March roars in like a lion, so fierce,  
The wind so cold, it seems to pierce.  
The month rolls on and Spring draws near.  
And March goes out like a lamb so dear.”*  
— Lorie Hill



**Fridays: 7–8:30 pm ET / 4–5:30 pm PT**  
Dynamic Speakers, Exciting Topics

**UPCOMING MEETUPS w/Q&A**



**MAR. 5:** Plant-Based Gourmet w/ Chef Suzi, Executive Chef & author of *Plant-Based Gourmet*, a stunning, definitive guide with over 100

original recipes for vegans and the veg-curious that will delight nutrition-minded home chefs and foodies alike.”

**APR. 2:** Kids, Families & Living Plant Based/Vegan with super-mom Heather Brice and Susan Hargreaves, founder of *Animal Hero Kids*.

**APR 16:** *Coalition for Healthy School Food* w/Amie Hamlin. [website](#)

**MAY 7:** Healing Powers of Empathy and Compassion w/ Don Robertson

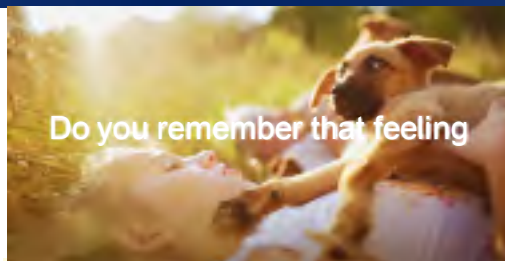
**REGISTER**  
[More Dates, Topics, Replays](#)

**VIDEO REPLAYS**

**JAN. 8:** Healthy Nutrition w/ Dr. Klaper

**FEB. 5:** Food Justice w/ Jacque Salomon

**FEB. 19:** Vegan Athletes



**“FUTURE NORMAL” video**  
**Beautiful, Kid-Friendly**

A place to rediscover how amazing our relationship with animals can be – and how to create that change in our everyday lives.



**Feb. 19 Meetup: Vegan Athletes with Ellen Jaffee Jones**  
**Video Replay\***

Ellen shared the many challenges of her athletic and health journey, and how embracing a whole-food, plant-sourced/vegan diet was crucial for her to regain her health and excel in her athletic abilities. This was a fascinating and unique opportunity to chat with Ellen and her partner, Troy.

Visit Ellen’s website: [vegcoach.com](http://vegcoach.com) and check out her books!

\*Not for kids under 18 due to short part of conversation with explicit terminology.

**Afro-Vegan Society**

**Afro-Vegan Society (AVS)** is a national, nonprofit organization with a mission to provide resources and support to help people in marginalized communities transition to vegan living.



AVS sponsored Veguary, a campaign with support to go vegan for February and beyond.

**Wonderful Resources:**

- Education sessions
- Cooking demos
- Wellness sessions
- Recipes
- Informative articles
- 7-Day Meal Planner
- **African-American Vegan Starter Guide**



These resources are equally beneficial for all people, regardless of ethnicity.

Forward March, and March winds blow the winter away, they get the world ready for April & May.” — Helen H. Moore



“Forward March, and welcome spring. When bunnies bounce and birds all sing! When March winds blow the winter away, they get the world ready for April & May.”

— Helen H. Moore

MARCH 2021

# veg events

Connect at vegan events worldwide with this comprehensive [directory](#).

Subscribe to the free VegEvents.com [Weekly Agenda](#) newsletter and you will receive one email every Monday with a list of:

- Events near you in next two weeks
- Conferences and festivals near you in the next 60 days

### The Term, Vegan

“A philosophy and way of living which seeks to exclude — as far as is possible and practicable — all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of humans, animals and the environment. In dietary terms it denotes the practice of dispensing with all products derived wholly or partly from animals.”

– Vegan Society



### Free Download / View

Beautifully-designed, easy-to-read brochure.



## February Box

INCREDIBLE VALUES FROM [VeganBodybuilding.com](#)

### VEGAN STRONG GOODY BOXES

\$49.99, Includes Shipping  
Retail value: \$150

Gluten Free Option

February Box \$35 thru 2/28  
use FEB30 at checkout

No ongoing commitment required. Perfect for athletes, veg-curious friends and family members, and parents wanting healthy snacks for kids.

Each box is packed with 20+ delicious samples and full-sized products including:

- Food and Beverage
- Sports Nutrition and Snacks
- Seasonal and Specialty Items

Fun extras including:

- Stickers
- Coupons and Digital Codes
- Monthly Recipe

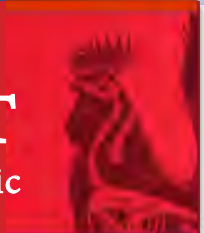
Every box comes with a surprise item. Past surprises included various books, fitness dice, etc.



How to

# PREVENT

The Next Pandemic



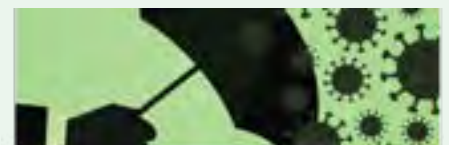
[Watch this no-ifs-and-or-buts video](#) by the exceptional Michael Greger M.D. FACLM — New York Times bestselling author, and internationally-recognized professional speaker on a number of important public health issues. Visit [NutritionFacts](#) for more topics.

- 13-minutes. Transcripts and links to references included with video.
- “Infectious diseases emerging globally at unprecedented rate.”

[Nature, 2008 Report, NIH](#)

- “What we eat is largely responsible for the new zoonotic (animal-to-human) diseases.” [Nature, 2019 Report](#)
- “The World Health Organization, the Food and Agriculture Organization of the United Nations, and the World Organization for Animal Health held a joint consultation which determined *the key underlying causes are the Increasing demand for animal protein.*”

[WHO/FAO/OIE 2004 Report](#)



# BOYCOTT PANDEMICS

Guess How?!

[BoycottPandemics.com](#)