



*“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

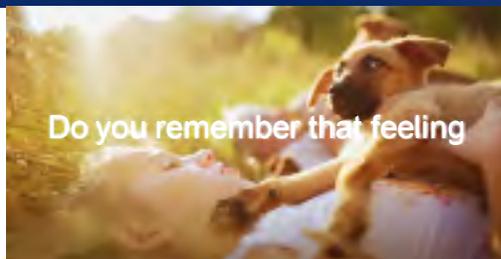
REGISTER
[More Dates, Topics, Replays](#)

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 and check out her books!

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

Afro-Vegan Society

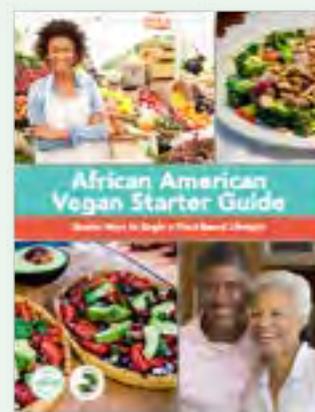
Afro-Vegan Society (AVS) is a national, nonprofit organization with a mission to provide resources and support to help people in marginalized communities transition to vegan living.



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 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



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MARCH 2021

veg events

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

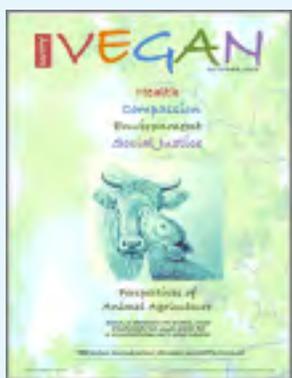
Subscribe to the free VegEvents.com [Weekly Agenda](#) newsletter and you will receive one email every Monday with a list of:

- 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.

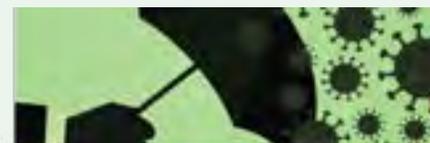
- 13-minutes. Transcripts and links to references included with video.
- “Infectious diseases emerging globally at unprecedented rate.”

[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](#)