

Getting to the Meat of the Matter: Debunking the Myths of Being Vegan



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Author

“Being vegan is limiting and restrictive” and “vegans don’t get enough protein” are just two of the myths about plant-based diets that leave people fearful of experiencing a rewarding, compassionate lifestyle. In this entertaining talk, Patrick-Goudreau will offer the tools and resources for making informed food choices with joy and confidence.

Patrick-Goudreau is an exhilarating speaker, popular podcaster, powerful writer, talented chef, and persuasive advocate who has impacted thousands of lives. Addressing the spiritual, social, and practical aspects of being vegan, she has authored three cookbooks (*The Joy of Vegan Baking*, *The Vegan Table*, *Color Me Vegan*) and two compassionate-living books (*Vegan’s Daily Companion*, *The 30-Day Vegan Challenge*).

Patrick-Goudreau will give a companion presentation, *A Joyful Vegan in a Non-Vegan World: Survival Tips & Tactics*, at Changing Hands Bookstore, Tempe, 7:00 p.m.

Tuesday, November 1, 2011
4:30 – 6:00 p.m.

(enjoy a sampler plate prepared by Chef Jerome)
Engrained Café, Memorial Union, ASU Tempe
Parking: Apache Boulevard Structure (\$2/hr)



RSVP link: Download any free QR-Code reader app to your smart phone. Scan this code and it will take you directly to the RSVP page.

RSVP: sustainabilityevents@asu.edu

Parking and directions: sustainability.asu.edu/directions

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The Sustainability Series is presented by ASU’s Global Institute of Sustainability.