

# 10<sup>th</sup> ANNUAL MEATOUT LUNCH & PROGRAM

## *Love Animals, Love Earth, Love Life: Go Veg!*

Lauren Ornelas will speak on access to healthy foods in communities of color and low-income groups, in solidarity with farm workers and on the issue of slavery in the chocolate industry. She is active in the animal rights movement nationwide.

She is founder of the Food Empowerment Project  
[www.foodispower.org](http://www.foodispower.org) [www.veganmexicanfood.com](http://www.veganmexicanfood.com)



Dan Brook, Ph.D., is a long-time veg eater, writer, and activist. His web site Eco-Eating: Eating as if the Earth Matters is a comprehensive source for all who interested in protecting the environment and the coming climate changes.

His web page is at <http://tiny.cc/eceat>, while more info about his publications is available via <http://about.me/danbrook>.

**Sunday, March 15<sup>TH</sup> 12:00 - 3:30 pm**

**UNITARIAN UNIVERSALIST CENTER**

**1187 Franklin Street/corner Geary Blvd., San Francisco**

**12:00 Register ~ 12:30 DELICIOUS VEGAN LUNCH**

**Organic/gluten-free/vegan cuisine with a Latin touch by El Coqui Creations**

**1:30 - 3:00 FEATURED SPEAKERS & EXCITING RAFFLE!**

**SUGGESTED DONATION for Lunch: \$10.00**

**Students and Seniors ~ Sliding Scale ~ Wheelchair Accessible**

**RSVP (recommended) to [UUanimalministry@gmail.com](mailto:UUanimalministry@gmail.com) or call 415-595-7306**

**Sponsors: Unitarian Universalist Animal Ministry <http://www.uusf.org/#luu-animal-ministry-uuam/c2189> & San Francisco Vegetarian Society <http://sfvs.org>**