

Why become part of Vegetarians of Washington?

- For the monthly dinner where you can enjoy a gourmet vegetarian meal each month at a special price.
- To help make Vegfest a fun event for the Pacific Northwest community.
- To learn why and how to go vegetarian from experts in our classes.
- For a free cookbook packed with delicious recipes to get you started.
- For discounts on local shopping and services.
- To support the Prescribe Vegetarian Campaign, teaching doctors and medical students to treat and prevent disease through a plant-based diet.
- To be part of a fast-growing community that provides a friendly environment for people interested in vegetarian food.



Why choose Vegetarian Food?

Health:

The evidence continues to mount. So many diseases are either caused by or exacerbated by a meat-based diet: heart disease, cancer, diabetes, hypertension and even different kinds of food borne diseases such as E-coli. We can make a real improvement in the quality of our own lives, and those of our families, by choosing vegetarian food.

Environment:

The production of meat consumes vast amounts of energy, water, natural habitat and topsoil and generates excessive greenhouse gases. By eating lower on the food-chain we can significantly reduce the impact we have on the Earth.

Concern for Animals:

The advent of factory farming has led to increasingly harsh conditions. Choosing vegetarian food is an effective way to improve the welfare of animals.

Global Hunger:

Animals return only a fraction of the nutrition they're fed. Eating crops directly leaves more for everyone else, especially in poorer countries.

Spiritual:

A growing number of people from a wide range of spiritual traditions consider a vegetarian diet an important part of their practices and beliefs.

Learn More at VegofWA.org

Vegetarians

OF WASHINGTON

Discover the Advantages and Experience
the Pleasures of Vegetarian Food

*See our helpful
Shopping Guide!*



Vegetarian Food is
Delicious, Healthy and Popular

Vegetarians of Washington
12819 SE 38th Street, #427
Bellevue, WA 98006

www.vegofwa.org
contact@vegofwa.org
206 706 2635

We welcome experienced vegetarians, beginners and the curious.

We invite you to discover the advantages and experience the pleasures of vegetarian food. When making changes to your diet, proceed at your own pace and do the best you can. **You don't have to be a vegetarian to join.**

Vegetarians of Washington is an independent, 501(c)3 nonprofit organization made up of people from all walks of life who are interested in a vegetarian diet for a variety of reasons: health, environment, compassion for animals, spiritual and more.

Monthly Dining Events

We hold a delicious catered buffet dinner, usually on the third Wednesday of each month at The Upper Crust, Greenwood Ave, Seattle at 7pm. Join the adventure of tasting gourmet food from a different cuisine each month at one central location. Meet lots of interesting people. Reservations for the monthly dinner can be made through our message line or on our website. Special low price for members; guests and newcomers are welcome at a slightly higher price.

Vegfest

Our festival is held in March or April each year at the Seattle Center. It is a celebration of healthy vegetarian food:

- taste a wide variety of **free** food samples,
- see cooking demonstrations,
- hear the latest information on nutrition,
- get free health screenings,
- choose from a huge selection of books

Vegfest is the highlight of the year!

Informative Classes

We hold a variety of free classes on the reasons why to go vegetarian, plus practical information on shopping, cooking and nutrition. Classes are held at local venues, taught by our expert teachers and chefs.

Our Books

In Pursuit of Great Food

Our shopping guide will help you become a savvy shopper, with information about the wide variety of vegetarian foods available in stores. Perfect for both beginners looking for some veg-shopping basics and experienced vegetarians interested in some of the finer points.

Say No to Meat!

Written in a quick and easy question and answer format, this book provides cutting edge information on how our food impacts our health and the world we live in. Includes practical advice on shopping, cooking, friends, family and society, plus easy recipes.

The Veg-Feasting Cookbook

Favorite vegetarian recipes from local restaurants and leading chefs make this cookbook unique. It includes a range of recipes from many different cuisines and styles.

Discount Program

Vegetarians of Washington members can obtain discounts from a wide range of restaurants, businesses and services. Check our website for the latest listing.

Prescribe Vegetarian Campaign

We teach doctors and medical students about the power of a plant-based diet to prevent and treat many diseases, through classes at medical schools and hospitals, through our website: PBDMedicine.org and through our Medical Seminar held at Vegfest each year.

Community Involvement

We provide speakers and presentations to civic groups, businesses, schools and hospitals on the many benefits of a vegetarian diet. We offer a wide range of educational literature on all aspects of a vegetarian diet, available at all our events as well as the many community events we participate in.

Vegetarians



OF WASHINGTON

Join the most dynamic and fun vegetarian organization in the Northwest.

You don't have to be a vegetarian to join!

Annual Fee:

- \$24 Individual \$50 Supporter
 \$36 Family \$100 Patron

Name(s) _____

(List names of those who require an identification card)

Address _____

City _____

State _____ Zip _____

Home ph _____

Cell/Work ph _____

E-mail _____

Please provide your primary e-mail so that we can send you newflashes and reminders. We respect your privacy. We will not share your contact information with anyone without your prior consent.

You will automatically receive a **free cookbook** (no animal products included) unless you request otherwise.

Method of Payment:

- Check enclosed to Vegetarians of Washington
 Charge my Visa/Mastercard

Card # _____ Exp. _____

Signature _____ 3-digitCode _____

Please place this form in an envelope and mail it with your payment to: Vegetarians of Washington:
12819 SE 38th St. #427, Bellevue, WA 98006.