

# VOLUNTEER AT

# Vegfest

## 2023

### **A Healthy Vegetarian Food Festival**

*Volunteers needed: Friday May 12th through Sunday May 14th, 2023*

**In the Pavilion at the Washington State Fair Events Center in Puyallup**

**You don't need to be a vegetarian to volunteer!**

**Volunteering at Vegfest is a great way to help others while learning more yourself.**

We know that vegetarian food choices have a big impact on people's lives and the world they live in. Some people who attend Vegfest are already experienced vegetarians, but many, if not most, are beginners or just curious. You can make a real difference in their lives, by providing them with opportunities to try new foods.

Vegfest is run entirely by volunteers each year. We need hundreds of volunteers to make it happen. We need help with various roles and shifts during the entire weekend. We have roles for everyone – individuals, couples or groups, of any age, though most jobs are suitable for those age 15 and over.

To show our appreciation, all volunteers who help for 4 hours or more, will receive:

- A free Vegfest T-shirt, designed by a local artist
- Free admission to the event on Saturday or Sunday
- Satisfaction in helping people experience vegetarian food and learn about its benefits
- A lot of fun

To volunteer, just visit [volunteer.Vegfestwashington.org](http://volunteer.Vegfestwashington.org) where you can learn about all the jobs and shifts available, find out answers to your questions, and complete our online application form. If you have questions about volunteering which you can't find the answer to, email [volunteers@vegofwa.org](mailto:volunteers@vegofwa.org). This event is run by Vegetarians of Washington, a volunteer based nonprofit organization. To learn more about us, visit [www.vegofwa.org](http://www.vegofwa.org) or call 206 706 2635.