



Stand Holders

- Alliance for Animal Rights
- Art of Zen Foods
- Buttercream's Bakery
- Cornucopia
- Delhi O'Deli
- doTERRA Essential Oils (Talk: 12pm)
- Dublin Cycling Campaign
- Dublin Food Co-op (Food demo: 1-2pm)
- Dxn and Home Massage Beds
- Flavonmax/Shivam Yoga
- National Animal Rights Association (NARA)
- Plantgoodness24.ie
- Real Healthy Lifestyle
- Sea Shepherd Ireland
- The Body Shop
- Umi Falafel
- Vegan Ireland
- Yamini Mehendi/Henna Art

Special Guest Speakers

Time	Speaker	Role	Title
13:00-13:30	Maureen O'Sullivan	Chairperson of the Vegetarian Society of Ireland	Do Vegetarians have Human Rights?
13:30-14:00	Liz Bourke and David Scully	Vegan Ireland	Vegetarian to Vegan: Why go vegan and how to do it
14:15-14:45	Peter Hammarstedt	Sea Shepherd Global	12 Years Defending Whales in Antarctica
14:45-15:15	Frank Armstrong	Food Historian	Livestock's Lengthening Shadow
15:30-16:15	World Vegetarian Day Panel Discussion	Will include a number of our speakers, plus Michael Nugent (Atheist Ireland) and Laura Broxson (NARA)	

Vegetarian Society of Ireland

What do we do?

- Act on behalf of the vegetarians of Ireland – if you have a problem, let us know about it!
- Offer membership
- Maintain a website www.vegetarian.ie, Facebook page, group & Twitter account
- Publish The Irish Vegetarian magazine
- Distribute The Irish Vegetarian to members, shops and libraries
- Maintain a members' discount scheme
- Answer queries from members and the general public
- Organise public information stands
- Organise Meetups <http://www.meetup.com/vegetarian-485/>
- Organise an annual World Vegetarian Day event
- Organise an annual Worldwide Vegan Bakesale event
- Assist the formation of local groups
- Respond to media enquiries
- Run campaigns

Why join as a Member?

- To avail of discounts in participating restaurants, shops and accommodation venues
- To support the work of the VSI, a Registered Charity run entirely by volunteers
- We depend 100% on memberships and donations to fund our work
- To get your own copy of The Irish Vegetarian magazine delivered direct to your door
- To help to promote vegetarianism in Ireland

vegetarian.ie

facebook.com/VegetarianSocietyofIreland

twitter.com/veg_irl