

OCCUPY SONOMA COUNTY *presents*

Mon, May 6, 6-9 pm



## Climate Change or Diet Change?

**EARTH CONSCIOUS EATING**

**Monday, May 6th, 6 to 9 pm**

Peace & Justice Center of Sonoma County  
467 Sebastopol Ave., Santa Rosa 95401

*Free with donations welcome*

*Free seed exchange - bring your extra seeds to share*

**6:00-7:00 PM: *plant-based potluck***

New to plant-based eating? You don't have to bring a dish to share unless you want to. Simply enjoy all the delicious foods from Mother Nature. Everyone who is able - please bring a potluck dish to share.

**7:00-9:00 PM: *teach-in***

Cyrelle McDonald, natural foods chef and health educator at Bauman College. We will share recipes, meal plans, and how-to information on switching to a healthy plant-based diet, for one or for a family on a budget.

This event is part of the **May Meat Challenge**, an education campaign about the greenhouse gas (GHG) impact of animal agriculture and conventional food production. To reduce our GHG footprint a shift to plant-based foods is essential to preventing a climate catastrophe. But for many, plant-based eating seems intimidating. The May Meat Challenge provides motivation and resources to start exploring a plant-based diet. Go to our website for more information and to sign up for the May Meat Challenge.

info: [occupysonomacounty.org](http://occupysonomacounty.org) or 707-877-6650

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