

CANADA Earthsaver

Healthy People. Healthy Planet. Published by EarthSave Canada.

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www.EarthSave.bc.ca

Dairy or Beef? Which is worse?

By Dave Steele

It seems obvious enough. If you're concerned about cows, dairy's the way to go. Nobody gets killed, right? The cows spend pleasant lives grazing in the fields, coming in for milking every now and then. Right? Contrast that with the horrors of the slaughterhouse.

Unfortunately, things aren't so simple. The small family farms on which dairy cattle could roam between milkings are mostly gone now. Instead, most dairy cattle live out their lives in huge sheds where they're treated more like machines than animals. Bred to produce unnatural amounts of milk (annual milk production per cow has more than doubled since the 1940s), dairy cows are plagued with calcium deficiencies and painful mastitis. Their natural lives would span some 25 years, but instead they are routinely sent to slaughter before their fifth birthday, to become hamburger and "processed" beef.

Like humans, cows have to give birth in order to produce milk. To keep production high, they are artificially inseminated once a year. Nine months later, a calf is born. 24 to 48 hours after that, the calf is taken away. Milk production must be maximized. If the calf is female, she usually

gets to live and follows her mother's path to the dairy. If the calf is unfortunate enough to be male, he is sent off to the veal farm instead. He might as well be sent to hell.

While his mother languishes, mourning the loss of her calf, he is chained by the neck inside a tiny crate, just two feet wide. He sees no daylight and eats no grass. Fed an antibiotic-rich, iron-deficient gruel so that his meat will be pale, the young calf has no room to walk or turn. He can't even lie down comfortably. By the time he's led to slaughter at just 16 weeks of age, chances are good that he will be unable to walk at all. According to the Humane Society of the USA, this veal industry to which he will succumb is based entirely upon 'surplus' dairy calves.

Contrast his life to those of beef cattle. At least many of them have access to range land for part of their lives... until they're sent to fatten up at the feedlot.

Which brings us to some of the other costs of both beef and dairy. There are about 10 million cattle in Canada, 5 million of them adults. Something like 200,000 of these are dairy cows. All except the veal calves are fed a diet of grains and soy beans for a significant part of their

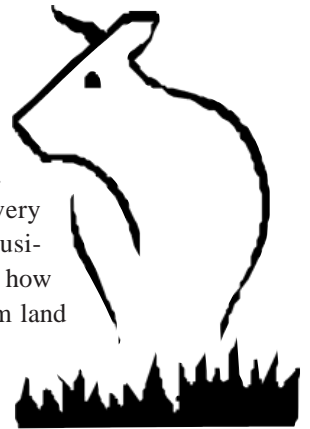
burger that she becomes.

This is very expensive business. Imagine how much less farm land we'd need to cultivate if we didn't eat meat or dairy. Imagine how many more human mouths we could feed.

And cattle don't just eat. They discharge manure and they release methane. Pound for pound, their methane warms our planet more than CO₂ does. Their manure contaminates our ground water. With the growth of factory farming, animals live in close quarters. Their manure is collected in large "holding ponds" where it sometimes overflows or otherwise seeps into the ground. Dairy cattle contribute more to this problem because they usually live their entire lives under these close quarter conditions.

The fact that cows live in these close quarters has another consequence for us humans. Because they are packed so closely together, disease can spread quickly. To prevent this, farmers dose them up with antibiotics. Among other things, this has the effect of loading up their meat and milk with antibiotics, too. Pesticides and other chemicals from the grains they eat accumulate as well.

Not surprisingly, dairy cattle – who frequently suffer from mastitis, and eat more grain than their 'beef-producing' kin – have the highest levels of antibiotic and pesticides in their bodies. The US FDA has found that 60% of the hamburger with



lives. Dairy cattle eat it all their lives. It takes about 10 kg of grain to 'grow' 1 kg of beef and about 15 kg of grain to produce 30 liters of milk. By the time a dairy cow goes to slaughter, she'll have consumed some 40 lbs of grain for every lb of ham-

"Dairy or Beef?" continued on next page...

EarthSave Canada
HEALTHY PEOPLE. HEALTHY PLANET
2150 Maple Street
Vancouver, B.C., Canada V6J 3T3

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Letters to the Editor

Submissions of articles and letters are gratefully accepted. Please send your contributions to newsletter@earthsave.bc.ca.

Dear EarthSave,

David Suzuki is so well educated on the havoc that the meat and dairy industry has wreaked on our planet, that I've long assumed he was a vegan or at least vegetarian aspiring to vegan. I saw a David Suzuki program on TV last year, (sorry, can't remember the name of that issue) which made it clear he is none of those things.

Considerable serious moral aspects aside, it is so obvious that meat and dairy use are not an ecologically responsible choice, that unless I hear differently, David Suzuki doesn't have much credibility in my book. I couldn't even bring myself to click on the link you've provided [in the email update]. Feel correct me if I'm wrong about Mr. Suzuki – I'd love to be wrong on this one!

Hannah McIntyre
Midway, BC

Ed. note: Despite efforts, we were unable to reach Dr. Suzuki for comment. EarthSave Canada very much appreciates all the wonderful work Dr. Suzuki has done to educate Canadians about the environment.

"Dairy or Beef?" ...continued from page 1

chemical residues over allowable limits comes from dairy cattle.

What can you do about it?

You can mitigate some of the damage by buying organic. At least the cows see pasture and you won't be loading yourself up with unwanted chemicals. Remember, though, that even organic dairy calves become veal, and that an awful lot of grain goes into raising even organic cattle. The environmental costs of raising any food animal are high. If you really want to have an effect, cut back your consumption dramatically or, best of all, avoid meat and dairy altogether.

Which is worse? Dairy or beef? You be the judge.



2150 Maple Street
Vancouver, B.C., Canada V6J 3T3
Tel: 604-731-5885
Fax: 604-731-5805
Office manager: Alison Cole
E-mail: office@EarthSave.bc.ca
Internet: www.EarthSave.bc.ca

Canada EarthSaver
EarthSave Canada is a non-profit, educational organization dedicated to educating the public about the effects of food choices on the environment, personal health, and animal compassion.

EarthSave International, which was founded in California by John Robbins, was founded in response to overwhelming public support of his ground-breaking book, *Diet for a New America*.

Canada EarthSaver is published six times a year on 100% recycled paper, printed with soy-based ink. The opinions and

Volunteer Program Update

by Silvia Wilson

As the number and variety of projects and events at EarthSave have increased, so has the need for a formal Volunteer Program. As the Developer and Coordinator of EarthSave's new Volunteer Program, my vision is to create a program that supports EarthSave, the achievement of its mission and the volunteers who help achieve that mission.

An effective program has a system of tracking volunteers, checking in with them regularly, offering opportunities to learn new skills and take on new challenges. The newly implemented procedure of signing in and out when volunteering for ES will help answer some important questions: Who's volunteering? What are they doing? How long are they doing it? All this information can be used for evaluation and to apply for much-needed funding. It will also make it possible to show regular appreciation and recognition for volunteer contribution and outstanding efforts.

Valuable training will provide EarthSave volunteers with skills to do their tasks more effectively. These skills will be transferable to their personal and professional lives.

In June, a communication course for EarthSave volunteers and staff was taught by Dr. Stephen Linn of Empowering People. Sales Transaction Training will be required for all ES volunteers handling sales transactions and is being taught regularly by Office Manager Alison Cole.

Food Safety is an important issue. It's become a high priority that all our volunteers handling food at events like the monthly Vegan Potluck and Taste of Health have FoodSafe training. FoodSafe training will be held for ES volunteers on Saturday, August 27th and Saturday, September 24th, 2005.

Taste of Health, ES's big annual 2-day event, is on October 1st and 2nd, 2005 and many volunteers are needed! Interested in becoming part of the exciting new team of ES volunteers? Call 604-736-4636 and press 1.

Please note: If you have volunteered in the past, it's possible that no record was kept, so please call if you would like to volunteer again. To all ES volunteers: You make so many ES projects and events possible. Thank you!

ideas expressed in this publication do not necessarily represent the views of EarthSave Canada.

Submissions

Editorial submissions are welcome and must be received no later than the 1st of the month preceding publication. Advertising submissions must be received not later than the 15th of the month preceding publication. Articles may be edited where appropriate. If possible, please submit your material by e-mail to newsletter@EarthSave.bc.ca.

Editor

Nancy Callan

Production

Alison Cole

Contributors

Nancy Callan, Bonny Do, Melonie Hackman, Ahlaam Mahmood, Dave Steele, Silvia Wilson

Advertising

Advertising space is available in *Canada EarthSaver* — please contact the office for current rates.

Canada's Food Guide – Updated but not necessarily improved

By Melonie Hackman

The first major overhaul of *Canada's Food Guide* is nearing completion. Originally introduced in 1942 as the *Official Food Rules*, a guide for Canadians to improve health and nutrition within wartime food restrictions, the *Official Food Rules* were revised several times and re-released as *Canada's Food Guide to Healthy Eating* in 1992. The 1992 version of the *Food Guide* included information on nutrient needs, meeting energy requirements, portion control and prevention of chronic disease through healthy food choices.

Since that time, Canadian and American scientists have conducted extensive scientific research and developed the Dietary Reference Intakes (DRIs) for nutritional and dietary planning purposes, including specific recommendations regarding essential nutrients and how to reduce the risk of chronic disease.

There have also been important changes with regard to Canada's food supply and uses and the ethnic and cultural diversity of Canada's population. These significant changes and new scientific research prompted Health Canada to initiate a review of *Canada's Food Guide to Healthy Eating* in 2002.

Meetings were held with a large group of some 175 stakeholders including but not limited to food industry/trade groups, universities, professional health associations, all levels of government and consumer groups.

A few of the key recommendations coming from the scientific community for the updated *Food Guide* included reductions in meat servings from two a day to one (emphasizing lean cuts) and choosing meat alternatives, such as legumes, beans and tofu. A reduction of the existing *Food Guide* recommendation of two-egg suggested serving size per day to one was recommended, as well as a reduction in milk consumption for teenagers to three servings from the previous recommendation of three-four daily servings. The scientists encouraged the promotion of low-fat varieties of milk products and the addition of calcium-rich soy products to the milk products category. Extra vegetables and fruit were also recommended with a decrease in daily protein requirements. These recommendations culminated in an overall shift toward more plant-based foods and away from meat and dairy products.

This position was further strengthened by the findings of The International Society for Research on Civilization and Environment. The Society reported that daily consumption of meat, fish and eggs is not necessary and that protein requirements have been exaggerated (e.g. athletes and those doing hard physical labor do not require additional protein).

Controversy erupted concerning two essential elements of the *Food Guide*: what kinds of food to include in the food groups and, more importantly, the suggested serving ranges for all of these groups. The early version of the updated *Food Guide* was met

with much criticism from industry/trade groups, such as the Canadian Egg Marketing Agency, the Dairy Farmers of Canada and nutritionists from the Beef



Information Centre. Researcher Ken Rubin obtained documents under Canada's Access to Information Act revealing lobby groups protested the Guide's inclination towards a vegetarian diet.

Unfortunately, under intense pressure from meat producers, the dairy industry and other special interest groups, there was a reversal of many of the recommendations from the scientific community, back to the original 1992 *Food Guide* standards. Scientists were shocked to find recommendations for fresh fruit and vegetables greatly reduced while full-fat dairy and high-fat meat servings increased despite recommendations to decrease serving sizes and promote low-fat varieties.

It would seem the final version of the *Food Guide* will not reflect some of the current scientific findings that would help Canadians avoid chronic disease, as was originally intended. Maybe the revised *Food Guide* should be viewed as a general guide rather than the definitive source for good health and nutrition. The revised edition of *Canada's Food Guide to Healthy Eating* is scheduled for release in early 2006. For further information, please visit Health Canada's website at <http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn>

Largest Fundraiser to Date – the end of Speed Dating at EarthSave

Good-bye to Speed Dating and thank you to Sue Beckstead and her team of volunteers, who did a bang up job on our most successful fundraiser to date.

Thanks to the efforts of these dedicated volunteers, this fundraiser raised over \$5500 for EarthSave. This money enabled us to keep the EarthSave office open at a time when donations and grant money were restricted and could not be used to cover overhead. The events were so successful that EarthSave was also able to purchase a photocopier, an LCD projector and an outdoor power supply. This equipment will be used to produce EarthSave materials, have larger indoor video showings and Outdoor Educational Video displays, thereby reaching a larger audience with our message of a plant based diet than ever before. Thanks also to all those who attended and made the events such a success.

EarthSave Youth Group Gettin' Down to Business

By Ahlaam Mahmood

The EarthSave Youth Group is for youth under 26 who have an interest in the ethical, environmental and health consequences of food choices. Events have included a potluck, a video night, a games night and most recently a film and pizza night, where the film *Peaceable Kingdom* was shown. Meetings are also held to discuss actions to promote awareness of the ethical issues involved with factory farming and the environmental impacts of eating high on the food chain. Members of the youth group are anywhere on the dietary spectrum from omnivore to vegan to raw foodist.

The most recent event, the showing of *Peaceable Kingdom*, took place on Saturday, May 14th, 2005. Over 25 youth attended this event and it was a huge success, in my opinion. At the end of the night many of the youth had tears in their eyes. Many of them had never seen or even heard the painful truths about what really happens in factory farms. Not only did the youth get a chance to learn something new, but they got to meet other youth and make some new friends.

Seeing all the youth interacting and participating in the end-of-the-movie discussion was just great. The best part of the



night was when some of the youth stood up and said, "We really need to do something...we can't just sit here and let this happen." Many great ideas were brought forth, such as handing out pamphlets/flyers or tabling at universities and colleges.

A group of very keen youth decided to get involved with the EarthSave Youth Group to take action. They plan on holding an OVED, an outdoor video educational display to educate the public. Who says we, youth, can't do anything? With such a great bunch of youth, I'm so sure we can make a difference.

Regarding the movie night, did I forget to mention the food? I don't think this event would have been possible without the generous support of Rebellious

Tomato, who donated the YUMMY pizza for the night, and most importantly the help of all the EarthSave Youth Group members who made the event run smoothly not just at the event, but also prior to the event. Thank you all.

If you are a youth under the age of 26, or if you know of any youth who might be interested in being part of the EarthSave Youth Group, for more information on how to get involved please e-mail: youth@earthsave.bc.ca

We, youth, can't just sit expecting things to just happen. We need to take action. It reminds me of a quote by Mother Theresa: "Do not wait for leaders; do it alone, person to person."

BUYING or SELLING REAL ESTATE?

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Laura-Leah pledged \$300 per sale to charity until June 30/05.

– including EARTHSAVE –

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Ask Nancy

EarthSave Past President, Nancy Callan, answers your veggie related questions



Question: After attending Taste of Health last year, I was very moved by the reasons to adopt a plant-based diet. I don't need further convincing. The problem is that I keep slipping. I feel bad about myself doing this, but obviously not bad enough not to cheat and eat cheesecake or ice cream in the first place. I'm starting to feel I'm not cut out for this diet and perhaps I should be a vegetarian, since vegetarians are allowed to eat dairy. How can I get the resolve to follow a plant-based diet?

Answer: Seems you're already eating a plant-based diet – a diet based around plants. Remember, you have eaten the Standard American Diet (or S.A.D) most of your life. We humans are creatures of habit. Changing habits and learning new ways of cooking and new ingredients to shop for takes time. Be aware of things that trigger your old habitual behaviour, such as shopping when hungry.

You speak of cheating and of what's allowed. Vegetarian and vegan are descriptions of eating patterns, not rules. Don't beat yourself up for not being 100% consistent. The perfect is the enemy of the good. You're getting there. Because you ate a piece of cheesecake at a friend's party does not mean you should give up and start eating dairy daily. Perhaps if you worry less about living up to a label, you'll find you stop fighting against the diet and actually want to choose plant foods.

It's much easier to make changes in your diet with support. EarthSave has a myriad of resources at your disposal in our lending library – books, cookbooks and videos. You say you don't need further convincing, but I find watching videos on the impacts of food choices reinforces my decision to follow a plant-based diet.

Finally, no man is an island. Food is a big part of social occasions. Come out to an EarthSave potluck or a dineout. The food is fabulous and you'll meet other people making the same transition towards a plant-based diet. They can be a valuable support.

EARTHSAVE READING GROUP

If you have an interest in reading thought-provoking books on our diet's relation to health, the environment and animals, please contact Denise or Cylia at readers@earthsave.bc.ca. Discussions are held at various vegetarian restaurants in the Lower Mainland.

The following books are be available at reduced cost at the EarthSave Bookstore, 2150 Maple St., Vancouver, with an additional 10% off for EarthSave members.

July: *The Perfectly Contented Meat-Eater's Guide to Vegetarianism*, by Mark Warren Reinhardt

August: *Ranch of Dreams*, by Cleveland Amory

September: *Making Kind Choices*, by Ingrid Newkirk

October to December: *The Food Revolution*, by John Robbins

Both EarthSave members and non-members are welcome to attend, however a \$2 donation is requested from non-members to help defray costs. Attendance is free to members.



WANTED:

YOUR GENTLY USED BOOKS, PAPERBACKS, VIDEOS, TAPES, CDS, DVDS

Help support this fundraiser for EarthSave by bringing your donations to the ES office during regular office hours or by contacting Cylia at (604) 521-8200 or email at mavcat@telus.net (for pickup on the weekends). Donations will continue to be collected during July and August.

The sale will be held at the SPEC parking lot at 2150 Maple Street, Vancouver on Saturday, July 16th, August 20th, and September 17th from 12-4pm

There will be many items for sale as this is a joint fundraiser with Maverick Cat Coalition. Items donated to ES will benefit ES and all items will be tagged to sell from 50 cents to \$3 each.

Bring your change and come out and browse!

EarthSave Yoga

Long time vegan and Yoga Alliance certified instructor Heather Freeland can personally testify to the sense of inner calm and improvement in athletic endurance that are among the benefits of a regular yoga practise. The non-violent vegan lifestyle combines so naturally with her yoga practice and Heather is eager to share this knowledge with members and non-members alike. *Bring your own mat.*
Improve your flexibility, clear your mind and support EarthSave at the same time. All classes are Hatha style. For more information, please email heather@earthsave.bc.ca.

When: Thursdays 7:00-8:30pm

Where: 2150 Maple Street (at 6th Avenue), Vancouver

Session runs from July 7th - August 25th, 2005

First class - \$5 (\$3 for members)

Drop-in - \$10 (\$8 for members)

4 classes - \$35 (\$30 for members);

8 classes - \$60 (\$50 for members)



Café in a Grocery Store?

By Bonnie Do

Rooted Organic Café is tucked in a corner inside Eternal Abundance located at 1025 Commercial Drive. Working to dispel the myth that good food can't be enjoyable, the 100% vegan menu of raw and cooked dishes, soups, and juices is something potentially appealing to all. But what sets Rooted apart from some other vegan restaurants is the ethic and forward-thinking optimism infused into its daily operations. I met with partners, Jaime and Aaron, to discuss some of the ideas behind Rooted.

Rooted seems to have emerged from a shared enthusiasm for socially and health-conscious eating. Jaime explained that while pragmatic reasons determined the location in a grocery store (like cheaper rent, and his being previously acquainted with the owner, Ralph), a symbiotic relationship has developed – namely, the trading of tips between cooks and customers,

and the cross promoting. With little startup capital, a lot of community involvement has helped Rooted along: From helping hands of friends to regular customers from the area and promotion by word-of-mouth. This decidedly non-corporate atmosphere is also apparent in the transparency of the layout. The customer can potentially be present for the entire life cycle of their meal! It might seem like a small detail but knowing what is going into your food, and seeing how it is being handled, is comforting.

Rooted also makes efforts to be sustainable and socially just. Along with the promise that no animals were harmed in the making, the ingredients are mostly organic and fair trade. The organic produce is ordered through a local supplier and from local farms (except in winter, when some of the produce comes from California). All the food scraps, four to

five tubs per week, are composted at Strathcona Community Gardens. The napkins and toilet paper are all recycled, unbleached, and biodegradable. The space is quite small so Rooted encourages customers to bring their own containers for takeout. But quite novel is their take-out ware which is 100% biodegradable and said to fully compost after 180 days with heat. These containers – made from corn, sugarcane fibres, or wheat – are a bit more expensive than those more widely-used, but it is part of Rooted's effort to leave as light a tread as possible on the earth – by even thinking of after customers leave the restaurant.

The contemporary food industry has turned food into little more than human fuel. This is what makes Rooted unique and heartening. Rooted has convenience, but also turns food back into something meaningful and valuable for our everyday life. This is a quiet celebration of the earth and all those who do and will live on it.

TASTE
of HEALTH
The Healthy Food Festival presented by EarthSave

2005
Feed Your Senses

www.tasteofhealth.com

October 1st & 2nd

at the Croation Cultural Centre, 3250 Commercial Drive, Vancouver

This year's featured speakers:

Dr. T. Colin Campbell, Professor Emeritus of Nutritional Biochemistry at Cornell University in Ithaca, NY
and author of *The China Study*

Erik Marcus, animal activist and author of *Meat Market: Animals, Ethics and Money*

Dana Lyons, recording artist and author of *Cows With Guns*



Dr. T. Colin Campbell



Erik Marcus



Dana Lyons

Members' News & Special Events

UPCOMING MONTHLY VEGAN POTLUCKS

Date: Sunday, August 14th at 6pm

Speaker: Anthony Fulker

Topic: "Can you hear what I am saying?" – Vegetarians' Tools for Better Communication with Omnivores.

Date: Sunday, September 11th at 6pm

Speaker: Sajan Joseph, BSc. R.E.H.O

Topic: Food Safety

Location: 2150 Maple Street (at 6th Avenue), Vancouver

Cost: Free to members; \$3 for non-

members (Everyone MUST bring a VEGAN dish with 8 servings – both homemade and store bought food are acceptable.)

Visit www.earthsave.bc.ca/events/potluck.html for more info.

To volunteer at an upcoming potluck, email potluck@earthsave.bc.ca

Thank you to the July potluck sponsor, Vegan Choice Foods, Inc.



VOLUNTEER NIGHTS AT EARTHSAVE

Join other like-minded individuals every Thursday evening from 6:30-9:30pm at the EarthSave office, 2150 Maple Street (the SPEC building on 6th Avenue), to help with general office duties. It's a great way to get involved on a casual, drop-in basis and to meet new people.

UPCOMING DINE-OUTS — OPEN TO ALL!

Tuesday, July 19th at 7pm

Afghan Horsemen

445 West Broadway, Vancouver

Afghan Horsemen offers the unique experience of dining at low tables surrounded by comfortable cushions, while savouring vegan dishes from the Middle East. We'll be starting with an appetizer of Salata (Cucumber, Tomato, Green Pepper, Onion Salad with a Cilantro based dressing), Humus and Whole Wheat Pita Bread.

The entrée consists of Kabuli Palaw (Baked rice topped with sautéed carrots, raisins and almonds), Badjan Borani (baked eggplant), Dahl, Sabzie (cooked spinach), Cooked Cauliflower, Pakawra (batter fried potatoes) and a Tomato based vegetable dip for the potatoes.

Price: \$20 inclusive/ES member (\$23/non-member)

Thursday, July 28th at 7pm

Social Mixer at

Greens and Gourmet

2618 West Broadway, Vancouver

This is an opportunity to sample a delicious vegetarian buffet and meet new friends also concerned about the health, ethical and environmental impacts of food choices and transitioning to a more plant based diet. A fun activity will foster an opportunity to meet everyone in the room.

Price: Minimum \$10/person for the pay by weight buffet and \$8/ES member or \$10/non-member Social Mixer fee

Thursday, August 4th, sittings at 7:00 and 7:30pm

Natural Garden

3432 Cambie (at 18th Ave.), Vancouver

Striving to serve food in its most original state, without much processing, the Natural Garden menu is based on the Chinese yin yang theory that all food has energy. This all organic menu will start with gomadofu, a sesame seed and arrowroot mix that prepares the digestive system. The main course will be a standard macrobiotic meal, including miso soup, brown rice, gomashio, sea vegetables, steamed seasonal vegetables, a kidney bean miso dish, a pumpkin squash dish, and a cold pressed salad of marinated, finely sliced veggies. Bancha tea will be served. Dessert will be a tofu cheesecake with a berry sauce.

Price: \$19 inclusive/ES member (\$22/non-member)

Wednesday, August 17th at 7pm

Wild Rice

117 Pender Street West, Vancouver

Wild Rice specializes in Chinese cuisine for the modern palate. The restaurant strives to offer a harmonious and fun dining experience through their creative fare and the feng shui-inspired ambiance. Chef Stuart Irving's innovative three course vegan menu will start with a refreshing salad of crisp fennel and winter melon and be followed by a spicy roasted garlic and eggplant jasmine rice congee with a golden fried scallion pancake, and finish with a unique style of chocolate fondue utilizing local berries and out of the ordinary

asian fruits.

Price: \$17 inclusive/ES member (\$20/non-member)

A flight of wine specially paired with these courses will be available at an additional cost.

Friday, August 26th at 7pm

Sejuiced

1958 West 4th Avenue, Vancouver

Heading back to one of EarthSave's favorites, we'll start with Raw Gazpacho with avocado and raw wholesome crackers. An Oriental Salad Plate with Spinach and Sesame, Green Bean Vermicelli Salad and Gobo Burdock will follow. The entree will be a Quinoa Bowl with Grilled Vegetables and Marinated Grilled Tempeh with Tamari & Ginger sauce. To finish, Iced or Hot Herbal Tea with a sweet will be served.

Price: \$16 inclusive/ES member (\$19/non-member)

Thursday, September 1st at 7pm

Sabra Kosher Restaurant

3844 Oak Street, Vancouver

Vegan AND kosher! What more could you want? You'll feel as if you've left Vancouver when you step into this authentic kosher deli. The appetizer will be a potato knish, followed by three small salads: Spicy Carrots, Zucchini-mustard-corn and Tabouli. The combo entrée plate will include stuffed eggplant, vegetarian shawarma and cabbage roll.

Price: \$17 inclusive/ES member (\$20/non-member)

Delicious Dessert and beverages extra.

To register for any of these dine-outs, please send your full name and phone number as well as those of any guests you are registering to dineout@earthsave.bc.ca no less than 48 hours before the dine-out. Your registration is your commitment to attend. No shows may result in EarthSave being charged for your meal. NB: All meals are vegan; all prices include tax and tip.

EARTHSAVE'S Health

Partnership Program

10% discount to EarthSave Members (unless otherwise stated)

B.C. - LOWER MAINLAND

Ayurvedic Center Inc.	5182 Victoria Dr., Vancouver	604-761-9442
BC Gelati	1102 West Broadway, Vancouver	604-733-2979
Best Bread Bakery Cafe	20635 Maple Cres. @ 207th, Maple Ridge www.BestBread.ca	604-465-4065
Bodhi Choi Heung Vegetarian Restaurant	3932 Fraser Street, Vancouver	604-873-3848
Bo Kong (5%)	80-8100 Ackroyd, Richmond 3068 Main Street, Vancouver	604-278-1992 604-876-3088
Buddhist Vegetarian Restaurant	137 East Pender Street, Vancouver	604-683-8816
Budgie's Burritos	44 Kingsway, Vancouver	604-874-5408
Dharma Kitchen	3677 West Broadway, Vancouver	604-738-3899
Empowering People	101-2145 W. Broadway, Vancouver	604-323-6669
Everybody Loves Veggies	555 West 12th Ave., City Square Mall, Vancouver	604-873-4417
Gaia Garden Herbal Dispensary	2672 W. Broadway, Vancouver	604-734-4372
Goddess Gift Gatherings (2 for 1 for first timers)	Various locations, Greater Vancouver www.goddessgiftgathering.com	604-879-3886
Greens & Gourmet Vegetarian Restaurant	2582 West Broadway, Vancouver	604-737-7373
Happy Veggie World	378 - 13988 Cambie Rd., Richmond	604-278-5519
Health Connection, The (15%)	Unit 2 - 2773 Barnet Hwy., Coquitlam	604-464-2723
Health is Wealth (5%)	4455 E. Hastings, Burnaby	604-298-0595
Healthy Green Wheatgrass (50% off first tray)	Home Delivery Service	604-879-2280
HOC Health Centre	112-250 Schoolhouse St., Coquitlam	604-520-6867
Kelpman Kelp Products	300-1497 Marine Dr., West Vancouver	604-926-3352
Kitsilano Hemp Company	2918 West 4th, Vancouver	604-730-1865
Life Time Organics (10% on vitamins only, 5% on food)	2099 152nd Avenue, White Rock	604-541-0933
May 3rd Enterprises, Electrolysis & Ear Candling	2023B Hyannis Dr., North Vancouver	604-929-0694 earcandles@aol.com
My Private Chef, Organic Personal Chef Service	www.myprivatechef.ca	604-876-7759
Nordic Living Water Systems	904 Leovista Ave., North Vancouver	604-990-5462 or 1-888-644-7754
Nowak, Kathy - Nutrition Consultant	10-2495 Commercial Drive, Vancouver	604-251-6879
Nyala Restaurant	2930 West 4th, Vancouver	604-731-7899
Ocean Park Health Foods	12907 16th Ave., South Surrey	604-531-7011
OM Vegetarian Restaurant	3466 Cambie Street, Vancouver	604-873-6868
Organic & Natural Foods	4518 Dawson St., Burnaby 102-8160 Cook Rd., Richmond	604-484-2234 604-232-9292
Pacific Institute of Reflexology	535 West 10th Ave., Vancouver	604-875-8818
Paradise Vegetarian Noodle House	8681 10th Ave., Burnaby	604-527-8138
Planet Veg Restaurant	1941 Cornwall St., Vancouver	604-734-1001
Rainbow Vegetarian Restaurant	2-8095 Park Road, Richmond	604-273-7311

Rainforest Reptile Refuge Society	1395 176th St., Surrey	604-538-1711
Raith, Dr. S. - Ayurvedic Consultant (20%)	2672 West Broadway, Vancouver	604-761-6537 www.ayuryogi.com
Rebellious Tomato (2 locations; discount on pick-up only)	758 West 16th Ave., Vancouver 15th and Lonsdale, North Vancouver	604-707-4992 604-985-2244
Sejuiced	1958 West 4th Avenue, Vancouver	604-730-9906
Semperviva Natural Health Food Stores	2608 West Broadway, Vancouver	604-739-1958
Serenity Cafe	3347 West 4th Ave., Vancouver	604-739-9777
Shiatsu Therapy with Colin Vankeith, RST		604-682-7339
Simply Vegetarian Restaurant	135-8291 Ackroyd, Richmond	604-278-0852
Small Potatoes Urban Delivery	no discount; \$15 off first order	604-215-7783
Sprouts	6138 Student Union Blvd., Vancouver	604-822-9124
Swagat Restaurant	1726 Davie St., Vancouver	604-688-9400
Sweet Cherubim (Restaurant Only)	1107 Commercial Drive, Vancouver	604-253-0969
Tachia Bakery and Deli	4111 Macdonald Street, Vancouver	604-731-7766
Thai Body Work by Bernard Dalziel	332 East 4th Ave., North Vancouver	604-984-1260
Transilvania Peasant Bread	3474 West Broadway, Vancouver	no phone
Unique Nutrition Health Centre	2-555 West 12th Ave., Vancouver	604-872-8647
Vadhvana, Gita Ayurvedic Cooking Instructor	7437 Willard Street, Burnaby	604-522-1413
Vegan Choice Foods Inc. - Chi Cakes	Ladner (pick-up only)	604-626-2226
Veggie Delight Cafe	2280-8181 Cambie Rd., Richmond	604-276-2251
West Best Vegetarian Market (discounted items & bulk packs excluded)	4834 Victoria Drive, Vancouver	604-323-2362
West Pointe Organic Produce	2625 West 4th Ave., Vancouver	604-736-2839

OUTSIDE LOWER MAINLAND LOCATIONS

Black Sea Health Foods	7054 Pioneer Ave., Agassiz, BC	604-796-3677
Canadian Wilderness Ecotours	923 Catherine St., Victoria, BC	250-595-1835
Green Cuisine	Market Square, 560 Johnson St., Victoria, BC	250-385-1809
Hoodoo Ranch Organic Fruit	Box 155, Spences Bridge, BC	604-980-2217
Interlude-Kripalu Massage	Victoria, BC	250-514-6223
Johnstone, Stacy - Reiki Practitioner	845 Birch Ave., Kelowna, BC	250-763-4033
Lotus Pond Restaurant	617 Johnson St., Victoria, BC	250-380-9228
Mandy & Me Trailriding	174 Bear Creek Rd., Kelowna, BC	250-769-5735
The Soap Exchange	1393A Hillside Ave., Victoria, BC	250-475-0033 250-475-0077
Tree House Health Foods	100 Fort St., Hope, BC	604-869-5545

* Bold = New Addition

Support EarthSave – Become A Member

Annual membership rates:

\$12 Student **\$48 Family**
\$24 Senior **\$96 Corporate**
\$36 Individual

Phone the EarthSave office (Tues-Sat, 12-4pm) at
 604-731-5885 to become a member.

Vegan Choice Foods

Vegan Choice Foods Inc. hopes to help people shift to plant-based foods. Our first offering is Chi Cake, an “enlightened”, dairy free cheesecake in several flavours. Soy-based, made fresh locally using organic ingredients. Chi Cake has all the flavour of traditional cheesecake, without the cholesterol and guilt!

Organic & Natural Foods

Organic & Natural Foods offers organic groceries, bulk foods, healthy gourmet foods, quality vitamins & supplements, natural skin & hair care, organic clothes, bedding, environmentally friendly cleaning products, and health related books. Provides consultation on natural ways for weight loss, detox programs, fasting, and balanced diet.

Kelpman Kelp Products

Kelpman Kelp Products provides organic kelp and fish fertilizers for both domestic gardeners and commercial growers. These home-grown BC products are safe, results-oriented and time-tested. Great for growing edible sprouts and wheatgrass too!

Go to www.kelpman.com
 or call 1-888-KELPMAN (535-7626).