

Chicken Welfare Declines as Demand Soars

By Geoff Urton

Our grandparents had a strong connection to the land and the origin of their food. Today, within 50 years of the onset of industrialized agriculture, our largely urban population has all but lost any connection with how food animals are raised. At the same time, the demand for meat, namely chicken, has increased substantially and industrialization has changed production standards for farm animals. The desired outcome of cheap food has been achieved, but at what cost? The resulting conditions often compromise farm animal welfare and many people are beginning to demand more ethical food production.

Many modern animal production systems place substantial physiological and psychological demands on farm animals. For example, farm animals are subjected to pain due to injuries from concrete housing systems and surgical procedures performed without anaesthetic (e.g. tail-docking of piglets and dehorning of cattle). Other animals experience stress and frustration due to confinement housing systems (e.g. battery cages for laying hens, veal crates for male dairy calves), which prevent animals from performing natural behaviours.

The industrialization of animal agriculture has also resulted in a dramatic increase in the number and density of animals raised on each farm. In BC, farm size varies dramatically according to species. The average number of animals per farm ranges from a quaint 30 sheep per farm to an enormous 8,000 broiler (meat) chickens or 16,000 mink per operation. There are now nearly 100 million farm animals raised and slaughtered in BC each year, and over 600 million farm animals raised nationally, with the vast majority being poultry [See graphs on page 2]. These figures dwarf the estimated national statistics for other types of animals in our care, including pets (8 million cats and dogs) and laboratory animals (2 million).

The scale of farm animal production in Canada is fairly representative of international figures, as are domestic trends in demand for meat. While international public demand for beef and pork has tapered over the past 20 years, appetite for chicken has surged. According to the Food and Animal Organisation of the UN, over 90%



of farm animals slaughtered internationally are chickens. This trend implies that greater attention to the poultry industry is needed from those who take an interest in animal welfare. While broiler chickens in Canada bear some welfare advantages over their egg-laying counterparts, as they are not confined in cages or subjected to painful beak-trimming, their production is not entirely benign. The broiler chicken is estimated to be the fastest growing bird in the world. A broiler chick raised fifty years ago would grow to a market weight of 4 pounds in nearly 12 weeks. The modern chicken takes only half this long to reach this size. Some may find it surprising that genetic engineering and hormone use have had nothing to do with this development. In fact, hormones have been banned for use in Canadian chicken production since the 1960's.

This high growth rate has been achieved primarily through repetitive selective breeding of the species. With each successive generation, poultry breeders have chosen only the most rapidly growing chickens to breed, thereby propagating the genes that cause this fast growth. Research has demonstrated that this trait contributes to a number of serious health problems for these animals, including leg disorders, metabolic disease, and heart failure. Fortunately, in recent years the industry has been able to make some substantial improvements to these conditions, by

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While broiler chickens in Canada bear

“Chicken Welfare” cont’d on page 2...

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

SEE YOUR LETTER TO THE EDITOR IN PRINT HERE!

Email the *Canada EarthSaver* at newsletter@earthsave.bc.ca to express your views on topics related to EarthSave or its mission of food choices and the environment, nutrition and animal welfare.



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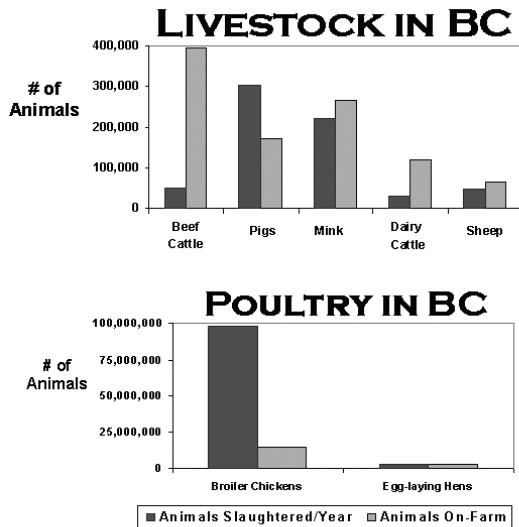
prioritizing leg and heart health in their breeding programs.

Management practices such as inadequate lighting and high animal densities can also lead to welfare problems including eye abnormalities and skin diseases. These welfare problems are entirely dependent on the management on each farm. In BC, many farmers use a locally developed lighting system that mimics natural daylight patterns, including timed dimmers that simulate sunrise and sunset. Traditional trough-like water sources have also been replaced with nipple drinkers which reduce competition between birds for access to water and help to keep bedding dry, thereby reducing skin problems.

The density of animals within each barn is also a source of some concern. When at their heaviest, broiler birds are generally provided with less space than the size of a standard sheet of paper, considerably limiting their freedom of movement.

The practice of raising rapidly growing chickens in high densities is a direct result of increased public demand for chicken at a low price. In the USA, chicken consumption has eclipsed that of other types of meat in just the last 12 years and now commands nearly half of the domestic demand for meat. Per capita consumption of all meat in Canada, the USA, and the European Union appear to be in step, but that of the UK sits considerably lower, and is accordingly much closer to the level recommended by Health Canada. In response to public pressure, the UK government has also instated regulations that ensure substantially higher standards for farm animal welfare. In Canada and the USA, codes of on-farm practice remain non-mandatory.

How can Canadians concerned about their contribution to the welfare of farm animals make a difference? Perhaps we can look to the UK as a model for inspiration. Above all, consumers can maximize their impact on the lives of farm animals by making food choices based on sound knowledge about the industry that produces them. In particular, Canadians should keep in mind the overwhelming role of broiler chickens in the meat industry and the manner in which they are raised. To stay informed about farm animal welfare issues in BC, email farminfo@spca.bc.ca to subscribe to FarmSense, the BC SPCA's farm animal welfare e-newsletter.



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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*.

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Submissions

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

Scooting Around Global Warming

By Dave Steele

As much as we would like to ignore it, global warming is a really big problem. From our industries and agriculture and from our everyday activities, enormous amounts of CO₂ and methane and other greenhouse gases are pouring into our atmosphere. And the consequences are coming home to roost.

Extreme weather is more and more common. Heat waves, like the one in Europe a couple of years ago, are stifling plant growth and cutting into our food supply. In Russia, an area the size of British Columbia is turning to bog as the permafrost melts. And that melting permafrost is spewing even more methane into our air. If we don't do something soon, global warming may well accelerate out of control.

When Canada signed the Kyoto protocol in 1997, we committed ourselves to cutting greenhouse gas emissions to about 575 megatonnes per year. But we've let emissions rise instead. In 1990, our country pumped out roughly 600 megatonnes of CO₂, about 20 tonnes for every man, woman and child in the country. In 2002, it was 731 megatonnes – over 24 tonnes per person. And the trend is still up. We'd better buckle down and do something before it's too late.

The good news is that each of us can really



make a difference.

Choosing to eat low on the food chain is one very powerful way to do so. Avoid animal products and eat only organic food and you'll save the equivalent of close to a tonne of CO₂ per year. Eat only locally grown food and you'll save easily another tonne, if not two.

But why stop at just a tonne or two? To meet Kyoto, we're going to have to do better than that.

Change the way you cook and save another quarter to half tonne of CO₂. Cover your pots. Simmer gently instead of boiling vigorously. Use a microwave whenever you can. Microwaves use much

less energy than conventional ovens. Better yet, go raw. If you never cook, half a tonne of CO₂ is gone, *poof*, just like that... that is, as long as your food is local and

not imported.

If you must buy from afar, try to buy things that came in by ship or by train. Planes generate 19 times more greenhouse gases than trains do to cover the same distance, and a whopping 190 times more than ships do.

And, of course, what applies to your food, applies to you as well. In terms of global warming, flying is just about the worst possible way to travel. As far as effective greenhouse gas emissions go, it's as though a plane burns 3000-4000 liters or more per 100 kilometers. Per person, it's like driving the same distance alone in a car that gets just 15 miles per gallon (15 liters per 100 kilometers). On the highway, a Hummer does better than that. And if the plane is less than full, well, you get the picture.

Driving is not a whole lot better. The average car emits over 4 tonnes of CO₂ per year, a tonne and a half just driving to and from work. Why not ride a bike instead? Or take the bus. Or do what I do and drive an electric scooter. Electric scooters are not quite as environmentally friendly as bicycles but, in terms of global warming, they're actually better than the bus. And you don't even need a license or insurance. I got mine at E-ride on 4th Avenue at Pine. E-cycle on 2nd Avenue sells them, too, as does Green Wave on Main Street. Replace your car with one of them and you really can scoot around global warming.

So cut down on your driving. Make those dietary changes. Global warming is one issue where each and every one of us can make a real difference.



EarthSave Youth Group

Are you 25 or under? Then why aren't you part of the Earthsave Youth Group?!

Vegetarian, pescaterian, vegan or freegan, all are welcome! We have lots of cool events, such as potlucks, games nights and movie nights! We even do educational video presentations on campuses and other locations that have been known to put people off their KFC for at least a week! Chat with us on our forum at <http://forums.earthsave.bc.ca> or email youth@earthsave.bc.ca

Want to have a say in how things are done? Don't just sit there – join the Youth Group Planning Committee!

EarthSave Internet Forum!

Visit our website and check out our internet forums. Hook up with others with similar interests, find out about events, or discuss issues related to the ethical, environmental and health consequences of our food choices. Make friends and have fun! Go to www.earthsave.bc.ca and click on the Forums link.



Is Natural Safe?

By Ian Garber

The other day I walked into a juice bar, and noticed a sign on the counter advertising wheat grass juice: Do you know that wheat grass juice contains every natural element? Amused, I wondered just how much arsenic was in their wheat grass juice. Mercury? Uranium?

Now, I'm not ragging on wheat grass juice; it's tasty and nutritious, and as far as I know contains nothing particularly toxic. My point is that when most people hear the word natural, they immediately think that something is good for them. This assumption is a dangerous one, and it simply doesn't hold water.

Everyone has an intuitive sense of what natural means: not altered by humans. But if you think about it, this is not an easy definition to apply. Everything we eat is altered before it reaches our plate; the amount of alteration ranges from simply washing it or cooking it, to genetically modifying it, drenching it in pesticides, heavily processing it, adding preservatives, etc. Is something still natural if it has been processed? If so, what degree of processing? What about substances concentrated or extracted from natural sources, such as flavourings, essential oils, or vitamins? Many companies these days throw the natural label on their products indiscriminately. However, their definition and yours may differ greatly.

Many toxic substances are perfectly natural. The vast majority of wild plants are inedible because they are toxic, but over thousands of years of trial and error, humans have figured out which plants they can eat without being poisoned. This doesn't necessarily mean that the food is free of toxins, only that if we eat reasonable amounts of it, there are not high enough levels of toxins to cause us immediate harm.

Also, there is no way to distinguish a molecule synthesized in a lab from the same molecule synthesized in nature. They're made of the same atoms, joined by the same chemical bonds. The benzaldehyde in natural almond extract has exactly the same proper-

ties, including toxicity, as the synthetic benzaldehyde in cigarettes. Synthetic products can, it's true, often be distinguished by trace impurities left behind during their manufacture. In a chemical to be used for human food or drugs, these impurities are tightly regulated, and are present in such tiny amounts that their health risk is negligible.

What does give natural foods a margin of safety is what you might call safety in obscurity. All living things are made up of many thousands of chemicals.

The concentration of any one chemical in an organism tends to be very low, because it is diluted by all of the others present. Some chemicals in every organism are toxic, but their concentration is usually too low to pose a health risk. As soon as something is concentrated or extracted from a natural food, this margin of safety is lost.

It is supposed to be the responsibility of government to regulate which chemicals are safe to be put in food and which are not. Ideally, they would make these decisions based on objective scientific evidence, and we could trust their choices. However, the food processing and chemical industries often pressure the government to approve unsafe food additives. This means that the responsibility falls on you to know what you're eating. The Center for Science in the Public Interest has a good summary of food additives, in plain English, at www.cspinet.org/reports/chemcuisine.htm, an excellent place to start. If you're not willing to do the research, then the old adage, if you can't read the label, don't buy it, holds true. Stick to whole, minimally processed foods that are known to be safe, and always be wary of additives, even natural ones.

Subscribe to EarthSave's Weekly Email Update!

To get the latest news on EarthSave and other related events, and interesting articles on food issues related to health, the environment, and animals, simply visit www.earthsave.bc.ca/elists.html to join.

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Ask Nancy

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



Question: What is foie gras?

Answer: As Christmas and New Year's approach, many French look forward to a seasonal culinary tradition: foie gras. Foie gras translates to "fatty liver", produced by daily force feeding of mostly ducks (formerly geese) through metal tubes, in an effort to unnaturally fatten their livers and produce a meat said to taste like butter.

Two pounds of high protein, high carbohydrate food per day are forced down the gullets of these small birds, for up to three weeks, causing their livers to swell eight to ten times their normal size. As a result, ducks suffer various problems, including difficulty walking. Most ducks are kept in cages so small they can't turn around or stretch their wings. Many spend most of their short lives in complete darkness. Factory farmed ducks cannot engage in normal foraging behaviours, and some ducks are not given access to bathing water, something every kindergarten child understands is necessary for a duck's mental and physical well-being.

Although this farming practice has been banned in 13 countries in the EU and recently banned by the world's fourth largest producer, Israel, France passed a law in October 2005 rejecting claims of cruelty and protecting this ancient "art". The production of foie gras is said to be inextricably woven into the fabric of the culture of France, where 25,000 farmers produce over 70% of the world's supply. France consumes about 85% of it, especially over the Christmas and New Year holidays. With the movement to ban foie gras gaining momentum (Chicago and California being the most recent places to enact bans), the French law may be more economically than culturally motivated.

Do we have to cite studies that prove that high fat animal products like this are bad for human health? Are Canadian consumers not as motivated as our European counterparts by the suffering of other animals? Check out this PETA video to view actual footage of the practice: <http://www.goveg.com/feat/foie> Google or visit your favourite gourmet restaurants and check for yourself which ones still have foie gras on the menu. You may wish to politely make your feelings known.

Send your questions to Nancy at nancy@earthsave.bc.ca



Restaurant in a Yoga Studio?

By *Bonny Do*

Radha Yoga & Eatery is located at 728 Main Street in Vancouver. Offering daily yoga classes, it is also open for lunch, Monday to Friday from 11:30-4pm. Upon entering, I was struck by the inviting warmth of the décor. The brick and wood interior with high wood-beamed ceilings is separated into two main sections: At the front, a yoga space with large windows and a dining area in the mid-section. A large kitchen is at the back.

I spoke with Carolyn and Lalitananda, the partnership involved in opening this Radha location. Opened in December with a menu of soup and a special, they now serve appetizers like yam fries and shitake miso gravy; sandwiches, wraps, burgers, and "Dragon Bowls" of steamed veggies and sautéed tofu over organic brown rice with a sauce of your choice. The menu is 95% vegan and endeavours to serve organic produce, bought locally. I recommend the tofu teriyaki burger, served with a bed of shaved carrots, beets and a small dollop of tahini sesame dressing.

Carolyn told me that, primarily, Radha is a yoga space, and the initial desire for a kitchen was to prepare snacks to enjoy with students after class. Although it is not a stipulation, all of the staff have come through the closely tied Yasodhara Ashram. I don't know very much about yoga, yet Radha strikes me as a little different. For one, its location was a bit unexpected. Located at the entrance to Chinatown and Vancouver's Downtown Eastside, it also seems to buck the trend of contemporary yoga studios by showing a commitment to its spiritual and philosophical origins. I was told that the yoga practiced at Radha is "karma yoga" – yoga based on actions and selfless service. Carolyn and Lalitananda told me that they entered the community not really knowing their place, but have allowed things to shape organically. For now, Radha offers itself as a space for events, and where local organisations can hold catered fundraisers, as well as a place for relaxation and spiritual re-energizing for the community.

I was really taken by the calm energy of Radha Yoga & Eatery. In our discussions, the partners put forth the concept of "spiritual activism", which they described as looking inward, but using that self-reflection and spirituality to actively seek and create positive change. I left Radha feeling introspective. Radha seems like the perfect locale for people to reconnect with themselves and their surroundings. Intentional or not, the holistic act of combining a yoga space and eatery, and choice of location, really made me notice the interconnection of things. From what we eat to how we breathe, think, and interact with each other, they are all interconnected, and worthy of meaningful contemplation.

Egyptian Lentil Soup

By Dave Steele

Here, from the pages of EarthSave Canada's *Vegetarian Manifesto*, is EarthSave board member Penny Smith's Egyptian Lentil Soup. Our *Vegetarian Manifesto* is full of recipes for delicious fare like this... each and every recipe a dish judged "best" at an EarthSave potluck. And the recipes are just the start. Spiral bound for convenient reference, *the Vegetarian Manifesto* contains guides to the nutritional contents of most any vegetable or fruit. There are chapters on diet and disease, on factory farm conditions, the environment, and organic farming. It's an invaluable source book that you'll refer to over and over again.

The Vegetarian Manifesto, by Jay Fotheringill, is available from the EarthSave bookstore for just \$12 for members, \$14 for non-members.



1 tbsp. olive oil
4 cloves garlic, finely chopped
1 cup diced onion
2 celery stalks, finely sliced
2 carrots, finely sliced
1 cup brown lentils
5 cups water
1 14 oz. can stewed tomatoes
1 tsp. ground cumin
1/4 cup lemon juice
1 bunch spinach, washed and finely chopped or 1 pkg. frozen spinach, defrosted and chopped
Salt and pepper to taste

In a large saucepan with lid, heat oil over medium heat. Add onion, celery, garlic and carrot. Sauté on medium heat for 10 minutes, or until soft.

Rinse lentils, add to pan along with water and bring to boil. Reduce heat and simmer, covered, for half an hour, stirring occasionally. Add tomatoes, cumin, salt, pepper, lemon juice, and spinach. Cover and simmer (on even lower heat, if possible), for 30-45 minutes. Add more water if needed.

What to Expect at a Dine-out

By Nancy Callan

First off, let me assure everyone reading this that you don't need to bring a friend or date to a dine-out. Coming on your own is just fine. You won't be sitting alone. Attendance often breaks down to about 1/3 couples (married or friends coming together), 1/3 who are regular dine-out attendees and sit with people they know, and 1/3 who come alone and don't know anyone. Many non-members attend.

There are several dine-out coordinators. We're all volunteers and we divide up the Lower Mainland into territories. If you have a restaurant suggestion, please pass it on.

When you arrive, if it's one of my dine-outs, you may see a harried looking volunteer running around before the meal is served, repeatedly recounting money. Yes, it's true: I'm a bit math challenged. But I may actually be sociable after the food is served! Tax and tip is always included in the price and exact change is much appreciated.



The quantity of food varies a great deal from restaurant to restaurant. All dine-outs are different. But we always get an opportunity to try many more menu items than we would if we came on our own with a friend and shared a couple dishes. All menus are vegan. All dine-out coordinators are committed to ensuring the use of vegan ingredients in menus. Sometimes the food is brought out course by course. In other cases, the food is brought out buffet style.

The seating arrangements vary, as well. Sometimes we sit in groups of four; sometimes we all sit at one long table. The attendance varies anywhere from 20 to 55, depending on the size of the restaurant.

The conversation is almost always lively at dine-outs. I've seen many friendships come out of dine-out meetings. Please avoid the assumption in conversation that everyone in attendance is vegetarian, as many meat eaters attend our events and creating a welcoming atmosphere is a priority at EarthSave.

Whether it's introducing restaurants to the vegan customer or introducing customers to the great variety and taste of vegan meals, we are very high on our dine-out program and hope that all reading this will pass on the word about these great get togethers. Dine-outs take place about three times a month. The price is great; the food is great; the company is great. We hope you'll take the plunge and sign up. It's as easy as sending an email to dineout@earthsave.bc.ca with the restaurant in the subject header and your name and number in the body of the email. See you at one of the upcoming dine-outs!

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-friendly restaurants in the Lower Mainland.

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

November and 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 for members.



Members' News & Special Events

UPCOMING MONTHLY VEGAN POTLUCKS

Date: Sunday, November 13th at 6pm (doors open at 5:30)

Speaker: TBA (call 604-736-INFO for updated info)

Special thanks to our sponsor: Vegan Choice Foods



Date: Sunday, December 11th at 6pm (doors open at 5:30)

Speaker: TBA (call 604-736-INFO for updated info)

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. Please bring an ingredients list! There are prizes for the best dishes! Visit www.earthsave.bc.ca/events/potluck.html for more info.

Would you like to be part of the Potluck volunteer team? Volunteers get to eat first and receive a complimentary raffle ticket. For more information on potluck volunteering, please contact Maura, Potluck Coordinator, at potluck@earthsave.bc.ca

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.

EARTHSAVE GLBT GROUP

If you are interested in joining EarthSave's new GLBT group, please send an email to Daniel at GLBT@earthsave.bc.ca

UPCOMING DINE-OUTS — OPEN TO ALL!

Thursday, November 17th at 7pm

Central Bistro

**1072 Denman St. at Comox,
Vancouver**

Central, an up and coming downtown restaurant, is moving towards a more plant-based menu. We are as excited about this transition and this dine-out as they are. The have planned a glorious meal for us. The "tease" will consist of three dishes, sweet, hot & sour chick peas, white bean & roasted garlic, and curried lentil & butter nut kesra. This will be followed by a tapas-style tasting menu including blue corn empanadas, a seitan satay skewer, african teff cake, a "fauxlet au poivre" with roasted nugget potatoes and root vegetables, and yukon gold potato gnocchi. The dessert will be tropical pistachio custard and fragrant figs in marsala. A vegan steal at \$19 inclusive.

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

Wednesday, November 30th at 7pm

Mekong

**850 Renfrew Street (just off East
Hastings Street), Vancouver**

Mekong offers a mix of Thai,

Vietnamese, Chinese and Japanese in a warm atmosphere. Our dine-out menu will consist of deep fried vegan spring roll, Thai Tofu Salad, creamy pumpkin and coconut soup, curried tofu, pad Thai noodles with bean sprouts, tamarind, and crushed peanuts, Mekong special hot plate – coconut curry with lemon grass, jalapeno, broccoli, red peppers, crushed peanuts and Thai basil – and steamed rice. And for dessert, fried bananas with soy "ice cream".

Price: \$15/member (\$18/non-member)

Thursday, December 8th at 7pm

Greens and Gourmet Restaurant

2582 West Broadway, Vancouver

What's Your Story? A social mixer for all those currently eating or transitioning towards eating a plant based diet.

To register, send an email to dineout@earthsave.bc.ca with **Social Mixer** in the subject header and your name and phone number in the body of the email. You must also send a one line true story about yourself that others wouldn't automatically guess is you, to be placed on a game sheet without your name. Participants will try to find the

person attached to that story.

Price: \$10 (\$8 for EarthSave members) plus minimum \$10 meal for the pay-by-weight vegetarian buffet.

Tuesday, January 10th at 7pm

Pasparos Taverna

**132 West 3rd Street, North Vancouver
(half a block west of Lonsdale Ave.)**

The enchanting, plant-filled Atrium at Pasparos Taverna will set the stage for our first North Shore dine-out with a delicious spread of traditional Greek favorites artfully prepared as vegan delicacies. The evening will begin with Melitzanosalada (creamy eggplant dip), Homous, warm pita, and a cup of Fasolada soup (navy beans, fresh vegetables, and tomatoes). A refreshing Greek Salad will follow to cleanse our palates. The final course will be a feast of Moussaka (layered casserole with eggplant, zucchini, textured vegetable protein, and vegan béchamel sauce), Briam (grilled Mediterranean vegetables in herb tomato sauce), and a Chickpea Casserole in a tangy citrus gravy. Rice pilaf and lemon oregano roasted potatoes will accompany the main course.

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
Best Quality Sweets & Restaurant	7260 Main Street, Vancouver	604-324-6677
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
Buddy's Recreation (\$1000 discount per boat purchase or for referral)	www.americatmarine.com	778-892-2834
Budgie's Burritos	44 Kingsway, Vancouver	604-874-5408
Crystal Veggies & Organics Ltd.	1107-4500 Kingsway, Burnaby	604-438-6186
Dharma Kitchen	3667 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
Gill's Kitchen (veg cooking classes)	407-5760 Hampton Place, Vancouver	604-671-3384
Goddess Gift Gatherings (2 for 1 for first timers)	Various locations, Greater Vancouver www.goddessgiftgathering.com	604-879-3886
Green Earth Organics (\$10 off first 3 deliveries)	1864 Triumph Street, Vancouver	604-708-2345
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
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
Lurie, Dr. Vince - Naturopathic Physician (discount on consultations only)	210-2678 West Broadway, Vancouver	604-736-3800
May 3rd Enterprises, Electrolysis & Ear Candles	2023B Hyannis Dr., North Vancouver earcandles@ad.com	604-929-0694
Mylite Soya Foods Health Café	163 Keefer Street, Vancouver	778-322-8875
My Private Chef, Organic Personal Chef Service	www.mypriatechef.ca	604-876-7759
Nordic Living Water Systems	www.alivewater.net	604-990-5462 or 1-888-644-7754
Nowak, Kathy - Nutrition Consultant	Vancouver k_nowak@jycos.com	604-731-7899
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

Gill's Kitchen

Gills Kitchen offers organic vegetarian cooking lessons with an emphasis on sound nutrition. Exciting, healthy and delicious menus drawn from various ethnic cuisines. Special dietary needs catered to. Small classes in a home kitchen.

Dr. Vince Lurie, N.D., Naturopathic Physician

Dr. Lurie has a general naturopathic practice with an emphasis on natural weight loss, digestive disorders including Candida, heavy metal toxicity, osteoporosis, arthritis, stress management, menopause, chronic fatigue, fibromyalgia, skin disorders and anti-aging. Each patient receives an individualized treatment program.

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
Radha Yoga & Eatery	728 Main Street, Vancouver	604-605-0011
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 www.ayuryogi.com	604-761-6537
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
Red Sea Café	670 East Broadway, Vancouver	604-873-3332
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	20% off new customer's first 4 orders, quote code # NFP5-209778	604-215-7783
Sprouts (no discount; free co-op membership)	Basement, 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	778-892-2834
Transilvania Peasant Bread	3474 West Broadway, Vancouver	no phone
Unique Nutrition Health Centre	2-555 West 12th Ave., Vancouver	604-872-8647
Vadhwana, Gita - Ayurvedic Cooking Instructor	7437 Willard Street, Burnaby	604-522-1413
Vegan Choice Foods Inc. - Chi Cakes	Ladner	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
Wild Oil of Oregano	332 East 4th Ave., North Vancouver	778-892-2834

OUTSIDE LOWER MAINLAND LOCATIONS

Black Sea Health Foods	7054 Pioneer Ave., Agassiz, BC	604-796-3677
Bonita B&B	9310 Elk Drive, Port Hardy	250-949-6787
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

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\$12 Student ● \$24 Senior ● \$48 Family ● \$96 Corporate

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to become a member.

Bonita Bed & Breakfast

Bonita B&B is located on Northern Vancouver Island in Port Hardy.

Lots to enjoy: whale watching, kayaking, hiking, golfing. Our B&B caters to vegetarian and vegan diets. Menu includes: fresh fruit salad, hot and cold cereals, soy milk, whole grain toast, soy cheese, home-baked goods, and more.

Comfortable, private bedrooms.
www.bbcanada.com/5406.html

Mylite Health Café

At Mylite Health Cafe you'll find everything from breakfast and light snacks to a hearty, healthy dinner combo.

Besides our in-store cafe, we also offer a full range of high-quality soya products to prepare and enjoy at home.