Eugene Mayor Declares Vegan Awareness Weekend!

Hooray! Eugene Mayor, Kitty Piercy, has officially declared September 29 and 30 as **Vegan Awareness Weekend** in the City of Eugene Oregon.

Thank you, Mayor Piercy, for your consideration and fulfillment of EVEN's request for this special proclamation. We sincerely appreciate your support of EVEN's ongoing education and outreach efforts to raise awareness about the benefits of veganism!

OFFICE OF THE MAYOR City of Eugene, Oregon PROCLAMATION WHEREAS: The United Nations Food and Agricultural Organization concluded that the livestock sector was one of the most significant contributors to the planet's most serious environmental problems, at every scale from local to global. Each year, 10 billion land animals and 20 billion sea animals are killed in the United States for food, 58 billion land animals are killed worldwide; and WHEREAS: The United Nations Environmental Programme declared that a global shift towards a vegan diet would help save the world from hunger, fuel shortages, and climate change; WHEREAS: The American Dietetic Association declared that appropriately planned vegan diets are healthful and nutritionally adequate during all stages of the life-cycle including pregnancy, inctation, infancy, childhood, and adolescence; and WHEREAS: The American Dietetic Association also declared that vegan diets are often associated with health advantages including lower blood cholesterol levels, lower risk of heart disease, lower blood pressure levels, lower risk of hypertension and type-2 diabetes, lower body mass index, and lower overall cancer rates, and WHEREAS: The availability of both delicious and nutritious vegan alternatives, such as cheese, ice cream, burgers, and hot dogs, no longer means having to go without favorites. Both vegan and vegan-friendly restaurants, cafes, and markets are plentiful in our city, NOW, THEREFORE, I, Kitty Piercy, Mayor of the City of Eagene, Oregon, do hereby peoclaim Friday, September 29, and Saturday, September 30, 2012, as, "Vegan Awareness Weekend" in Ensene. Greonn, and uroe everyone in the community to explore and educate themselves

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Hello, everyone! How exciting is this!?!

Although you most likely have ideas of your own, EVEN would like to propose some ways to celebrate Vegan Awareness Weekend at the end of this month. **Go vegan!** Whether for the weekend, the month, or for the rest of your life, just give it a try.

We can send you a **Veg Starter Kit**. We can send you **recipes**. And you can find more of the tools you need on **www.eugeneveg.org**

For example, if you would like to cook vegan at home, you will find **thousands of recipes** on our site.

If you want a good cookbook, you will find some of the best on our **Recommended Readings**page. The library and the used book stores, as well as EVEN's library, have many healthful vegan cookbooks to offer, so don't think you have to buy new.

Or perhaps you'd like to eat a vegan meal or two out at a restaurant, you can find a list on our **Eugene Restaurant page**or you can view the pdf of **Where to Eat Veg in Eugene**. And when you go out, bring a friend! Keep in mind that so many restaurants nowadays offer vegan options, eating out is easier than ever before. Just ask.

Looking for **inspiration**? **Motivation**? EVEN's site has those, too. What about a picture being worth a thousand words? Make a stop on our **Videos page for more**.

Is all of this too much for you and you feel overwhelmed, but still want to give veganism a try? Email me and tell me what you need. I'll help in whatever way I can.

If you are already a seasoned vegan and not a newbie, how about cooking a vegan meal for some of your non-veg family and friends? Throw a party, a picnic, refer someone to EVEN's website, hold a potluck, help EVEN table.

There are many ways to celebrate this special occasion, so as the proclamation encourages, "explore and educate" yourselves about this healthful and compassionate alternative. EVEN is here to help.

eugvegedunet@comcast.net