



**ST. LOUIS
VEG FEST**



2021



Sunday
October 24
10 a.m.– 5 p.m.

•
World's Fair Pavilion
in Forest Park





About STL VegFest

Vegans, vegetarians and conscious eaters of all types have been flocking to vegan festivals all over the world for years. Now, St. Louis is continuing the tradition with our 3rd annual VegFest.

Hosted by the St. Louis Animal Rights Team (START) and sponsored by Carol House Furniture, Karuna Beverages, Terror Tacos, Local Harvest, and Less Stress House Call Grooming, St. Louis VegFest aims to champion the ethical, health, and environmental benefits of a plant-based lifestyle.

With an estimated 140,000 vegetarians and vegans living in the greater St. Louis area, we hope to delight those that have already chosen this lifestyle, while reaching out to many more St. Louisans about the health benefits, ease and deliciousness of compassionate, sustainable living.

All are welcome to join us for this free, family friendly event. Be sure to stop by to enjoy inspirational speakers and cooking demos, free yoga, cruelty-free merchandise, a Kids' Corner, a live musical performance, and DJ services provided by Utopia Studios. More than 60 vendors and exhibitors will showcase a wide range of products and resources to help attendees discover the benefits of plant-based living.

And of course, it wouldn't be a VegFest without tons of delicious vegan food and beverages, including whole foods plant-based fare, baked goods, comfort food, smoothies, coffee, juices, and more!





Thinking about going vegan?

FOR YOUR HEALTH



Going vegan can help you lose weight and cut your risk of heart disease and diabetes. Plus, most vegans eat way more fruits and veggies than the average person, providing much needed nutrition!

FOR THE ANIMALS

Unfortunately, most farms do not look like the sunny fields you see in children's books and commercials. Instead, most of the animal products found in the supermarket come from animals kept in Concentrated Animal Feeding Operations (CAFO) that expose them to cruel treatment in dark, overcrowded, and filthy cages, crates, or sheds.

FOR THE PLANET

Swapping your car with a bike or reducing your use of water and other resources are great ways to help protect our planet. But did you know that you can make an even bigger impact by leaving animals off your plate? That's right! According to the United Nations Food and Agriculture Organization, animal agriculture accounts for 18% of global greenhouse emissions, more than transportation, industrial, or residential energy uses. Pound for pound, animal agriculture also uses 15 times more water than produce, grains and beans, and contributes to rainforest deforestation when this precious land is cleared to make room for farmed animals.



Ways to be Cruelty-Free!

- Wear clothing that was not the result of animal exploitation.
- Purchase cruelty-free products that are not tested on animals and contain no animal ingredients.
- Adopt your next companion animal from a pound or shelter and have the animal spayed or neutered to help reduce overpopulation.
- Choose entertainment that does not exploit animals.
- Be respectful of wildlife and their habitat.





Schedule



In the World's Fair Pavilion:

11:00 AM Caryn Dugan and Dr. Jim Loomis

1:00 PM Saucier

2:00 PM Renee King-Sonnen

3:00 PM SGT Vegan



In the grass behind Booth 13:



Yoga with Sol Asar

- 10:00 AM and 11:30 AM



Yoga with Hanna Wyland

- 1:00 PM and 2:30 PM



Kids' Corner from 10:00 AM – 5:00 PM

KID'S CORNER



Map Key (Name, Booth Number)

Animal Advocacy

- Humane Wildlife Solutions (23)
- Missouri House Rabbit Society (50)
- Missouri State Humane (52)
- People for the Ethical Treatment of Animals (PETA) (55)
- STAR St Louis Avian Rescue INC (48)
- The Gentle Barn Foundation (54)

Beverages

- Confluence Kombucha (17)
- Juice Heal Thrive (56)
- Looking Meadow Coffee Co (61)
- Smart NATURED Smoothies (38)
- Street Beanz Coffee (13)

Clothing

- A Good Day To Be Black and Vegan (24)
- Free Life Vegan Apparel and Accessories (25)
- Vibin Apparel Movement (29)

Food

- 12oh7 Herban Eatery (41)
- Adina's Vegan Cuisine (31)
- Bombay Food Junkies (20)
- CC's Vegan Spot (28)
- Chef Pure Foods, LLC (53)
- Dilli Chaat Corner (14)
- Duchess Rose Royal Treats (10)
- Floyd's Pants (60)
- Las Vegan (11)
- Lulu's Local Eatery (59)
- MIGHTY ME (49)
- Mylk and Hummus (43)
- Pizza Head (15)
- Polymath Educational Café (19)
- Rootberry
- Rootbound (16)
- The Happy Bakery (21)
- Two Men and a Garden (45)
- Vegan NATURED (37)
- YoJoy Vegan (35)

Education/Information

- Burning Books (57)
- Citizens Climate Lobby (34)
- EarthDance (30)
- Missouri Coalition for the Environment (9)
- Terrabis (47)

Handcrafted

- Earth Eyes Art (36)
- Envision Positive (22)

Personal Care Products

- DEMiblu Vegan Nail Polish (33)
- Jo's Evolving Beauty (42)
- Natural Soap by Ki (27)
- One Hippie Soul (12)
- Peau Veloutée (40)
- Waterfall Glen Soap Company (18)

Presenters

- Caryn Dugan (STLVegGirl) (2)
- Dr. Jim Loomis (3)
- Hanna Wyland
- Renee King-Sonnen, Rowdy Girl Sanctuary & Rancher Advocacy Program (58)
- Saucier (4)
- Bill Muir aka SGT Vegan (7)
- Sol Asar
- Utopia Studies (39)

Spiritual & Wellness

- Kodiak Hollow (46)
- Lit Life Creations (32)
- Suzie Emiliozzi (44)
- Tarot with Rissa (51)

Sponsors

- Carol House Quick Fix Clinic (5)
- Karuna Beverages (62)
- Less Stress House Call Grooming (1)
- Local Harvest Grocery
- Missouri Alliance for Animal Legislation (with Carol House) (6)
- St Louis Animal Rights Team (START) (63)
- Terror Tacos (8)



Presenters

Caryn Dugan, aka STLVEGgirl, is a plant-based nutrition and culinary lifestyle educator, who has executed several Plant-based Nutrition events in the St. Louis area. She has teamed up with Forks Over Knives to create a community program, which you can learn more about at her Center for Plant-Based Living.



Dr. Jim Loomis, from Physicians Committee for Responsible Medicine, is a St. Louis native, who has served as team internist for the St. Louis Rams football team and the St. Louis Cardinals baseball team, as well as tour physician for the St. Louis Symphony Orchestra.

Come give them a warm welcome.



Saucier is a four piece Indie Rock/Pop band with two vocalists, two guitarists, one drummer and one bass. They all have similar interests as the main vocalists carries a personal connection with Veganism and the movement. The band wants to involve everyone into an atmosphere of love, acceptance, and positivity as they perform their own original music.



Renee King-Sonnen is the President and Founder of Rowdy Girl Sanctuary in Waelder, Texas. She fell in love with farm animals, and after witnessing so many baby calves going to the sale barn, she went vegan and founded Rowdy Girl Sanctuary. Soon after she developed the Rancher Advocacy Program to give cattle ranchers and other animal farmers a way to transition into other ways of farming without animal cruelty.



Bill Muir aka SGT VEGAN is a former US Army Paratrooper. Vegan since 1992 SGT VEGAN knows hands on what it's like to maintain a plant-based diet under the most fatiguing circumstances (Army boot camp, Ranger training, deployment of Afghanistan) and not only survive but to thrive. SGT VEGANs mission is to help save lives by advocating for healthy, plant-based environmentally friendly living.



So, What Are You Looking For?

- **Interested in eating plant-based for health?**

Confluence Kombucha, Two Men and a Garden, Rootbound, Dilli Chaat Corner, Juice Heal Thrive, Chef Pure Foods, YoJoy Vegan, Mylk and Hummus, Mighty Me, Vegan Natured, Floyd's, 12oh7 Herban Eatery, Adina's Vegan Cuisine, Caryn Dugan, Dr. Jim Loomis, Lulu's

Looking for...

- **Coffee?**

Looking Meadow Coffee Co, Street Beanz Coffee

- **Smoothies, juices, boba, or kombucha?**

Karuna Beverages, Confluence Kombucha, Juice Heal Thrive, Smart Natured Smoothies, Street Beanz Coffee

- **Pizza?**

Pizza Head

- **Tacos?**

Terror Tacos, YoJoy Vegan, Vegan Natured

- **Comfort Food?**

Duchess Rose Royal Treats, The Happy Bakery, 12oh7 Herban Eatery, Las Vegan, Adina's Vegan Cuisine, Bombay Food Junkies, Lulu's

- **Baked goods?**

The Happy Bakery, Looking Meadow Coffee Co



Frequently Asked Questions

○ Will masks be required?

As an outdoor event, per the City, masks are not required. We encourage visitors, volunteers, and vendors to use whatever safety precautions allow them to feel safe and comfortable at VegFest. Additionally, those waiting in line are encouraged to maintain distance from others in line.

○ Will there be accessible parking for those with a special permit?

Yes, those with a qualified permit will be allowed to park on Concourse Drive just next to the festival grounds and pavilion. Drivers should come to the roundabout and speak to a volunteer who will let them in to find a close parking spot.

○ Will you have recycling and composting at the event?

Unfortunately, we could not find a recycling vendor for this year's event, but we will have trash cans sprinkled throughout the festival location and most of our vendors use compostable and green packaging, utensils, and paper products. Volunteers will be helping to empty trash bins regularly and clear off tables. Unfortunately, compost disposal is cost-prohibitive at this time. We hope to be able to add this feature to St. Louis VegFest in the next couple of years.

○ Will there be ATMs at the event?

Due to the complexities of securing this type of amenity, we will not have ATMs. We hope to provide them at a future festival. However, many vendors will be accepting credit cards, in addition to cash. We recommend to bring cash just in case your favorite vendor doesn't have a way to accept cards OR is experiencing technical difficulties.

○ Can I bring my dog?

You can, but be sure to bring water and waste bags. (We will have some water bowls and bags available, should anyone forget to bring their own, but we strongly encourage individual responsibility.) The only real exception is pets are not allowed in food booths. Health regulations prohibit animals (other than certified service animals) from areas around food preparation. If you do choose to bring your dog, be sure to pick up any waste, and never leave him or her in the car.



- **Packaged foods/drinks?**

Polymath Educational Café, Floyd Pants

- **Want to learn about compassionate living and animal rights?**

Missouri Alliance for Animal Legislation, STAR St. Louis Avian Rescue INC, Missouri State Humane, People for the Ethical Treatment of Animals (PETA), EarthDance, Less Stress House Call Grooming, The Gentle Barn, Missouri House Rabbit Society, Humane Wildlife Solutions, Renee King-Sonnen, SGT Vegan, Carol House Quick Fix Clinic

- **Want to take something home for your house or person?**

Earth Eyes Art, Envision Positive, One Hippie Soul, Kodiak Hollow, Natural Soap by Ki, DEMiblu Vegan Polish, Lit Life Creations, Jo's Evolving Beauty, Peau Veloutée, Waterfall Glen Soap Company, A Good Day to be Black and Vegan, Suzie Emiliozzi, Vibin Apparel Movement

- **Want to get in touch with your spiritual side?**

Tarot with Rissa, Sol Asar, Hanna Wyland

- **Looking for information or literature to take home with you?**

Burning Books, Terrabis, Citizens Climate Lobby

- **Looking for entertainment?**

Saucier, Utopia Studios

- **Looking for kids' activities?**

Kodiak Hollow, Kids Corner

- **Interested in sharing your vegan spirit?**

Free Life Vegan Apparel and Accessories, A Good Day to be Black and Vegan, Vibin Apparel Movement



CAROL HOUSE *Furniture*

BECAUSE *You* LIKE NICE THINGS

Carol House Furniture does amazing work for animals in the community, such as providing Carol House Quick Fix Pet Clinic to animals in need of spay and neuter. Quick Fix Pet Clinic has performed over 91,600 spay/neuter surgeries and provided wellness services to over 56,500 dogs and cats since their opening on June 11, 2012! Carol House Quick Fix Pet Clinics mission is to reduce the pet overpopulation issue by providing effective, accessible, and affordable pet services. Their mission is also to share resources and information with pet owners and non-pet owners about the benefits of spaying and neutering companion animals. By reducing the number of unwanted dogs and cats that are born, it will also reduce the number that enter local shelters, only to be euthanized.





Karuna believes “food is better medicine.” That being said, they offer various whole food plant-based smoothies and juices. Karuna combines compassion with their passion for education and resetting expectations regarding health and well-being, one person, one beverage at a time. You can find Karuna Beverages at a grocery store near you!



LESS STRESS
HOUSE CALL GROOMING, LLC

Allyson is a Fear-Free Certified Professional House Call Groomer who sets up in your home to offer full-service grooming in a less stressful, calm, and comfortable environment. This is a very special, luxury one-on-one service that helps everyone feel more at ease and relaxed. She uses only sustainable and vegan friendly shampoos and conditioner treatments.

Please Check Out Our Sponsor Booths!



Since 2007, Local Harvest's mission has been to build a local food community by supplying locally grown and produced foods from the St. Louis region, seven days a week. They are also very environmentally driven as they include bulk foods and plant-based cruelty-free household products in bulk to reduce plastic use.

3108 Morgan Ford Road, 63116



Terror Tacos brings death metal, horror, and plant-based deliciousness to St. Louis. They are an all-vegan taco joint serving mouth-watering burritos, tacos, quesadillas, and more. From their carnage asada burritos to their buffalofu tacos, whatever you choose, you cannot go wrong.

3191 S. Grand Blvd, 63118



**START (St. Louis Animal Rights Team) and St. Louis VegFest
want to connect with YOU!**

<https://www.stlouisvegfest.org/>

info@stlouisvegfest.org

<https://www.start4animals.org>

info@start4animals.org

Facebook

@St.LouisVegFest

@stlouisanimalrightsteam

Instagram

stlouisvegfest

stlouisanimalrightsteam

**If you are interested in donating towards START and VegFest
events, find us on CashApp**

\$start4animals





START — St. Louis Animal Rights Team

As the host and first sponsor, the St. Louis Animal Rights Team considers the annual St. Louis VegFest event to be one of the most successful and visible events for sharing our mission and love for animals to the region.

The organizers of St. Louis VegFest are START members, and are pleased to be working with compassionate and like-minded local organizations and businesses to promote plant-based living and alternatives to animal products.

START is a not-for-profit educational/activist group, formed in 1985, and incorporated as a 501(c)(3) charitable organization in 1988. Our goals are to:

- ▶ Educate society about the rights of all species to live freely and die naturally
- ▶ Expose the harm and suffering caused by the denial of animals' natural rights
- ▶ Promote the adoption of lifestyles compatible with the animal rights philosophy
- ▶ Promote the reform of social institutions to be compatible with animal rights

Thank you for joining START organizers and members in bringing St. Louis VegFest back for our 3rd year!





Hosted By – St. Louis Animal Rights Team

• Sponsors •

Carol House Furniture, Karuna Beverages, Less Stress House Call
Grooming LLC, Terror Tacos, Local Harvest Grocery

• Organizing Committee •

Bonnie Boime
Nicole Mispagel
Caty Brown
Jamie Herman
Jenny Woodford
Adriana Calcaterra
Ketura Wash
Julia Hart

• Donors •

St. Louis Vegetarian Society
Starseed Family Productions - Photography
Laura Kyro – Program designer
Saucier – Sound equipment

• Raffles •

Looking Meadow Coffee Co
St. Louis Veg Girl



**ST. LOUIS
VEG FEST**

A stylized illustration of a carrot with a green leafy top, positioned horizontally and curving upwards from left to right. The carrot is orange with some darker orange vertical lines indicating texture. The text "ST. LOUIS VEG FEST" is written in a bold, black, sans-serif font, with "ST. LOUIS" in a smaller size above "VEG FEST". The text is positioned above the carrot, following its curve.

2021