

# MARY ARAKAKI & RAUL HAYASAKA

PRESENT

## “VEGETARIAN COOKING & MEAL PLANNING”

**A**re you a new or transitioning vegetarian? Are you a vegetarian or vegan but not sure if you are meeting all of your nutrient needs? Would you like some new scrumptious vegan recipes and suggested meal plans? Do you want to be entertained by chef Raul who has a true passion for sharing the benefits of plant foods and can sing and cook at the same time both in Spanish and English?



Join registered dietitian Mary Arakaki and chef Raul Hayasaka from the Castle Wellness & Lifestyle Medicine Center. Mary is a long time VSH member and serves on the board of directors as recording secretary. She is a nutrition counselor at the Wellness Center and she'd like to show you how to put together a meal plan that will include all the nutrients you need for optimal health. Raul is a retired teacher and principal but is a “rehired” chef. Born in Mexico, he first learned to cook while watching his mother and excels in Mexican cuisine. He is a certified dietary manager and a wellness cuisine instructor at Castle. Raul will demonstrate how fun and easy vegetarian cooking can be.

**WEDNESDAY, SEPT. 8, 7 P.M.**

**ALA WAI GOLF COURSE CLUBHOUSE**

**404 Kapahulu Ave., .2 miles behind the Waikiki-Kapahulu Library.**



**Vegetarian Society of Hawaii**

Over 1700 Members Strong—Join Us!

For more info call 944-VEGI (8344) or visit [VSH.org](http://VSH.org).

**FREE  
Admission &  
Food Samples**