

FOOD SOVEREIGNTY: THE POWER OF FOOD

A VSH PRESENTATION BY
MALIA SMITH, EDD

TUES. JULY 10, 2018, 7 P.M.
ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE., HONOLULU—OAHU

(AT END OF 0.2 MI. DRIVEWAY BETWEEN WAIKIKI-KAPAHULU LIBRARY & GOLF COURSE—ACROSS FROM THE TEXACO STATION)

MAUI—THURSDAY, JULY 12, 7 P.M.—FREE LECTURE
CAMERON CENTER, 95 MAHALANI ST., WAILUKU

From providing our bodies with optimal nutrients to reducing greenhouse gas emissions, eating a plant-based vegan diet is *the* number one choice we can make to improve personal and global health.

To truly understand the power of food and its impact upon our ecological, socio-cultural, and economic health we need to look at the entire system holistically. Food sovereignty provides a unique perspective through its culturally systemic approach, which requires collaboration, considers the environment, promotes local production, centers on the importance of nutrients, and integrates the values of social justice and equity.

Learn how plant-based pilot projects in Waimanalo, using this framework, are implementing this community-based approach to health!

WEDNESDAY, JULY 11, 6-7:30 P.M.

YOU'RE INVITED! DINE-OUT w/ DR. MALIA SMITH
Down to Earth, at Keauhou Lane Clubroom

500 Keawe St, Honolulu — Oahu

Secured residential bldg. To enter for dine-out, must be at Keauhou Lane parking lobby, 5.45pm-6.15pm.

Validated (at DTE on ground floor) visitor parking, free up to 2 hours, enter parking from Pohukaina St. or South St.
Vegan Menu — delicious details at link below.

\$25 (total price). RSVP & pay at <https://d2e.co/vshjulydineout>

Note: Dining event only. Proceeds go to meal providers, not to VSH.



Dr. Malia Smith graduated from Kamehameha Schools and went on to receive a BA and Masters in corporate communication, and a doctorate in education from the University of Southern California in Los Angeles where she graduated with distinction. Currently, she is the owner/president of Sustainable Ideation, LLC, which has been contracted to provide sustainability solutions, research and reports for groups like the OHA, and the Hawai'i Department of Agriculture. Dr. Smith has an extensive background in education administration, strategic planning, sustainable development, and has provided services to various organizations, schools, political candidates, and governmental agencies. She also owns and operates a vegan store and healing center in Waimānalo called 'Ai Love Nalo.



Vegetarian Society of Hawaii

Join us!

For more info: call 944-VEGI (8344) or visit www.vsh.org.

OAHU AND MAUI LECTURE REFRESHMENTS COURTESY OF DOWN TO EARTH.

**FREE Admission
& Refreshments**