

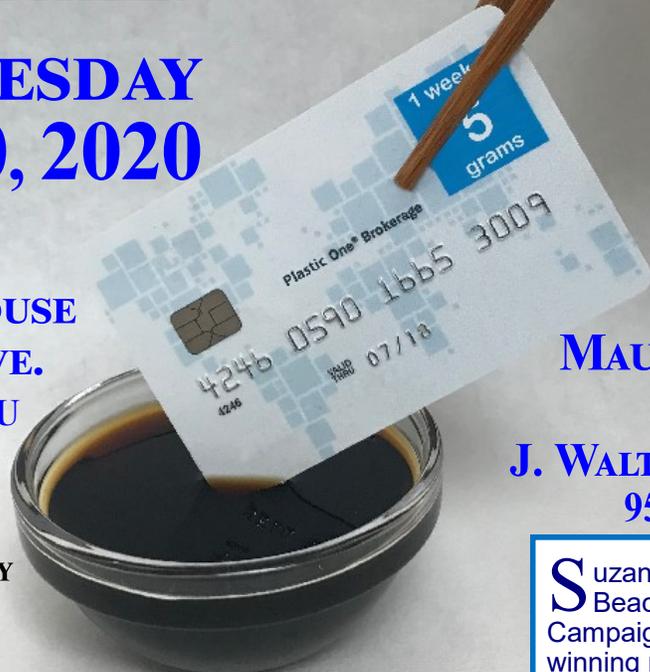
# How to Get Plastic Out of Your Diet

A VSH FREE PUBLIC PRESENTATION  
BY  
**SUZANNE FRAZER**

**7 P.M., TUESDAY  
MARCH 10, 2020**

**ALA WAI GOLF  
COURSE CLUBHOUSE  
404 KAPAHULU AVE.  
HONOLULU—OAHU**

**OAHU & MAUI  
REFRESHMENTS COURTESY  
OF DOWN TO EARTH  
ORGANIC AND NATURAL**



**MAUI —7 P.M., THURSDAY  
MARCH 12, 2020  
J. WALTER CAMERON CENTER  
95 MAHALANI ST., WAILUKU**

**Suzanne will reveal shocking new information about food and plastic packaging. Also learn**

- About plastic chemicals in your daily life and in the ocean, and what the impacts of these chemicals are on your health.
- How plastic gets more toxic once in the ocean from the accumulation of POPs (persistent organic pollutants).
- How eating seafood can be detrimental to your health.
- How our everyday choices about what we eat and buy can make a difference in protecting your health, the environment and marine life.

**Be inspired and empowered with knowledge to make simple, easy changes to your lifestyle to protect your long-term health and that of our ocean planet.**

**Suzanne Frazer** is a co-founder of Beach Environmental Awareness Campaign Hawaii (B.E.A.C.H.), an award-winning nonprofit which brings awareness and solutions to plastic marine debris. She received the 2008 Living Reef Award for going above and beyond to protect the reef and the 2012 Astrid and Donald Monson Community Action Award for outstanding community service and contributions to protecting Hawaii's environment and marine life. She was featured in the films "Plastic Tide" and "Bag It" and has appeared on 60 minutes Australia, BBC radio and various other TV news documentaries.

Suzanne has been vegetarian since childhood and became vegan 12 years ago.

**You're Also Invited to A Vegan Dine-Out with Suzanne Frazer!**

5:30-7:30 p.m., Saturday, March 14 at Maharaja's Foods — Oahu

410 California Avenue, Wahiawa  
**\$18 total, pay at event (cash / credit card)**  
RSVP by 3/13, [text](#) or call Dean at (808) 554 2902, with names of people attending (no walk-ins).

**Buffet includes: Garbanzo Bean & Spinach Curry, Baked Potatoes, Basmati Rice with cardamon, cloves & organic vegetables,**

**Brown Rice, Indian Dal, Steamed Vegetables, Papadams, and Fresh Salad Bar including green mixed lettuce, fresh broccoli, cherry tomato, carrots, avocado, sprouts, cucumber, and olives, with choice of**

**Olive Oil Dressing or Coconut Dressing.**

Dishes are gluten-free. Drinks may be purchased separately. — Dining event only. Proceeds go to meal provider, not to VSH.



**Vegetarian  
Society of Hawaii**

**Join us!**

**For more information:  
call 944-VEGI (8344) or visit  
[www.vsh.org](http://www.vsh.org).**