

12 Noon HST, SUN. MAY 17, 2026

**WHOLE PLANT FOODS
NUTRITION TO
RADICALLY IMPROVE
PLANETARY HEALTH**



**A FREE LIVE ONLINE VSH PRESENTATION BY
IRANA HAWKINS, PHD, MPH, RDN**

**12 P.M. NOON HST
3 P.M. PDT, 6 P.M. EDT**

**YOU'RE WELCOME TO ATTEND
THIS FREE ZOOM LECTURE FROM
WHEREVER YOU ARE!
PLEASE ADJUST START TIME FOR
YOUR TIME ZONE.**

GO TO [VSH.ORG/ZOOM](https://vsh.org/zoom)

**WHEN THE TALK STARTS OR WHENEVER YOU
CAN, & CLICK ON THE ZOOM LINK TO JOIN
VIA YOUR SMARTPHONE OR COMPUTER;
OR USE THE DIAL-IN NUMBERS LISTED
THERE TO JOIN BY PHONE.**

Dr. Irana Hawkins is an internationally recognized Registered Dietitian, and a Planetary Health Specialist. Her work focuses on the nexus of whole plant foods nutrition and pro-environmental behaviors to mitigate climate change and restore the planetary boundaries that have been breached—all while simultaneously improving human health.

Her new book *Nutrition Security for Planetary Health* (CRC Press, 2026) underscores the power of pro-environmental actions, creating equity for all living beings (human and non-human alike), bolstering nature, and the underutilized yet critically important role of whole plant foods nutrition in restoring planetary health. Irana is a Certified California Naturalist, a Native Plant Steward, and a Master-Recycler Composter.

Irana's novel original research has improved healthcare practice and environmental care. She's first-authored dozens of peer-reviewed publications that range from pro-environmental behaviors to learner-centered teaching. She edited the professional book *Promoting Biodiversity in Food Systems* (also published by CRC Press) in 2019 which was the first of its kind to connect food systems, healthcare, and planetary health.

View past VSH presentations at vsh.org/videos. Also view the latest video on the *Vegan* program 11 a.m. HST most Sundays on community TV 'Olelo Channel 54, with new episodes at 6 p.m. third Tuesday of the month (or, from anywhere, at the same time, go to olelo.org & click on channel [54](#)).



Vegan Society of Hawaii
Human Health, Animal Rights & Protection of the Environment
A 501(c)(3) nonprofit educational, all-volunteer organization since 1990. For info or to join (and enjoy member benefits!)
Call (808) 445-9920 or visit www.vsh.org.

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