

YOU ARE WHAT YOU EAT: FOOD & IDENTITY IN THE 21ST CENTURY

A PRESENTATION BY

SCOTT OWEN SNARR



In a fast-changing world our archaic notions about eating are leading us to make food choices that have disastrous consequences. In this entertaining and eye-opening presentation Scott Owen Snarr topples our common assumptions about food and explores the surprising reasons why people eat meat. Drawing on social science and anthropology, he explains how one's food choices are closely tied with one's identity, gender, values, and cultural environment. Scott proposes that by understanding and meeting the social, psychological, and cultural needs of meat eaters — rather than by denying them — we can offer not only alternative foods, but new ways of thinking about food that will satisfy everyone. Whether you're a committed carnist, a lifetime vegan, or anything in between, after hearing this presentation, you'll never look at food in the same way again.

Scott Owen Snarr is editor of and a regular contributor to *The Island Vegetarian*, the newsletter of the Vegetarian Society of Hawaii. He holds a Bachelor of Science in Family Resources from the University of Hawaii at Manoa, where he founded the Vegetarian Club during his junior year. A vegan for over sixteen years, Scott currently lives and teaches English in Taichung, Taiwan. He is also a freelance writer and editor.

TUESDAY, AUGUST 9, 7 P.M.
ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE.

(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY -
ACROSS FROM THE CHEVRON STATION)

Maui — Mr. Snarr will also be speaking on Maui on Thursday, August 11th, at 7 p.m., at Kaunoa Senior Center, 401 Alakapa Pl., in Paia.



Vegetarian Society of Hawaii

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