

DOING THE MOST GOOD AND LEAST HARM WHEN YOU EAT

A PRESENTATION BY

ZOE WEIL

What we eat may have the biggest impact on our health, other people, animals, and the environment of any choice we make, and we eat several times each day! In this talk, renowned humane educator, Zoe Weil, offers simple tools and principles to help you choose a diet that does the most good and least harm. Asking, "What's the true cost of our food?" this talk will examine the effects of everyday food choices so that each of us can choose foods that feed our bodies, support ecosystems, and are kind to animals.

TUESDAY, MARCH 11, 7 P.M.
ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE.

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

WEDNESDAY, MARCH 12, 5:30-8:30 P.M.
DINE OUT WITH ZOE WEIL

TRANSFORM THE WORLD, ONE DELICIOUS BITE AT A TIME!
GOVINDA'S VEGETARIAN BUFFET, 51 COELHO WAY
INDONESIAN VEGAN CUISINE

FROM *SAYUR LODEH TO NASI GORENG & MUCH MORE*
FULL MENU & ZOE WEIL'S OTHER HAWAII HUMANE EDUCATION
WEEK EVENTS ON VSH.ORG, ALL DISHES ARE GLUTEN-FREE
\$18, AGES 8-12 \$10, AGES 0-7 FREE (KEIKI ACTIVITIES TABLE)
TO RSVP & PAY BY 3/11, CALL (808)595-4913
OR EMAIL GOVINDAS108@HOTMAIL.COM



Zoe Weil is co-founder and president of the Institute for Humane Education (IHE). She is the author of several books, including Nautilus Silver Medal-winner *Most Good, Least Harm: A Simple Principle for a Better World and Meaningful Life*. She has written numerous articles on humane education and humane living; speaks frequently and leads workshops across North America and overseas; and has been interviewed in such venues as Forbes.com. She has also presented four acclaimed TEDx talks, among them, "The World Becomes What You Teach" and "Solutionaries." In 2012, Weil was honored with the award for Women in Environmental Leadership from Unity College.



Vegetarian Society of Hawaii

Join Us!

For more info call 944-VEGI (8344) or visit VSH.org

FREE Admission & Refreshments

Refreshments courtesy of Down To Earth.