

ENVIRONMENTAL BENEFITS OF A PLANT-BASED DIET

A PRESENTATION BY

HOME LE'AMOHALA

We can find some of the solutions to our environmental dilemmas on our own dinner plates! In our modern and complex world, the technological solutions developed to solve major problems, such as global warming and fresh water pollution, often turn out to be complications rather than actual solutions. Instead, these two environmental dilemmas could be best addressed with changes to our diet. Wholesome lifestyles that leave a light footprint on the earth benefit the environment and our future generations. We can gain insights into potential solutions for our contemporary conundrums by comparing these modern adaptations to our more "primitive" behavior of the past!

TUESDAY, SEPTEMBER 9, 7 P.M.
ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE., HONOLULU
(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY -
ACROSS FROM THE CHEVRON STATION)

WEDNESDAY, SEPTEMBER 10, 2014, 5-7 P.M.
DINE OUT AT GREENS & VINES RESTAURANT
909 KAPIOLANI BLVD., HONOLULU
CORNER OF WARD AVENUE & KAPIOLANI BOULEVARD
FREE PARKING ON GROUND FLOOR BEHIND RESTAURANT
RAW VEGAN MENU (FULL MENU ON WWW.VSH.ORG):
*LEMONY ZUCCHINI BISQUE, SPICY KALE SALAD WITH MAPLE
CANDIED PECANS, CRIMINI ESCARGOT & SPROUTED SUNFLOWER
SEED CROUTON SKEWERS WITH MAC-NUT GARLIC "BUTTER,"
ZUCCHINI GNOCCHI WITH WHITE TRUFFLE SAUCE,
TROPICAL FRUIT "CHEESECAKE"*
(NOTE FOR THOSE WITH GLUTEN SENSITIVITY: MENU IS GLUTEN-FREE)
\$24 (TAX & TIP INCLUDED), RSVP & PREPAY: (808)536-9680



Vegetarian Society of Hawaii

Join Us!

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



Mr. Le'amohala has been an ocean reef lecturer and whale watch naturalist, a snorkel and hiking guide, cruise director on the Navatek II, and educational director for Leilani Farm Sanctuary. He also served a five-year internship with a vegan community dedicated to promoting planetary integrity. He is the president of OLA, the Optimum Living Alliance, a nonprofit 501(c)(3) organization dedicated to promoting personal and planetary vitality. He is also the curator of Onipa'a Sustainability Center, a project of OLA dedicated to sharing the facets and benefits of sustainably directed lifestyle options. Presently, he is developing several books focused on evolving the human character.

**FREE Admission
& Refreshments**

Refreshments courtesy of Down To Earth.