



A New Year of Kingston Veg!

We are so excited for what is to come in 2018!



2017 *A Year in Review*

2017 was an incredible year for the Kingston Veg community! The year began with the anti-fur march, our important annual event in downtown Kingston. Queen's Vegan Pledge events in March worked toward a compassionate Queen's. Queen's now offers vegan options at all Cafs! Our Bevies & Bites events were well attended, and we met some incredible vegans in the city – some new faces have happily joined our ranks! We launched our "Veg Out Directory" for 2017, which was a huge undertaking and helps the veg community navigate restaurants, events and resources in our city! We had well attended fundraising events, including a great bake sale which benefited our local farm sanctuaries, Home Free Farm and Happy Tails Farm Sanctuary.

The 2nd Annual Kingston Veg Fest was a wild success with over 6000 attendees! We would like to sincerely thank our sponsors, vendors, chefs, volunteers and YOU, the community for making this event succeed. We celebrated our volunteers with a night out and a vegan potluck! There was also overwhelming attendance at the farm sanctuary annual fundraisers following the fest. We love to see the support for these organizations! Eat Lover Vegan, Black Cat Vegan Bakery and Cecile's Untamed Kitchen saw great success this year, and a new local vegan business Knifey Spoonery launched! Have an idea of how to make 2018 even better? Connect with us at vegoutnew@gmail.com.





Another first for Kingston, brought to you by your Kingston Veg Network. Join the event page to see how choosing a plant based lifestyle could be the best thing you do in 2018 for you, for the earth and for the animals.

Recipes, inspiration, community.

#ygkvegmonth

01-28 Feb 2018



Have a **Heart** and Go Fur Free!

Feb. 11 12:00pm-1:00pm

Join us in support of this years' **National Anti Fur Day**. Our goal will be to promote fur free fashion & expose the cruelty behind the commercial fur industry.

We will be gathering at Springer Market Square from 12:00-1:00pm and leafleting in that general area.

Anti-fur posters and leaflets will be provided at the event for those interested.

Stop by our booth for the [#makefurhistory](#) selfi-challenge and enter to win a raffle prize for snappin' and sharin' your shots.

We will unite in community after the event at The Iron Duke. This is a family friendly event although due to the nature of the material there may be some heartbreaking images.

Thank you for being a voice for the animals.

Sign up on our [Facebook event page](#) to join the team.

Bevies and Bites – Tues Jan 30 5-7

Taking the "Meat" out of "Meet Up"! Come join your veg and veg curious community at The Iron Duke every last Tuesday of the month from 5:00-7:00 pm. BITE into a delicious surprise vegan entree, created just for us, and pair it with a (non)alcoholic BEVIE.



Upcoming events

Jan 30: BEVIES & BITES

5pm @ The Duke on Wellington

Jan 31: Knifey Spooney Menu Launch

5:30-8:30 Atomica

Feb 01-28: VEG MONTH CAMPAIGN

#ygkvegmonth

Feb 10: Happy Tails Sanctuary VALENSwine

Feb 11: NATIONAL ANTI FUR DAY

Feb 11: Puttin' on the Ritz –

Sheba Haven Rescue Fundraiser

Feb 16: Plant Based Cooking Demo with

Cecile from Untamed Kitchen

Feb 18: Tattoos for Tails

Kingston Animal Rescue Fundraiser

Feb 27: BEVIES & BITES &

VEG MONTH WRAP UP

5pm @ The Duke on Wellington

Veg Fest 2018 Announced!
Veg Fest is back for another



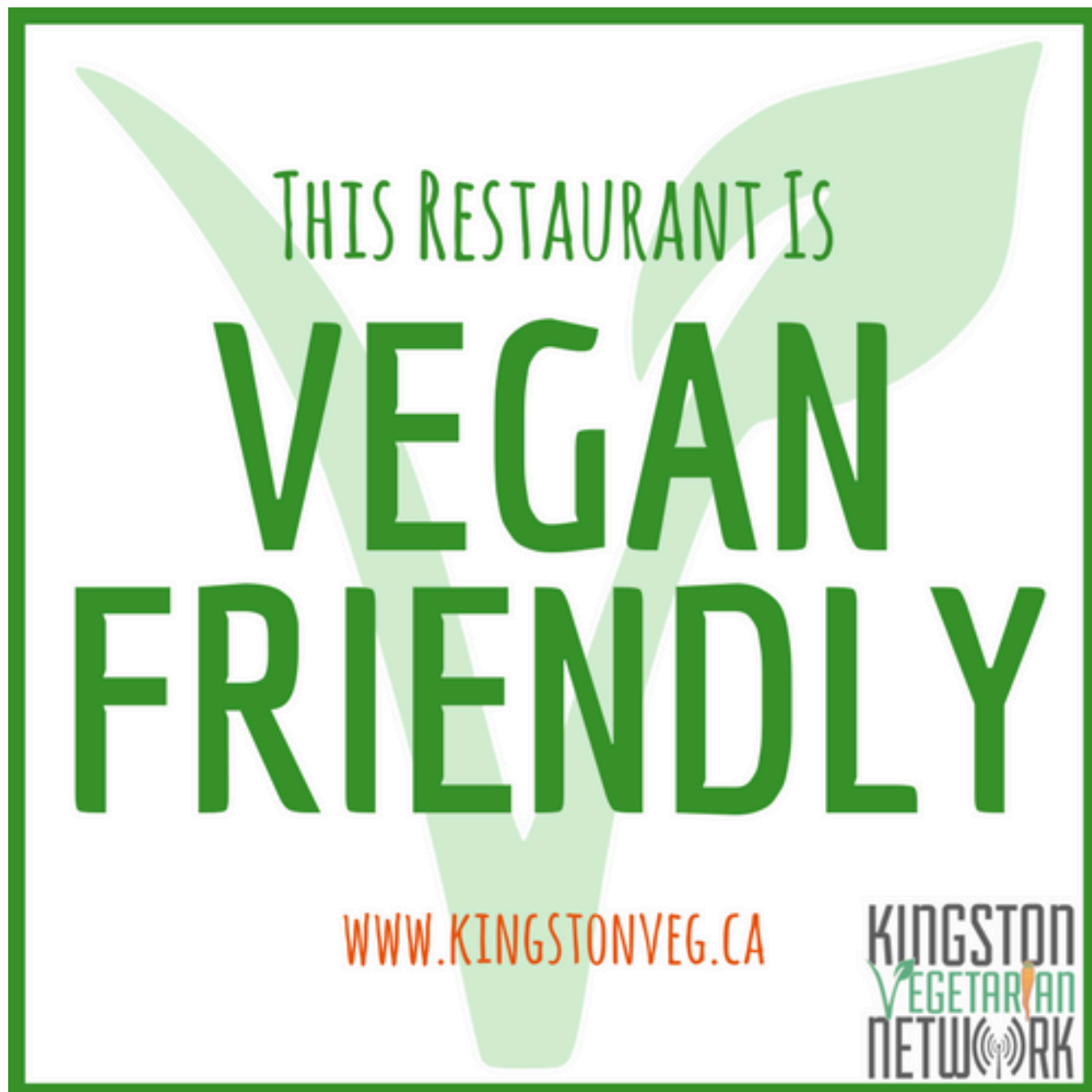
amazing year. Featuring 65+ Vendors, Speakers, Food Demos, Vegan eats and treats and so much more!

Sat Oct 20, 2018 11-4

St Lawrence College

www.KingstonVegFest.ca for more info or to get involved!

This year we will be rolling out the "Vegan Friendly" window decal program for local businesses to help advertise veg options in our city and to promote veganism with discounts to our KVN MEMBERS. Keep an eye out for them AND stay tuned on how you can become a member! Questions? Reach out to us at vegoutnews@gmail.com



We are happy to announce a new group!

Plant Based eating is a main component of the lifestyle we promote and we understand it can be a challenge to transition to this diet. We are here to support you wherever you are on your journey!

The Plant Based Eating group will be meeting monthly to help you through peer support and information sharing. Have a friend or family member who's always been interested in a vegan diet? Bring them along! PlantBasedKingston@gmail.com for more information!





Kingston Veg Network in 2018....

We are launching a new website! www.KingstonVeg.ca will be better than ever! Stay up to date on our events and all things Veg in YGK! In addition to our regular events, we have some big plans for 2018! Join a fun community of like minded people! If you're interested in being involved, let us know! We can't wait for all the amazing things 2018 will bring!

Stay tuned for exciting updates!



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