



Vegan Festival Adelaide
Saturday 5th November (10am-8pm)
& Sunday 6th November (10am-4pm)
Victoria Square/Tarndanyangga

Are you interested in health, fitness or raw foods? Or perhaps burgers, donuts and cake are more your style? At this year's Vegan Festival we cater for it all.

Veganism is one of the fastest growing food movements in the world, with Australia being close to the forefront of this change.

The Vegan Festival Adelaide is an outdoor, family friendly community educational event which aims to stimulate awareness by bringing health, environmental, lifestyle and cruelty free issues into the public eye.

Vegan Festival Adelaide gives you two days packed with live performances, guest keynote speakers, children entertainment, cooking demonstrations, workshops, Vegan Drag Queen DJ's, and over 75 stalls with fabulous food, merchandise and information.

Start the day with a Qi Gong or Yoga session and stay to take part in a range of workshops that will have you drumming to the beat or laughing with joy. Pleasure your senses with vegan cocktails, floating pies and a wide range of raw dishes, gluten free options and cold drip coffee.

Australia's favourite Purple Puppet, "Randy" will be the MC throughout the day, introducing our special guests including Tyler Tolman Holistic Nutritionist & Coach with thousands of followers, David Coles, Tegan Steele Veggie Girl, James Aspey - Animal Activist and Voiceless 365 founder and more!

SIDE EVENTS

This year we have two special events to coincide with the festival. On Thursday 3rd November the incredible Leilani Münter, a biology graduate turned professional race car driver and environmental activist, will share her story:
<https://aneveningwithleilanimunter.eventbrite.com.au>. (Part proceeds are donated to the Saving Nemo Fund.)

Then join us for a VIP (Vegan Inspirational People) Breakfast in the Square On Sunday 6th November, before the festival gets into full swing, hosted by the charismatic Randy. This is your opportunity to talk to some of the world's most inspirational vegans over a delicious vegan breakfast supplied by Mischief Brew, Juice Quest, Bob Bowls & Aqua Botanical.

VIPs include:

Leilani Münter- Never Underestimate a Vegan Hippy Chic with a Race Car #StartWith1Thing
James Aspey - Increase the peace, educate & inspire, push your limits & live life to the fullest!

Numbers to the breakfast are limited so please register:

<https://vipbreakfast2016veganfestivaladelaide.eventbrite.com.au>.

LIVE ENTERTAINMENT

This year's great line-up of local bands aims to inspire festival-goers to enjoy cruelty-free, more environmentally friendly way of life during a fun day out. Local legends like Pipe Guy (80K plus followers) will bring something completely different to the day, Louis Donnarumma boasts sell out shows at the Adelaide Fringe Festival, and The BordererS are still one of South Australia's biggest acts as they continue to tour around the world headlining festivals.

ZERO WASTE

With knowledge and experience from our environmental sustainability partners Adelaide Green Clean & Pak-Rite, and in co-operation with our caring stall holders, the Vegan Festival aims to be a zero waste and truly sustainable event. Being vegan is not simply about the health and animals, it is helping to care for our planet too!

For more information check out our website www.veganfestival.info and facebook page <https://www.facebook.com/Vegan-Festival-Adelaide>

VEGAN FESTIVAL ADELAIDE

Dates: Saturday 5 Nov 2016, 10am-8pm & Sunday 6 Nov 2016, 10am-4pm

Venue: Victoria Square/Tarndanyangga, Adelaide CBD

Cost: \$5 (children under 12 free). Companion Card holders are welcome.