

# THE MEANING OF FOOD -- WHAT IT MEANS TO BE AN EATER IN THE 21ST CENTURY

A PRESENTATION BY

## MIYOKO SCHINNER

An exploration of the social and cultural role of food through evolution, and the implications of the over-abundance of food choices on society, culture, and individual health and happiness. Within this context, we discuss how veganism represents the future of food as it presents a powerful opportunity for people to impact their own health, the environment, and the lives of others on this planet.



An entrepreneur for 30+ years in the food world as a bestselling author, chef and creator of delicious, decadent, and healthful plant-based food, Miyoko Schinner's achievements have included a restaurant and natural food company that distributed products nationwide and supplied cookies and pastries to United Airlines, and five cookbooks, including the best-selling *Artisan Vegan Cheese* and the just-published *The Homemade Vegan Pantry—the Art of Making Your Own Staples*. In 2014, she launched an artisan vegan cheese company, Miyoko's Kitchen, which produces gourmet flavors of handcrafted cheeses made from nuts. She also co-hosts the national cooking show *Vegan Mashup*.

**TUESDAY, JUNE 14, 2016, 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)

**MAUI: THURSDAY, JUNE 16, 7 P.M.**  
KAUNOA SENIOR CENTER, HANA HWY AT ALAKAPA PL, PAIA

**6-8 P.M., WEDNESDAY, JUNE 15**  
**DINE OUT WITH MIYOKO SCHINNER**

**DOWN TO EARTH ORGANIC AND NATURAL  
COMMUNITY ROOM, STE 302, 2525 S KING ST., HONOLULU**  
**VEGAN MENU BY MAMA T GONSALVES & JORDAN RAGASA**

**KALE AND WHITE BEAN SOUP**  
**GREEN SALAD W/ VEGAN RANCH OR GINGER HEMP SEED DRESSING**  
**LASAGNA FEATURING MIYOKO'S CREAMERY CHEESE**  
**RAW TIRAMISU**

**\$22.09 (ALL INCLUSIVE)**

TO RSVP AND PREPAY, PLEASE GO TO [WWW.VSH.ORG/DINEOUTS](http://WWW.VSH.ORG/DINEOUTS).

ALL DINE-OUT PROCEEDS GO TO MEAL PROVIDERS, NOT TO VSH.

FOOD SENSITIVITIES NOTE: MENU IS GLUTEN-FREE.



**Vegetarian Society of Hawaii**

**Join us!**

For more info call (808) 944-VEGI (8344) or visit [VSH.org](http://VSH.org).

**FREE Admission  
& Refreshments**

**LECTURE REFRESHMENTS COURTESY OF DOWN TO EARTH ORGANIC AND NATURAL**