

# LINDA DAY

PRESENTS

## “GREEN CUISINE: WHAT YOU EAT CAN SAVE THE WORLD”



**O**ur planet provides everything we need to live: oxygen, fresh water, food, and energy. But these vital natural resources are being contaminated and depleted by large-scale animal agriculture at an accelerating and unsustainable rate. Rainforests are being cleared for grazing land, rivers and lakes are becoming polluted, and massive amounts of fossil fuels are being burned, all to support the “factory farms,” slaughterhouses, and processing plants that produce meat for human consumption.

Join Linda Day on a fact-filled but fun exploration of how your diet can reduce the enormous threat we pose to our life-supporting environment.

Linda Day has been involved professionally and personally in environmental, animal rights, and human health issues all her life. Currently, she is Communications Coordinator for the University of Hawaii’s Office of Sustainability, which earlier this year facilitated the opening of Ono Pono, a vegetarian café on the Manoa Campus that has become highly popular with students, faculty, staff, and community members.

Ms. Day also will be speaking on Maui on Saturday, July 10, at 7 p.m. at the Seventh-Day Adventist Church, 261 S. Puunene Ave. (enter on Wakea) in Kahului.

**WEDNESDAY, JULY 14, 7 P.M.**

**CENTRAL UNION CHURCH**

**1660 S. Beretania (at Punahou)**

 **Vegetarian Society of Hawaii**  
Over 1600 Members Strong—Join Us!

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

**FREE  
Admission &  
Food Samples**