

# Boston Veg Food Fest

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## 2016 Boston Veg Food Fest Speakers

Organized and presented by



**All presentations are free! The Speaker Room is on the 2nd floor.**

**Authors do book signings just outside the speaker room following their presentations.**

**Also on floor 2: Visit the 46 Million Turkeys Art Show opposite the Speakers Room!**

**The Kids' Activity Room - Kids and their guardians can take a break and have some fun!**

[Saturday Speakers](#)

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### Saturday Speakers

**11:30 - Cooking Demo: Recipes from the Heart of Lighter**

**Alexis Fox and Micah Risk**



Recently featured in [Forbes](#) magazine, these two vegan entrepreneurs want to help the world eat better. Alexis Fox and Micah Risk are co-founders of Lighter, a platform that matches people with the perfect, delicious, plant-based meal ideas for their lives. They believe technology can radically improve the way we help people eat better and remove the barriers to healthy eating.

Alexis Fox, CEO (Chief Empowerment Officer)

at Lighter, has dedicated her life to fixing our broken food system and has worked in the movement as an attorney, political leader, and entrepreneur. She also spent three years as an adjunct Professor of Leadership at Emerson College. Micah Risk is CNO (Chief Nourishment Officer) at Lighter. Micah has a degree in Food Policy & Applied Nutrition from Tufts University's Master's program in nutrition, and worked in research at the World Health Organization headquarters. As an ultra-marathon runner, Micah has been featured twice in Runner's World – including being on its cover (notice her distinctive knee socks!) – and has been advocating for healthy and sustainable food systems for nearly two decades.

Alexis and Micah will teach some simple, healthy and tasty recipes from Lighter that are inspired by food leaders.

*Printed recipes will be provided for class attendees, as well as tasting samples.*



**12:30 Making History in Massachusetts: YES! on Question 3!**

**Paul Shapiro, Vice President of Farm Animal Protection, HSUS**

Come learn about the historic importance of the Massachusetts ballot initiative to ban intensive confinement of farm animals in this state, and how passing this measure on Nov. 8 will impact farm animals nationwide. Learn about the issues, the campaign, and how Yes on Question 3 will advance movement towards a more compassionate world.



Paul Shapiro is a graduate of George Washington University, taught peace studies in a public high school, worked as a farm animal cruelty investigator, and led successful initiatives to end misleading advertising on factory farm products. He is Vice President of Farm Animal Protection at the Humane Society of the United States.



Paul has been interviewed in hundreds of print, broadcast and online news sources as an authority on animal advocacy and the plight of farm animals. He has published dozens of articles about animal protection in publications ranging from daily newspapers to academic journals.

### 1:30 HOW NOT TO DIE: The Role of Diet in Preventing, Arresting, and Reversing Our Top 15 Killers

**Michael Greger, MD**



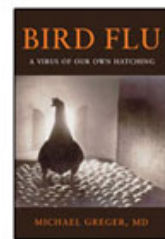
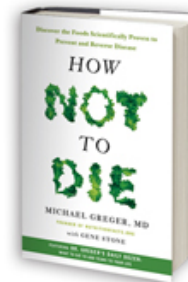
Dr. Greger has scoured the world's scholarly literature on clinical nutrition and developed this new presentation based on the latest in cutting-edge research exploring the role diet may play in preventing, arresting, and even reversing our leading causes of death and disability. Focusing on studies published in peer-reviewed scientific medical journals, Dr. Greger offers practical advice on how best to feed ourselves and our families.

Known as one of the most entertaining medical speakers of our time, Dr. Greger is a physician, New York Times bestselling author, and internationally recognized speaker on nutrition, food safety, and public health issues. He has been published in numerous esteemed scientific journals, testified before Congress, lectured at the

Conference on World Affairs, the Bird Flu Summit, the National Institutes of Health, and universities, medical schools, and conferences around the world. He is a graduate of Cornell University School of Agriculture and Tufts University School of Medicine and is Director of Public Health and Animal Agriculture at The Humane Society of the United States.

Dr. Greger is a founding member and Fellow of the American College of Lifestyle Medicine. He is the author of three books, and his latest book, *How Not to Die*, became an instant New York Times Best Seller. His nutrition DVDs highlight the hottest topics in nutrition science. Dr. Greger has videos on more than 2,000 health topics at [NutritionFacts.org](http://NutritionFacts.org), a free service that brings new short, informative nutrition videos and articles to your Inbox every day.

*Dr. Greger will do a book and DVD signing outside the speaker room following his talk.*



### 3:00 Switching to a Plant-Based Diet and Sticking With It: How to make dietary change permanent and successful

**Micaela Cook Karlsen**



Eating and staying plant-based in the modern world can be challenging. In spite of this, we do have scientific research on what makes it easier for people to make and maintain a dietary transition. This talk summarizes the relevant evidence and offers practical strategies people can implement to make their dietary choices sustainable in the long-term, graceful, and easy.

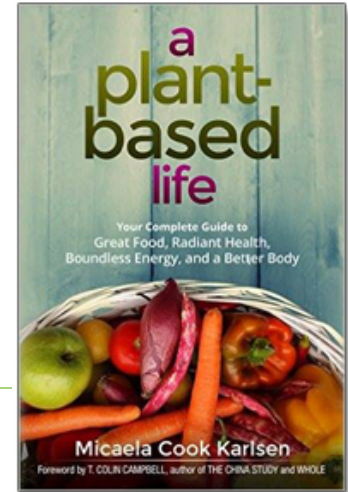
Micaela Cook Karlsen is a doctoral fellow in Nutritional Epidemiology at the Tufts Friedman School of Nutrition Science and Policy. She holds an MSPH in Human Nutrition from Johns Hopkins Bloomberg School of Public Health and a BA in Psychology from Cornell University.

A contributor to the New York Times bestseller *Forks Over Knives: The Plant-Based Way to Health*, Micaela was one of the two founding employees of the T. Colin Campbell Foundation (now the T. Colin Campbell Center for Nutrition Studies), where she served as the foundation's Executive Director before leaving to focus on her doctoral studies. She also was an instructor for, and one of the developers of the curriculum for, its online Certificate Program in Plant-Based Nutrition through eCornell. Currently, she serves on the Medical and Expert Advisory Board for the International Plant-Based Nutrition Healthcare Conference, as well as the Board of Directors for Plant-based Prevention of Disease, Inc.

She founded the online resource [PlantBasedResearch.org](http://PlantBasedResearch.org), which she manages as a database of original, peer-reviewed research studies relevant to plant-based nutrition as a resource to the public and health care professionals. Her more recent collaboration, [Habits of Health](#), provides transition guides, recipes, articles, and referrals for making a whole food, plant-based diet and lifestyle easy.

[\*A Plant-Based Life: Your Complete Guide to Great Food, Radiant Health, Boundless Energy, and a Better Body\*](#), Micaela's new book, was published in July 2016.

*Micaela will do a book signing following the presentation.*



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#### 4:00 Cooking Demo: Quick and Easy Weeknight Recipes

**Robin Adams**



Robin Adam's specialty is the transition kitchen, and helping people make changes to better their health based on science and information. She completed the eCornell online course in Plant-Based Nutrition and became certified, and has attended plant-based nutrition conferences around the country. It was at one of these conferences early on that she heard our speaker Dr. Michael Greger, and was inspired to become vegan, and more than that, an educated vegan. Since then she has devoured all that she could find regarding a healthy vegan diet.

In helping people transition their diet, Robin's philosophy is "I teach it, not preach it." Prepare for humor and a lively time as Robin will teach two recipes to keep handy for those week nights when a meal that's delicious and nutritious needs also to be quick and easy.

*Come learn, and taste samples of, Barbecue Rice and Tofu, and Loaded Mac 'n' Cheeze. Recipes will be provided to attendees.*



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#### 5:00 Movie Time!

**Vegan Basics**



This 30-minute film produced in 2016 by the nonprofit Meat Your Future presents a general overview of what veganism is, why it's an important topic for public discourse, as well as the key health, ethical, environmental and human rights issues involved. It includes discussion of climate change, world hunger, the impact of dietary choices on animals, and is an even-toned introduction to vegan living. *Vegan Basics* can be viewed online [here](#).

With many excellent feature-length documentaries being released on the issues and consequences of our food choices, it is good to have a short film that can be used in situations which do not allow for a 90-minute documentary. Whether a seasoned vegan, newcomer, or someone curious, join us for this screening, followed by informal discussion.

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## Sunday Speakers

**Dr. Joel Kahn was scheduled to speak on Sunday at 12 noon, but needed to make a late cancellation.**

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#### 12:00 Cooking Demo: Recipes from the Heart of Fruition

**Chef Bob Bouley**

Chef Bob Bouley has been delighting taste buds in the Boston suburb of West Medford for nearly a year at his newest restaurant, Fruition Vegan Kitchen. Having worked as a chef for over thirty years, Bob knows his way around a kitchen. But it was his first visit to the Boston Veg Food Fest in 2000 that inspired Bob to take on and master the art of vegan cooking!



Chef Bob has been increasing his vegan repertoire over the last 16 years. He and his wife, Lisa, opened their first vegan restaurant in 2003 in Montpelier, Vermont. After moving back to Massachusetts, they opened Veg Naturals in Malden in 2008. Bob's creativity with vegan cuisine blossomed with each restaurant, and with Fruition, it has reached new heights.



Bob enjoys serving up a number of bean and grain-based dishes, but what really sets Bob's offerings in a league of their own is the fact that he makes his own vegan cheeses and seitan. Seitan is a high-protein, wheat-based, savory food with a satisfying, chewy

texture, that people sometimes refer to as "wheat meat." Come learn Bob's method for making seitan, and learn what to do with it!

*Printed recipes will be provided for class attendees, as well as tasting samples.*

**1:00 The Humane Economy: How Innovators and Enlightened Consumers Are Transforming the Lives of Animals**  
**Wayne Pacelle, President & CEO, Humane Society of the United States**

This presentation explores the economics of animal exploitation, and describes a revolution in American business and public policy that is changing forever how we treat animals. Every business grounded on animal exploitation, Pacelle argues, is ripe for disruption. His book is a call to clothe, feed and entertain people without victimizing animals. By every measure, life will be better when human satisfaction and need are no longer built upon the foundation of animal cruelty.



Wayne Pacelle is president and CEO of the Humane Society of the United States (HSUS), the nation's largest animal protection charity. During his tenure, Pacelle more than doubled the size of the organization and, through corporate combinations with other groups, built unity and greater efficiency within the animal protection cause. He and The HSUS have worked for the passage of more than 1,200 new state and local laws since 2005, and he has helped to pass more than 25 federal statutes to protect animals in the last decade. He has expanded HSUS's animal care operations, and worked with dozens of the nation's biggest corporations to enact operational changes that benefit animals. Since



1990, Pacelle has played a central role in more than 25 successful statewide ballot campaigns on issues including hunting and trapping of wildlife, puppy mills, cockfighting and dog fighting, and anti-factory farming.



Wayne Pacelle has brought animal issues to light on most of the major network television programs, including 60 Minutes, The Today Show, News Hour with Jim Lehrer, Larry King, Good Morning America, Primetime, Oprah, and Ellen. He has been profiled in The New York Times, Wall Street Journal, Washington Post and Los Angeles Times, and his animal work has been featured in thousands of newspapers and magazines across the country.

Pacelle is the author of two books, both New York Times best sellers. He received his B.A. in history and environmental studies from Yale University.

*Wayne Pacelle will do a book signing following his presentation.*

**2:00 The Role of Nutrition in Cancer Prevention and Cancer Survival: Fighting Cancer the Whole Foods Way**  
**Paulette Chandler, MD, MPH**

Paulette Chandler, MD, MPH, is Assistant Professor of Medicine at Harvard Medical School and Associate Epidemiologist in the Division of Preventive Medicine at Brigham and Women's Hospital. She is a primary care physician with expertise in clinical innovation. As a cancer researcher, Dr. Chandler's research focuses on evaluating the role of nutrition in cancer prevention and cancer survival and translating the findings into clinical practice. She was selected for an American Cancer Society career development award that aims to uncover links between nutrition and colorectal cancer risk by using metabolomics, the systematic study of circulating small molecules.



Dr. Chandler received her MPH at Harvard School of Public Health. She is a graduate of Princeton University and Duke University Medical School. She is committed to educating about the benefits of a plant-based diet, exercise, stress management, and other lifestyle habits to treat obesity, heart disease, diabetes, and cancer by uniting mind, body, and spirit.

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### **3:00 Cooking Demo: Recipes from Vegan Bowl Attack!**

**Jackie Sobon**



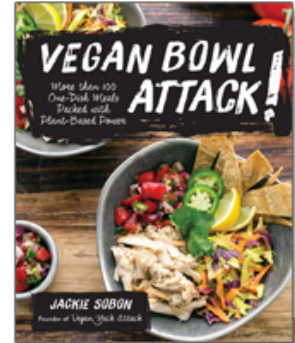
Jackie Sobon is a food photographer, recipe developer, and author specializing in vegan food. She is the founder of the popular food blog [Vegan Yack Attack](#), founded in 2011, and her work has been featured on KTLA News, ABC News (Good Morning America), SELF magazine, VegNews Magazine, BuzzFeed and more. Jackie has photographed cookbooks for notables such as Jason Wrobel, Happy Herbivore, and other plant-based authors. She has self-published three e-books, contributed to We Love Quinoa (Taunton Press), and is the Sweet Treats columnist for VegNews magazine.

In her new cookbook *Vegan Bowl Attack! More than 100 One-Dish Meals Packed with Plant-Based Power*, Jackie combines vegetables, protein, and whole grains in one dish to make a simple, complete, and

nutritious meal. Perfect for workday lunches, simple dinners, and even breakfast, these are meals so good you'll soon forget plates even exist. Simple and nourishing, vegan bowls are where it's at.

Jackie will teach techniques and tips for making Spicy Sushi Bowl and Smoky Corn Chowder. Printed recipes for these two dishes will be provided for class attendees, as well as tasting samples.

*Jackie will do a book signing following the presentation.*



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## **2015 Speakers List**

Presented by the [Boston Vegetarian Society](#) • (617) 424-8846 • [info@BostonVeg.org](mailto:info@BostonVeg.org)

This site, the Boston Vegetarian Society, and the Boston Veg Food Fest do not provide medical or nutritional advice and are for information purposes only. Medical and/or nutritional information offered by speakers or exhibitors at the festival or any BVS event, or by any BVS representative or associate, and in any article in any BVS publication or advertisement, or on the BVS website, or in any social media posting, is not intended to be a substitute for professional medical or nutritional advice, diagnosis, or treatment. Always seek the advice of a qualified health provider.

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