



Dublin Vegfest Press Release for immediate Release: Ireland's largest vegan food event

Dublin Vegfest

Saturday 23rd September 2017, 11 am - 6 pm

Sunday 24th September 2017, 11 am - 6 pm

Griffith Conference Centre, South Circular Road, Dublin 8

Dublin Vegfest is back with a two-day celebration of a vegan lifestyle. It is the country's biggest vegan food event. Full of local food stalls providing the very best of vegan cuisine all day long: vegan cheeses, donuts, pizzas, burgers, ice cream, healthy salads, cakes and drinks. Diet and nutrition talks by experts, food demonstrations! Speakers : [James Aspey](#) ; [Patrik Baboumian](#)/ Germany's strongest man, world record holder (don't ask him where he get's his protein?) We anticipate a couple of thousand people over each day. Vegan or not vegan, everyone is welcome to try new foods, take a talk or hangout among a super friendly enviroment. Activities on the day include demo's, talks by diet experts and stars of the plant based world, award winning bloggers, live music. Tickets are on sale [at Eventbrite](#).

"Vegfest is spearheaded by a dedicated group of people passionate about vegan living. That's all it takes to bring about change."

HUFFINGTON POST

"The festival not only offered the opportunity to broaden one's palette but it was also an interesting insight into veganism and how being conscious of the food you are consuming is only one aspect of leading a cruelty-free lifestyle."

TN2 MAGAZINE

Dublin Vegfest 2017 is possible with the support of our sponsors [KoKo Dairy Free](#), [A Well Fed World](#) and [Cornucopia Restaurant](#).

Dublin Vegfest Speakers:

[James Aspey](#) - Speaker, youtube blogger & vegan activist

[Patrik Baboumian](#) - World record holder, vegan strongman athlete

[Earthling Ed](#) - Speaker, youtube blogger & vegan activist

[Alpesh Patel](#) - Animal Free Research

[Conor Kerley](#) - Clinical dietician

[Dr Ailis Brosnan](#) - Your Healthy Living Coach: *Powered by Plants - the health benefits of a plant-based diet*

[Glauce Lucas](#) - All About Vegan Food - *Raising Vegan Children: We're Doing It Right*

[Nicola Matthews](#) / *From vegan to greyhound activist*

Dublin Vegfest Music & Performances:

[Jack English](#) - athlete & freerunner

[Hazel Hogan](#) - poet & artist

[Lambdancer](#) - music duo

[Ines Khai](#) - singer & song writer

[Terri Fierce and Michael Donohoe](#) - World & Irish pole sport champion

Dublin Vegfest Food Demo's:

[Christina Leopold](#) - Addicted to dates

[Tanya O'Halloran](#) - Tiny Vegan Kitchen

[Tony Keogh](#) - Cornucopia's head chef

Notes to Editor

Contact information:

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[DublinVegfestOnFacebook](#)

[@DublinVegfest](#)

Veganism is growing rapidly around the world with an estimated 7.5 million vegans in the USA as example.

1 Figures for Ireland are not so available but the level of interest is very high and growing with more clearly labeled vegan friendly food products on the shop shelves meeting demand for healthier, more ethical products. Almost all high street food outlets offer tasty vegan menus.

2 People adopt a vegan lifestyle for a number of reasons. Personal health is one of them; a vegan diet has been shown to be an effective way to reverse and prevent some of the killer diseases associated with a standard western lifestyle.

3 People are hearing about the benefits of a vegan diet and lifestyle from stars like Miley Cyrus, Sia who are both vegans or Beyonce who recently launched a vegan delivery service in New York.

Environmental concerns around deforestation, water pollution, food waste and Climate Change bring a lot of people to go vegan too. Animal agriculture is the number one cause of greenhouse gases causing climate change.

4 Concern for the billions of animals used in our food systems is another reason.

5.The demand for ethical cruelty free products is increasing in Ireland and around the world.

6.Going vegan is a good practical solution to people's concerns for their health, our planet and animals.

Some famous present day vegans

- Erykah Badu - Singer
- Liam Hemsworth - Actor
- Miley Cyrus - Singer
- Thandie Newton - Actor- Westworld
- Rosanna Davison - Super model & writer
- Kerry McCarthy - Shadow Agriculture Minister UK
- Thich Nhat Hanh - Buddhist monk & author
- Benjamin Zephaniah - writer & poet
- Stella McCartney - Fashion Designer
- James Cameron - Movie Director
- Alicia Silverstone - Actor, writer
- Joaquin Phoenix - Actor
- Woody Harrelson - Actor
- Samuel L. Jackson - Actor

Famous vegan athletes

- Fiona Oakes - elite ultra runner
- Patrik Baboumian - vegan strongman
- Rich Roll - Ultra endurance
- Brendan Brazier - Triathlon & ultra endurance
- Matt Danzig - MMA

- Scott Jurek - ultra endurance runner
- Frank Medrano - body calisthenics
- Nate Diaz- MMA

References:

1. <http://www.vrg.org/blog/2011/12/05/how-many-adults-are-vegan-in-the-u-s/>

2.

<http://www.theguardian.com/sustainable-business/2014/nov/28/business-and-entrepreneurs-seize-opportunities-in-rise-of-veganism>

3.

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Vegetarian-Diets_UCM_306032_Article.jsp

4. <http://www.un.org/apps/news/story.asp?newsID=20772>

5. http://www.bbc.co.uk/ethics/animals/using/eating_1.shtml

<http://www.pledgevegan.com/director-james-cameron-wants-america-adopt-vegan-diet>

6.

<http://blueandgreentomorrow.com/2014/03/27/ethical-consumer-market-now-worth-54bn-in-the-uk-up-12-in-2012/>

