



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

### **Dublin Vegfest**

**Saturday 22nd September 2018, 11 am - 6 pm**

**Sunday 23rd September 2018, 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 with a large outdoor area, Speakers area, Vegan Food Village and Chill Zone. Expect vegan cheeses, falafels, burgers, hot dogs, pizzas, ice cream, chocolates, healthy salads, cakes and drinks. Plant based diet and nutrition talks by experts and leaders in their field, recipe demonstrations, performance & lots more! We're expecting thousands of people to flock over the weekend.

Everybody is welcome, you don't have to be vegan to enjoy the event! You can just feast your way through the day, learn about plant based benefits among super friendly environment. Tickets are on sale [at Eventbrite](#) (€10 ex. booking fee).

Dublin Vegfest 2018 is possible with the support of our sponsors KOKO Dairy Free, A Well Fed World, Umi Falafel, Bia Beauty, Earth Cafe Cork, Cornucopia Restaurant Dublin, YPB, Meanwell Wholefoods and Buttercream Bakery.

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

HUFFINGTON POST

### **Speakers include:**

[Dr. Milton Mills](#) / surgeon ; Featured in 'What The Health'.

[Patrik Baboumian](#) / Germany's strongest man, world record holder (don't ask him where he get's his protein?)

[Fiona Oakes](#) - world record holding athlete, vegan ultra-runner

[Melanie Joy](#) / founder [Carnism.org](#), Harvard-educated psychologist, writer and speaker

[Aine Carlin](#) / Best selling vegan cook book author, blogger and RTE 'Afternoon Show' chef

[Hulda B. Benediktsdóttir Waage](#) / Icelandic vegan powerlifting holder and Great Vegan Athlete of the Year 2017

[Dawn Moncrief](#) / founding director of [A Well Fed World](#), a hunger relief and animal protection nonprofit, advocacy organization

[Holly White](#) / Irish vegan food & beauty blogger and book author

[a privileged vegan](#) / famous vegan youtuber

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

[Amy Ní Cholgáin / Green Leafy Gael](#) - Irish Youtuber & Vlogger

### **Vegan Athletes & Health Pannel:**

[Heather Gordon](#) - Vegan ultra runner

[Jessica Gresty](#) - Vegan fitness model

[Leonardo Venaas](#) - Vegan athlete & youtuber

[Michael Donohoe](#) - Vegan acrobatic fitness coach

[Donal Bailey](#) - Irish Plant based physician and athlete

### **Dublin Vegfest Food & Beauty Demo's:**

[Aine Carlin](#) / famous Irish vegan book author and blogger

[Holly White](#) / Irish vegan food & beauty blogger and book author

[Christina Leopold](#) - Addicted to dates

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

[Tracey Ryan](#) - founder of Bia Beauty

### **Dublin Vegfest Music & Performances:**

[Amy True](#) - musician

## Notes to Editor

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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:

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