

# Good Food Festival

Resource Center for Nonviolence  
612 Ocean St., Santa Cruz

RIDE YOUR BIKE, or Plenty of PARKING at the County Bldg., 701 Ocean St.

**INTERNATIONAL**  
CUISINE

Vegetarian  
& Vegan

- India Joze
- Navajo Tacos
- India Gourmet
- Tamales
- Bobcat Ridge Avocados
- Corn on the Cob
- Dessert/Drinks

**FILMS:** Making the connection between eating sustainably and climate change

1:00 & 5:00pm: **Do the Math** (45 min.) 2013 film highlights the rising movement to address the global climate crisis and challenge the fossil fuel industry.

2:30pm: **The True Cost of Food** animated 15-minute Sierra Club film encourages people to think about the environmental impacts of their consumption choices.

**Diet for a Hot Planet** (3 min.) Author/activist Anna Moore-Lappé speaks about her book "Diet for a Hot Planet: the climate crisis at the end of your fork and what you can do about it."

3:00pm: **Forks Over Knives** (96 min.) shows how health can be improved by adopting a whole food, plant-based diet and highlights the work of pioneering researchers Dr. T. Colin Campbell (the China Study) and Dr. Caldwell Esselstyn.

**CO-SPONSORS & BUSINESS SUPPORTERS:** Bobcat Ridge Avocados, Central Coast Wilds, Earthbound Farm, Hotel Paradox/Solaire, Seacliff Inn, Allterra Solar, Whole Foods, Staff of Life, New Leaf Market, UNA- United Nations Association, 350.org Santa Cruz, Vegetarian and Vegan Meet-ups of Santa Cruz, Literary Guillotine, Dharma's, the Bagelry, Café Cruz, Mountain Feed and Farm, Silver Spur, Westside Pharmacy, Al Fresco, Companion Bakery, Carried Away, Zachary's.

Sponsored by the **Resource Center for Nonviolence**  
Media  
Co-sponsors: **SantaCruzWeekly** **Connection** Magazine

Santa Cruz Sentinel  
ONE CLEAR LEADER  
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KUSP 88.9  
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KSCO 1080AM  
KZSC 88.1FM

Good for You,  
Good for the Planet!

**Sunday**  
**May 19**

Noon - 6:30p.m.

**A VEGETARIAN**  
**Celebration**

**FREE ADMISSION**

- Food
- Family-Friendly
- Films
- Live Music
- Children's Activities
- Samples
- Info

**DEMOS/MUSIC**

- 12:30pm- INDIA JOZE- demo
- 1:30- Food for Life- demo demo/ tasting
- 2:00- Bobcat Ridge Avocados-
- 2:45- The Alex Raymond Blues Band
- 3:00- Luma Yoga class
- 3:45- Sprouting workshop- Sustainable Santa Cruz
- 4:15- Those Guys- pop, folk, blues
- 5:15- Luke Abbott & Friends- old time music
- 1- 6: Solar Cooking- Solar Mike

**Celebrating the health and environmental benefits of a plant-based diet.**

**Reduce Your Climate Footprint!**

**FM:** rcnv.org  
**831.423.1626**

