

veggie fest 2017

GOOD FOOD, HEALTHY LIVING

One of the Largest
VEGETARIAN
Food & Lifestyle
Festivals in North America!

AUGUST 12 & 13, 2017 11AM-8PM FREE ADMISSION!

DON'T MISS OUT

- 🍃 Talks by health experts
- 🍃 Children's activities
- 🍃 Meditation classes
- 🍃 Family fun
- 🍃 Over 100 vendor booths
- 🍃 Yoga classes
- 🍃 Free parking



SHARE THE EXCITEMENT

Use #VeggieFestChi17
and tag us in your posts!

 @VeggieFest

 @VeggieFest

 @VeggieFestChicago

VEGGIE FEST CHICAGO

Benedictine University
5700 College Road
Lisle, IL 60532

Phone: 630-955-1200

**12th Annual
Veggie Fest**



Sponsored by
Science of Spirituality



www.veggiefestchicago.org

Welcome to Veggie Fest



Chicagoland's Vegetarian Food and Lifestyle Festival

Welcome to Veggie Fest. Each year we try to make our two-day festival a bit better by adding a few surprises.

New this year – drum roll, please – is yoga! These *free* classes will be held on the hour in Tent Y-1. You don't have to be able to stand on your head or twist yourself into a pretzel to enjoy the poses our professional yoga teachers will guide you through. Just relax and have fun.

Last year, Dr. Terry Mason, who oversees healthcare delivery to a million Cook County residents, broadcast his weekly radio show, "A Doctor in the House," from Veggie Fest. He will be back this year, reaching out to his radio audience from this very spot.

Rush University Medical Center, with Dr. Kim Williams and his team, will once again be doing free medical screenings and answering basic health questions. Be proactive. Stop by!

We have new tee shirt designs for adults and kids. Everybody loves our henna tattoos! Crafts and face painting for kids are always a hit. You can learn how to meditate. Take the vegetarian challenge. Dance to the music. Check out the expanded menus in the international food court, take home new ideas from the food demos, and listen to our doctors tell you how you can have zest and vitality, whatever your age.

All this and more is waiting for you at Veggie Fest 2017. We're so glad you're here and hope you have a great time!

The "Find It" app (see QR code on left) runs on any smart phone. It shows where you are on the site, lets you search by name for all our attractions, and even shows you how to get there.



Scan to access onsite map or type tiny.cc/vfg

Lost and Found (including kids) is in E-6



Featured Talks



Sant Rajinder
Singh Ji Maharaj,
Head of Science
of Spirituality

Keynote Speaker

Saturday, August 12, 3:00pm

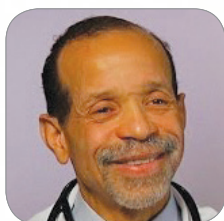
Detox Your Mind

Sunday, August 13, 3:00pm

Find Your Peaceful Inner Retreat

Traducción simultánea al español.

Talk is in Tent S-1



Kim Allan Williams,
Sr., MD, Chief,
Division of
Cardiology, Rush
University Medical
Center

Special Guest Speaker

Saturday, August 12, 2:00pm

***Lifestyle Risk Factor in
Preventing Cardiovascular
Disease***

Talk is in Tent S-1



Terry Mason, MD,
Chief Operating
Officer, Cook
County Department
of Public Health

Special Guest Speaker

Sunday, August 13, 2:00pm

Cancer: Does Diet Play a Role?

Talk is in Tent S-1



Saraswati
Sukumar, PhD,
Co-Director
of the Breast
Cancer Program,
Johns Hopkins

Special Guest Speaker

Saturday, August 12, 1:00pm

***Preventing Cancer, Taking
Dietary Steps***

Talk is in Tent S-1



Arran Stephens,
Chief Operating
Officer, Nature's
Path Organics

Special Guest Speaker

Saturday, August 12, 12:00pm

***Become the Change You Want
to See in the World***

Talk is in Tent S-1



Spirituality and Health Symposium

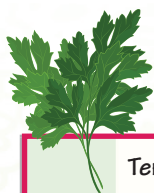
Saturday

12:00 pm – 12:45 pm	Tent S-2	Matthew Raider, MD	Outsmart Aging — A Plan for Feeling Youthful
12:00 pm – 12:45 pm	Tent S-1	Arran Stephens, Founder and CEO of Nature's Path Foods	Become the Change You Want to See in the World
12:00 pm – 12:45 pm	Tent S-3	Andrew Vidich, PhD	Cultivating Compassion — 6 Steps toward Lasting Joy
1:00 pm – 1:45 pm	Tent S-2	Timothy W. Fior, MD	The Protein and Cheese Trap
1:00 pm – 1:45 pm	Tent S-1	Saraswati Sukumar, PhD	Preventing Cancer, Taking Dietary Steps
1:00 pm – 1:45 pm	Tent S-3	Mark E. Young, PhD	Be Happy and Stress Free — 4 Tips for Emotional Wellness
2:00 pm – 2:45 pm	Tent S-2	Poonam Gupta, MA, ERYT 500	Healing Body, Mind and Spirit — A Holistic Approach
2:00 pm – 2:45 pm	Tent S-1	Kim Allan Williams, MD	Lifestyle Risk Factor in Preventing Cardiovascular Disease
2:00 pm – 2:45 pm	Tent S-3	Deborah Purdy, MAAT	Creativity and Spirituality: Dare to Experience your Inner Calling
3:00 pm	Tent S-1	Sant Rajinder Singh Ji Maharaj	Detox Your Mind
4:15 pm – 5:00 pm	Tent S-2	Alan Post, DC	Chiropractic and Meditation: From Healing to Wholeness
4:15 pm – 5:00 pm	Tent S-1	Rimjhim Duggal Stephens, MD	Eat Smart, Be Smart: A Child's Guide to Vegetarianism
4:15 pm – 5:00 pm	Tent S-3	Patricia Bayona, PhD	Tres claves para mejorar tu calidad de vida (in Spanish)
5:15 pm – 6:00 pm	Tent S-2	Miguel Purgimon, BS	Meditación: un enfoque milenial (in Spanish)
5:15 pm – 6:00 pm	Tent S-1	Arjan Stephens, MBA	Becoming a Wise Consumer — Foods to Avoid
5:15 pm – 6:00 pm	Tent S-3	Gary Moed, MS	Travelers' Health: Food Choices and Resources for Vegetarians

Sunday

12:00 pm – 12:45 pm	Tent S-2	Ingrid Kraaz Von Rohr, DN	Preventing Allergies with Plant-Based Foods
12:00 pm – 12:45 pm	Tent S-1	Ajili Hodari, ESQ	Meditation for Improved Focus and Productivity
12:00 pm – 12:45 pm	Tent S-3	Rajinder Arora, MD	Exercise, Diet, and Meditation Build Pulmonary Strength
1:00 pm – 1:45 pm	Tent S-2	Louis Ritz, PhD	Neuroplasticity — the Brain and Meditation
1:00 pm – 1:45 pm	Tent S-1	James Gruft, MD	Memory Optimizers Using Functional Medicine
1:00 pm – 1:45 pm	Tent S-3	Carlos Lozano, JD	Finding Your True Purpose through Meditation
2:00 pm – 2:45 pm	Tent S-2	Manish Saggar, PhD	7 Scientific Reasons to Meditate NOW!
2:00 pm – 2:45 pm	Tent S-1	Terry Mason, MD	Cancer: Does Diet Play a Role?
2:00 pm – 2:45 pm	Tent S-3	Sara Schiffer, CPA	Habits That Transform: Making Meditation a Lifestyle
3:00 pm	Tent S-1	Sant Rajinder Singh Ji Maharaj	Find Your Peaceful Inner Retreat
4:15 pm – 5:00 pm	Tent S-2	Umesh Bhatia, MS	Meditation: The Ultimate Scientific Experience
4:15 pm – 5:00 pm	Tent S-1	Kunwarjit Singh Duggal, MD	Food for Thought — Nourishing Brain Power
4:15 pm – 5:00 pm	Tent S-3	Mary Kay Berjohn, MS	Making the World Better through Compassion and Service
5:15 pm – 6:00 pm	Tent S-2	Jora Young, MS	Healthy Body, Healthy Soul, Healthy Planet
5:15 pm – 6:00 pm	Tent S-1	Sue Rose, Certified Vegetarian Coach	Vegetarian Superfoods
5:15 pm – 6:00 pm	Tent S-3	David Martinez, MA	Promoviendo la meditación para niños (in Spanish)





Food Demos

Saturday

	Tent D-1	Tent D-2	Tent D-3
11:30	Easy Tofu Meals with Nicole: Eggless Tofu Salad and how to use TVP		
12:00		Chef Ramses Bravo, Vegan Chef: Garlic Lemon Broccoli and Rabe, Orange Steamed Asparagus and more. . .	
12:30			Whole Foods Market with Viv Proano: Raw Berry Crisp and Raw Veggie Pasta with Tomatoes and Herbs
1:00	Healthy & Happy Living with Ewa Stankewicz and Sebas- tian: Veggie Lasagna (Dairy)		
1:30		The Veg Coach, Ellen Jaffe Jones: Breakfast Ideas from "Vegan One"	
2:00			Summer Favorites with Ray Glend: Vegan Club Sandwich and Potato Salad
2:30	Nature's Path Organics with Candice Macalino: Grilled Fruit Salad & Chocolate Peanut Butter		
3:00		Tess Challis, Wellness Coach and Vegan Chef: Healthy Caramel Corn	
3:30			Glow with Lavina Phulwani: The Most Delicious Chocolate Cupcakes Ever
4:00	Manna Organics with Jade Schulte: Avocado Toast Made Three Ways		
4:30		Acooba Scott Cooks: Chickpea "Tuna" Salad	
5:00			Chef Gaetan: Every Day Stir-Fry

Sunday

	Tent D-1	Tent D-2	Tent D-3
11:30	Flavors of India with Vimi Shukla: Moong Dal and Indian Potatoes with Green Beans		
12:00		The Veg Coach, Ellen Jaffe Jones: Soups and Salads from "Vegan One"	
12:30			Alice & Friends' Vegan Kitchen: Korean Sushi
1:00	Healthy & Happy Living with Ewa Stankewicz and Sebastian: Cheesy Bowtie Pasta with Summer Veggies		
1:30		Vegan Chef Ramses Bravo: Butternut Squash, Kale Soup and Hawaiian Salad	
2:00			Whole Foods Market with Viv Proano: Raw Berry Crisp and Raw Veggie Pasta with Tomatoes and Herbs
2:30	Nature's Path Organics with Candice Macalino: Avocado Boats with Spicy Crunchy Tofu		
3:00		Chicago Vegan Mania with Marla Rose: Green Goddess Dressing and Blueberry Fudge	
3:30			Summer Favorites with Ray Glend: Vegan Club Sandwich and Potato Salad
4:00	Manna Organics with Jade Schulte: One Bowl, No Bake Treats Three Ways		
4:30		Acooba Scott Cooks: Tofu Paté	
5:00			Easy Peasy Cooking with Mary Pomerantz: Summer Salad Duet

Veggie Fest 2017 Vendor Locations

FOOD COURT

F6	Bali Magic
F14	Buddha Bowl
F21	Caribbean Kitchen
F9	Chinese Palace
H7	Cold Water
N5	Cold Water
F17	Coney Island Treats
F27	Cool Drinks
F3	Cool Smoothies
F16	Dragon Delights
F18	Falafel Paradise
F15	Fresh Fruit
F20	Fries Your Way
F25	Frozen Cappuccino
F10	Great Snacks
F19	It's a Wrap!
F5	Mumbai Munchies
F12	Organic Salad Oasis
F8	Pizza Con Amore
F26	Premium Italian Ice Cream
F13	Salsa!
F7	Sizzlin' Veg Kabobs
F22	The Art of Dosa
F11	The Freshest Juices
F4	Time for Dessert
F23	Tropical Coolers

FOOD DEMOS

D1	Food Demo 1
D2	Food Demo 2
D3	Food Demo 3

FOOD PRODUCTS

E2	Beyond Better Cashew Sauce & Dip Mixes
M8	Chutney Devis
O5	Cousin Mary Jane & Lady Jane Gourmet Seed Co.
O2	Follow Your Heart
M6	Fruitful Yield Health Foods
R4	Good Karma
O1	House of Spices Inc.
Q4	Kitchen Craft
B3	Kyani Products
E1	Lightlife Foods
P6	Lundberg Family Farms
P5	MALK Organics
H2	Manna Organics
H1	Nature's Path
Q3	Orgain Inc.
V1	Path of Life
Q2	Phyter
Q6	Quikfoods, Inc
P4	Quorn Foods
Q5	Saladmaster- We Change Life
E3	Saraya Usa
V5	SUPERIEUR ELECTROLYTES
V3	The Jack Fruit Company
R6	The Vitamin Shoppe
W1	Whole Foods

INFORMATION

A7	Chicago Parent Magazine
B2	Chicago Veg - Chicagoland Vegetarian and Vegan Community
O6	Chicago Vegan Mania
A8	Humanitarian Service Project
A4	Mercy For Animals
N2	Natural Awakenings Chicago
L3	Science of Spirituality
B1	The Genesis 1:29 Project
G4	T-Mobile
J1	Vegetarian Nutrition

see layout on previous page

PRODUCTS

R2	Book Publishing Co.
A10	Boxed Water is Better
C5	Cookbook Sales
N4	doTERRA
N3	Funk-E-Breeze
C1	Fyve Elements LLC
H4	Juice Plus
R5	Music From Veggie Fest Bands
A9	NYR ORGANIC
M5	Om Botanical - Best Natural Skin Care
I1	Radiance Publishers
G3	Sandy Maple Seed
B4	Veggie Fest Merchandise

HEALTH & WELLNESS

R1	Alliance Health Group
M1	Aranya Yoga Boutique
C6	Buchar Family Chiropractice
M2	Chiro One Wellness Centers
G6	Delos Therapy
H8	Doc Beri's Heavenly Essential oils
C4	Health and Beauty Connection
M4	House of Ayurveda/Shungite USA
O3	Lodaaat
P1	Nabosso
H9	Rush University Medical Center
O4	U.S. Martial Arts Academy
G2	Yoga by Degrees
Y1	Yoga Lessons

VEGGIE FEST SERVICES

G8	21 Day Meditation Challenge
E6	Administration
F24	ATM
X1	Blood Drive
K1	Children's Activity Center
K2	Children's Outdoor Activity Area
Y2	Family Learn To Meditate
E5	First Aid
A2	Food Drive
F1	Food Ticket Sales
E7	Information/Vendor Relations
L2	Learn To Be Vegetarian
L1	Learn To Meditate
H3	Meet the Speaker
K3	Moms & Babies
Z1	Music Stage
A1	Registration
G1	Registration
S1	Speaker Tent 1 (Main Tent)
S2	Speaker Tent A
S3	Speaker Tent B
J3	Vegetarian Challenge
A5	Veggie Fest Art Show
H10	VF Magic

HEALTH & BEAUTY

V4	Asili Naturals
P2	Dr. Bronner's Magic Soap
M7	Mahboob Salon & Spa
M3	Norwex- Improving quality of life Lysandra Vander Hart
G5	Peace Pout
H5	ResQ Organics
N1	Young Living Essential Oils
H6	Zee's Henna





Spirituality and Health Symposium

This year's **Fifth Annual Spirituality & Health Symposium** features experts and prominent health professionals representing a variety of disciplines. Their talks, reflecting the latest research in the areas of wellness, vegetarianism, diet, the environment, and the health benefits of meditation, will give you new perspectives on improving the quality of your life.

Learn ways to outsmart aging and how to take steps to prevent cardiovascular disease, cancer, and diabetes. Find answers to the questions: where do vegetarians get their protein; how can I choose healthy food for my children; what do vegetarians do when they travel; how does meditation help me maintain my emotional balance; and what's the latest research on the brain? Presenters will be available after their talks to meet you and answer your questions.

Music Music Music

Saturday

Zach: 11am – noon

The Giving Tree Band:
12pm – 2:30pm

Gizzae: 3:30pm – 5:30pm

**V. Holmes' "A Tribute to the
Motown Greats":** 6pm – 8pm

Sunday

Zach: 11am – noon

The Giving Tree Band:
12pm – 2:30pm

Rico Band:

3:30pm – 5:30pm

Gizzae: 6:00pm – 8:00pm



Kid's Parade



5:30pm – 6:00pm (More information in Childrens' Tent)

Keynote Speaker at Veggie Fest



Sant Rajinder Singh Ji Maharaj

Saturday, August 12, 3:00 pm

Detox Your Mind

Sunday, August 13, 3:00 pm

Find Your Peaceful Inner Retreat

The above talks are in Tent S-1.

Tuesday, August 15, 7:00 pm

***Meditate to Find the Treasures
within You***

Meditation sitting, including instructions,
immediately following the talk.

*Main Ballroom, Sheraton Hotel
3000 Warrenville Road, Lisle, IL 60532*

Traducción simultánea al español.

YOGA

Please arrive 15 minutes before class to reserve a spot. **TENT Y-1**

Saturday, August 12, 2017

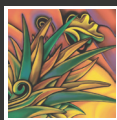
Sunday, August 13, 2017

11 am – 11:45 am	Universal Spirit Yoga Gentle Yoga Sheri Schmitz	Yoga by Degrees Bikram Yoga Nicole Cavalea
12 am – 12:45 pm	Universal Spirit Yoga Classical Yoga Poonam Gupta	Yoga by Degrees Vinyasa Yoga Samantha Raphael
1 pm – 1:45 pm	Universal Spirit Yoga Vinyasa Flow Yoga Jennifer Begrin	Yoga by Degrees Yoga Sculpt Denice Smith
2 pm – 2:45 pm	Yoga by Degrees Restorative Yoga Ginger Rubinstein	Universal Spirit Yoga Beginning/Continuing Yoga Theresa Griffin
3 pm – 3:45 pm	Yoga by Degrees Vinyasa Yoga Brandon Cleek	Universal Spirit Yoga Yoga for Kids & Parents Sheri & Indre
4 pm – 4:45 pm	Yoga by Degrees Yoga Sculpt Brandon Cleek	Universal Spirit Yoga Yoga Challenge Jennifer Begrin
5 pm – 5:45 pm	Universal Spirit Yoga Beginning/Continuing Yoga Poonam Gupta	Universal Spirit Yoga Gentle Yoga Valerie Spina
6 pm – 6:45 pm	Universal Spirit Yoga Hatha Kriya Phil Bivens	Universal Spirit Yoga Yoga for Your Type Poonam Gupta
7 pm – 7:45 pm	Universal Spirit Yoga Gentle Yoga Theresa Nelles	Universal Spirit Yoga Restorative yoga with Essential Oils Jennifer Begrin

Our Sponsors



Our Sponsors



F O R T U N A
CASABI[®]

**Show
Special!**

Enter to Win 2 Airline Tickets to the

DOMINICAN REPUBLIC
(\$1,500 Value)

When You Purchase 6 Casabi

**Show
Special!**

amaenterprisesnla@gmail.com

www.amasglutenfreefoods.com

503.929.1355

path of life[™]

simple. wholesome. natural.

www.pathoflifebrand.com



DocBeri's

Heavenly Essential Oils



This essential
oil blend was
designed to
reduce dental
anxiety and fear.

20% OFF at



**veggie
fest** 2017
veggie fest 2017 - www.veggiefest.com

Our Patrons

Veggie Fest 2017 wishes to
acknowledge the generous
support of these vegetarian-
owned businesses:

- R.S. Marble and Granite
- Wireless One of NY Inc.
- Core Associates
- Sneaker Showcase
- Kiddie Academy of Syosset



Our Sponsors



Artisan Nut Butters

Peanut Free – Paleo – Sprouted

Sprouted Manna Bread

Yeast free – No added oil or salt – Flour free



www.MannaOrganicBakery.com



Stay Grounded!

A light and crispy tortilla chip with grains grown by Lundberg Family Farms®!



FRUITFUL YIELD

Health Foods



ORGANIC
ALL-NATURAL
NON-GMO

herbs
homeopathy
health & beauty
vitamins
produce

follow us:
f TheFruitfulYield
t fruitfulyield
i fruitfulyield
p fruitfulyield

13
CHICAGOLAND
LOCATIONS
www.fruitfulyield.com



Sustainability Matters

Let's talk about making
simple BETTER choices.



1%
FOR THE
PLANET

**BOXED
WATER**

The Future is Organic

LET'S PLANT THE SEEDS.



We believe everyone has a right to healthy food—that's why everything we make is deliciously organic and vegetarian.

Together, let's *leave the earth better than we found it*,
for this generation and the ones to come.

    www.naturespath.com

Eat well. Do good.®





Principal Sponsor

Science of Spirituality

Science of Spirituality is a worldwide, spiritual organization dedicated to transforming lives through meditation, under the guidance of Sant Rajinder Singh Ji Maharaj.

Science of Spirituality Meditation Center sponsors a variety of programs throughout the year. The Enlightened Living Series offers a year-round schedule of talks, workshops, classes, and retreats. These are free, as are all Science of Spirituality programs.

Offered as a public service and based on the principle of respect for all life, Veggie Fest is a way of introducing the benefits of a vegetarian lifestyle to the Chicagoland community. From its modest beginnings in 2005, this exciting two-day festival has blossomed into one of the largest vegetarian food festivals in North America, drawing people from all over the world.

With so many people on the plant-based, pure food bandwagon today, going veg isn't difficult. When you visit the food court at Veggie Fest, you will find a fantastic display of delicious food representing many of the cuisines of the world. What you won't find is anything made with meat, poultry, fish, or eggs – and no GMOs. When you go online, you can now find an overwhelming array of recipes waiting for you, with ingredients found in practically all supermarkets.

We invite you to stay for lunch – or dinner. Then try our yummy desserts. Every dish is flavored with love.

Enjoy!



www.sos.org

Visit us at booth 13