



**Let Us Know You're Coming**

[Get Your Free Tickets](#)

### **Veggie Fest Chicago is a Family Festival for Kids of all Ages!**

Veggie Fest highlights the importance of family connection. Its huge children's tent is open from 11AM – 8PM. Volunteers host activities such as face painting, crafts, games, music, plays, and a photo booth.

Veggie Fest is a not-for-profit festival that highlights:

#### **Toddler's Area**

A special section has been designated for toddlers and their families. This small fenced-in area gives parents a chance to relax and enjoy the festival vibe with their toddlers. There are toys to play with and books to read. Nearby there's a private Mothers & Babies tent where mothers can nurse in privacy.

#### **Children's Parade**

On Saturday around 5pm, children 0-14 years are invited to participate in the Vegi-kids Parade. Come dressed as your favorite vegetable or animal and join in the fun. If you don't have a costume, we have masks for everyone! Use your creativity and join in our costume contest. Participation is FREE.

#### **Learn to Meditate for Families**

Take a few minutes to visit the Learn to Meditate for Families tent near the Children's Activity tent. Here your children can practice some fun "concentrate and focus" activities. This is a great opportunity to ask questions and learn about how meditation can help your children. You might even want to try meditating as a family.

#### **Family Yoga**

The Yoga Tent at Veggie Fest offers special sessions for Family Yoga. Our instructors are licensed to teach you and your children poses to bring balance, focus, strength, and calmness.

So, pack up the kids, grab some sunscreen, and head over to Veggie Fest. The food is delicious; the music is fantastic; and the vibe is one-of-a-kind. Come celebrate and enjoy a fun-in-the-sun weekend at the park.

This amazing festival is supported by over 1100 smiling volunteers from 20 countries around the world.

**Veggie Fest Chicago will be held at Danada South Park at Navistar Circle in Lisle, IL 60532.**

**August 9<sup>th</sup> & 10<sup>th</sup> – 11:00 am to 8:00 pm each day**

**Free entry; Free parking**

With tons of fun for the whole family, don't miss out on the 15th Anniversary of Veggie Fest!

Go to <https://veggiefestchicago.org/festival/>

For more information:

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