

# VeganFest

## 2025

**FREE FREE DINNER!!**

**THE JAIN STUDIES PROGRAM WILL HOST A VEGAN FEST FOR UP TO 200 PARTICIPANTS**

- Eat Delicious Food,
- Hear About Veganism
- Concept of Ahimsa (Non-Violence) in Jain Traditions
- The History of Veganism
- Health-Benefits Of Veganism
- Veganism's Role In Sustainability

**FREE GUIDED COOKING DEMO!**  
5:15-5:45PM

**LEARN HOW TO COOK VEGAN STAPLES FROM AROUND THE WORLD!**  
(LIMITED TO FIRST 20 SIGN UPS)

**APRIL 7TH**  
**6:00 - 7:30 PM**  
**Inside The Max**

**SPONSORED BY: JAIN STUDIES PROGRAM, DEPT OF  
PHILOSOPHY, RELIGION & INTERDISCIPLINARY STUDIES  
RURAL STUDIES INSTITUTE**



**Spaces Limited**  
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**NOW!**

