

EVEN Update 12/20/14

Hello, Everyone!

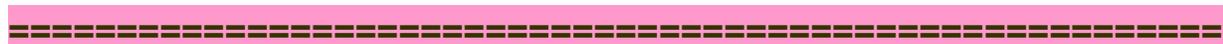
Over the last ten years, there have been many businesses and companies who offered help to EVEN, and we are grateful for them all!

The ones listed below have been steadfast, consistent and generous in their help. These companies, businesses and individuals have made it possible for EVEN's vegan education and outreach to grow the way it has over the past decade reaching more people, families and children than ever before.

We thank them by keeping them in the right-hand column of every page of our website, but we also thank them by patronizing them.

**Please support those who support
EVEN!** We do. :)

Big Carrots and Joyous Love
to all who have helped with EVEN's outreach!
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Cafe Yumm! - *Soul satisfying... deeply nourishing*

Café Yumm!® is a casual dining experience; a delicious process that takes you from pure ingredients to the savory first bite. There are 15 **Café Yumm!** restaurants in Oregon and Washington. All are open seven days a week for lunch and dinner. Find [Cafe Yumm locations here](#).



Capella Market - *Eugene's neighborhood grocer with world class variety*

Capella Market is a locally owned and operated natural foods supermarket located in south Eugene with a wide array of natural foods, over 500 bulk items, fresh local produce, sandwiches, soups, wines, beers, supplements, and vitamins.



Greenfield Farm, Veneta

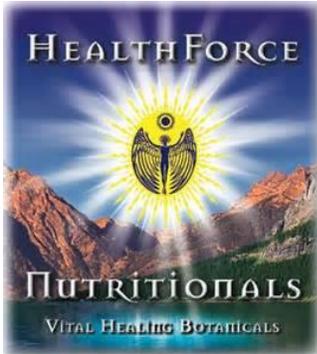
Perkins Rd.

The best in organic, local produce! No irrigation, more flavor, more natural, never watered down.



Gutierrez Holistic Family Medicine - *Your primary care physician*

Dr. Gutierrez is a dual board-certified physician who provides all-age primary care with a holistic view. He has special interests in longevity, sports medicine, and nutrition. Whether you are looking for a Spanish speaking doctor, a holistic provider, an IMP, or simply a friendly primary care physician, Dr. Gutierrez will be happy to serve you.



HealthForce Nutritionals - *Hype is nothing.
Substance is everything!*

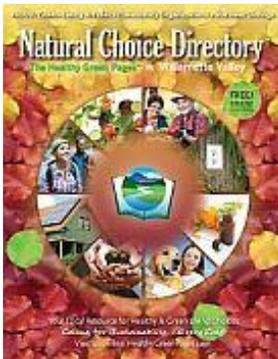
HealthForce Nutritionals is a 20-plus year, 100% hard-core, vegan, therapeutic superfoods company. Their goal is to empower individuals to experience dramatic health improvements with verified Truganic™, Vegan, Raw, SuperFood products formulated and selected for vibrant health and wellness.



Food for the Way You Live™

Market of Choice - *Food for the way you live*®

Market of Choice® is an Oregon based natural grocery chain that offers an extensive selection of the finest and freshest conventional, natural, organic, and health conscious products at affordable prices. They strive to foster a relaxing and enjoyable shopping experience with truly friendly people who care about the communities where they live and work. Find [Market of Choice locations here.](#)



Natural Choice Directory- *Your local resource for healthy and green living choices*

The **Natural Choice Directory**™ serves as a quick guide to extensive choices in natural health, green living and other sustainably-minded resources throughout the Willamette Valley and surrounding areas. Subtitled *The Healthy Green Pages*, NCDWV is the green alternative to the yellow pages.



Nature's Path Organics - *Eat well. Do good.*

Nature's Path is a family-run, passionately independent, sustainably-driven, deliciously-healthy organic food company that believes in "leaving the earth better than we found it." Surprising good, surprisingly tasty.



Parma! - *Parma! is good karma!*

Parma!™ is a dairy-free parmesan that can be sprinkled on popcorn, pizza, pasta, soup, and salad. The family owned business uses only the highest quality ingredients and nothing you can't pronounce. Kids love Parma! Moms love Parma! Even non-vegans will enjoy the taste.



Sundance Natural Foods - *Individuals Nourishing Community, Since 1971!*

Sundance Natural Foods is a Eugene based natural food store that specializes in providing wholesome, natural, organic, vegetarian, fair trade, and local products and food. Key to Sundance's approach to business is a reverence for the earth, from which we ultimately gain all our sustenance.

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FAMILY FOODS

Toby's Family Foods - *Know what you eat, eat what you know.*

Toby's Family Foods is a natural foods manufacturer of Toby's Tofu Dip. Their products are available at natural foods stores in Oregon, Washington, California, Arizona, Idaho Montana and Alaska. Its sister company, **Genesis Juice**, uses only 100% organic ingredients. Juices are cold pressed, hand blended and made to taste in small batches. All Genesis Juice is raw and never heated. *The juice, the whole juice and nothing but the juice.*

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Turtle Island Foods - *Delicious, nutritious, convenient, affordable*

Turtle Island Foods creates Tofurky® and tempeh products to promote the health and vitality of both the people and the ecosystems of our "island" home. For almost 30 years they have worked to create delicious, nutritious, convenient and affordable vegetarian food that makes a difference in people's lives and has a minimal impact on the environment.

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VeganEssentials.com

VeganEssentials - *Where Compassion Meets Convenience*

VeganEssentials is an online store, with over 1,200 vegan items, that has been filling the needs of vegans worldwide for over a decade. One of USA's oldest cruelty-free retailers, VeganEssentials is vegan owned and operated and specializes in offering only the highest quality animal-free products. The one-stop-shop for all things vegan.



- **Wynant's Family Health Foods** - *Your complete health foods store*

Wynant's Family Health Foods provides the finest quality fresh, natural, organic and whole foods, nutritional products, body care products, and health information in a fun, comfortable, clean, and safe environment. Providing superior health products and customer service since 1981.

And here are some other businesses who have donated products and coupons. Thank you!



The Vegg



Keystone Cafe



Tofutti



Eden Organics

Amy's

®
Amy's Organics



Emerald Valley



Red Barn Natural Grocers

v-dog[™] | For Pooch & Planet[™]

V-Dog

Please patronize all of EVEN's supporters. They love the animals and the earth, too, and their help to *us* makes possible EVEN's help to *you*.



Thank you to **all** of EVEN's *personal* donors, new and renewing, **local** (bottom of that page) and **national** (bottom of that page) whose donations have helped to make it all possible. Your generosity has allowed EVEN to work unencumbered for 10 years! EVEN isn't a club. We're an official 501(c)(3) non profit emphasizing sustainability, compassion and non-violence. EVEN is educating people, helping animals and making the earth a better place to live. Thank you *all---every* donor, *every* donation--- for your heartfelt participation and your generosity of spirit!

Please Note: If any of you are not receiving our emails, you may need to update your account information with EVEN, or empty your inbox, or loosen your spam filters, or add the Eugene Veg Education Network to your address book. If you think you have missed a mailing or two, check on **Newsletters and Announcements** page.



Do you have a ***Why I Went Veg*** story that you would like to share? Just drop us a line and let us know. We can post your story **here** to educate and inspire others. You lived it. You learned it. Now you can share it.

Check out some [photos from our Thanksgiving Vegan Peaceful Potluck](#) here. Wonderful people, unbelievable food, memorable EVENT!

(If you want to attend next year, mark the date on your calendar for 11/22/15.)

Special thanks to EVEN's reliable and supremely helpful volunteers: **Linda S., Mary Faith, Eric, Hilliard, Stacy, Jay, Stephan, Adam, Mary, Cliff, Leah and Jim** who worked hard to ensure that all went well for the guests at our Vegan Thanksgiving Potluck. Robert and I are especially appreciative of your energy and your positive attitudes!

If you missed [EVEN's exclusive interview with Robert Grillo](#), Executive Director of **Free from Harm**, you can read it here. Thank you, **Robert**, for sharing and for further illuminating the path for those interested in hearing.



If you would like to **Go Vegan** or if you would like to **volunteer** to help or if you would like to **donate**, you can find more about how to do that on our website.

EVEN is always available to speak at your next event, health fair, party, festival, class or meeting---for **free!** Just ask and we will be there with dvds, magazines, food samples and answers to questions.



There is no need to feel at a loss for **recipes** during the holidays, or any time of year. There are thousands **you can find on our website here.**

Robert and I would like to thank EVEN volunteers who helped table at the **Holiday Market 12/13 and 12/14: Linda F., Mary and Cliff, Adam, Heidi and Mary Faith** for their friendly and helpful service. **THANK YOU!**



Thank you, EVEN Volunteers, and thank you, Holiday Market!

We must overcome the notion that we must be regular... it robs you of the chance to be extraordinary and leads you to the mediocre.
- Uta Hagen

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Eugene Veg Education Network (EVEN)

www.eugeneveg.org

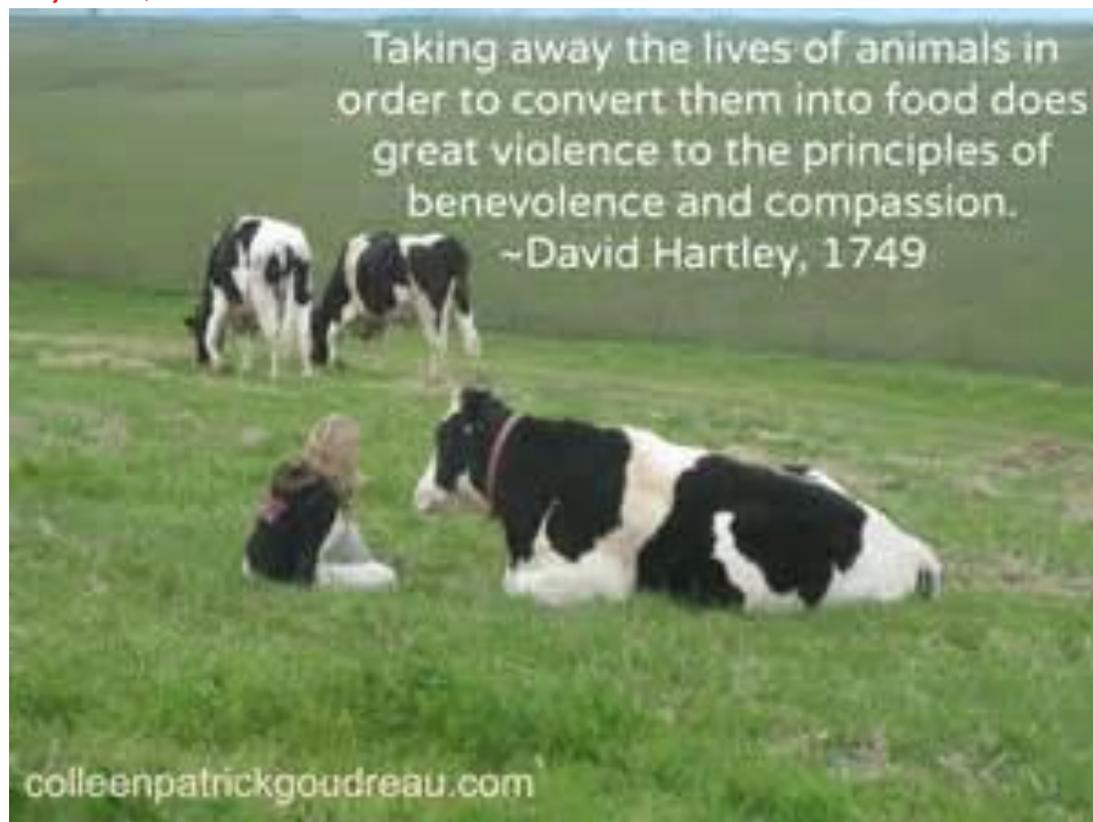
Eugene Veg Education Network

---EVEN - serving as a vegan resource since 2005---

Check Out [EVEN's News Blog](#) for hundreds of valuable, vegan morsels.

The **Eugene Veg Education Network (EVEN)** is an **official 501(c)(3)** non-profit based in Eugene serving as a resource for those seeking information on a **healthful, vegan lifestyle**. EVEN's emphasis is one of **non-violence, compassion and sustainability**. Focus is on the **interconnectedness of all life** and how a plant-based diet benefits the earth, non-human animals, and the individual. EVEN's Mission Statement is **to inform, educate & encourage our members---** as well as the larger community ---by providing pertinent information on veganism and its positive impact on the health of the planet and all its inhabitants. www.eugeneveg.org **Peace.**

If you would like to opt out of EVEN's free email list, just reply to this email, include "Unsubscribe" in the subject line, and click Send.



Read Colleen's exclusive EVEN interview [here](#).