

# lifelines

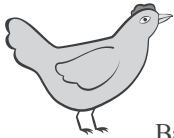
The Voice of the Toronto Vegetarian Association

Toronto  
**Vegetarian**  
Association

Summer 2011  
Volume 25, No.3

## Compassion Week

June 6-12



### BALANCE THROUGH COMPASSION

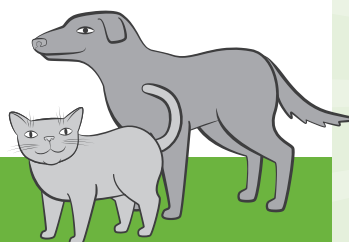
BY LUKE ALBERT

Balance. It's something we strive for in our lives each and every day—whether it's managing our time to ensure we make it to the gym and still get enough sleep, or saving up so that we can afford that dream trip to Africa.

It's hard work to stay balanced if you've fallen off track in the past, and it's even harder if you don't know which direction those tracks are headed. For some, yoga and meditation work wonders toward finding this balance. Books, magazines and films such as *Eat, Pray, Love* offer other solutions. But let's face it, can each of us really follow in the footsteps of Elizabeth and remove ourselves from everyday life, enjoying endless amounts of Italian food for an entire year?

Through Compassion Week, we offer a simpler solution. We suggest that living with compassion for others is the first and easiest step we can take toward achieving balance. By choosing not to support the exploitation of animals, we are making a positive difference in the lives of others and living compassionately.

*Continued on page 3 >*



illustrations by Lisa Blonder Ohlenkamp



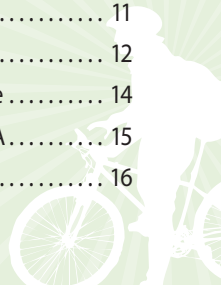
**HOW MUCH IS NORMAL?**  
Nimisha answers your questions on page 7.



**TIKKA TASTES  
NON-DAIRY ICE CREAMS**  
Find out where to get vegan soft serve in Toronto.  
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## Not-for-profit groups take note

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## TVA Mission Statement

"To inspire people to choose a healthier, greener, more peaceful lifestyle."

The Toronto Vegetarian Association was founded in 1945 and is a non-profit, registered charitable organization (11926 7532 RR0001). A vegetarian is someone who lives on a diet free of meat, fish and fowl or the flesh of any animal with or without the addition of dairy, eggs or honey.

## Advertising

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# The Inside Story

## 2011 AND BEYOND

BY FRASER GIBSON

When this issue of *Lifelines* reaches your mailbox we will be in the middle of our primary outreach season.

In my last column I mentioned our new strategic initiatives. I'll provide a little bit more information about one of those initiatives, outreach, the focus of which is on gaining commitment to some level of plant-based living.


We want to move from passive outreach to a more supportive and encouraging version of outreach, which is more effective in assisting change. We have some great tools to help educate people about adopting a plant-based diet and to provide a way for people to pool their resources and focus their passion by lending their voice to our cause. We want everyone to have the opportunity to try out those tools or to assist in providing them to others. Our objective is to find the best ways of communicating those opportunities and in gaining commitment to participate.

For people who have benefited from our programs (such as the Vegetarian Directory, Veggie Challenge, social groups, Vegetarian Food Fair, etc.), we want to encourage them to become TVA members so they can help ensure others also have access to our programs. We also want to provide them with

the opportunity to participate in our discount card program.

For people transitioning to a vegetarian diet, or those exploring it, we want them to be aware of the Veggie Challenge, Meatless Mondays, our Resource Centre and all of our other programs. We want to encourage them to make a commitment to vegetarianism by taking the Veggie Challenge. We also owe it to them to offer up membership as a way to become aware of our organization, to be on our mailing list and be part of our network.

Our Strategic Plan contains a specific implementation plan about using in-person outreach to gain a level of commitment to plant-based living. This is an example of what we are actively working on.

The plan also addresses how to get commitment from organizations to support or participate in our existing tools and how we will gain commitment from individuals through online, mass marketing and media channels, supporting them in choosing a healthier, greener, more peaceful lifestyle. 

Fraser Gibson, President  
Toronto Vegetarian Association  
[fgibson@veg.ca](mailto:fgibson@veg.ca)



We want *Lifelines* to speak to our members. Email us at [lifelines@veg.ca](mailto:lifelines@veg.ca) and let us know what you like about *Lifelines*, what you'd like to see and what you feel can be improved. We look forward to your feedback!




CONTINUED FROM PAGE 1  
BALANCE THROUGH COMPASSION

Compassion Week is about finding balance through human interaction, reflecting on values and enjoying amazing cruelty-free food. Held on June 9, our Compassion Café will feature art, music and conversation with friends. We also invite you to attend our Compassion Marketplace on June 11, where you'll find great food, conscientious businesses and nonprofits that embrace compassion for others in their life and work. You'll also have the chance to attend workshops and presentations from Food Forward, Erika Ritter (*The Dog by the Cradle, The Hidden Life of Humans*), Acharya Vivek Gupta and Colleen Patrick-Goudreau (*The Joy of Vegan Baking, The Vegan Table, Color Me Vegan*)

"Live with passion and then you will find the balance you desire" were the words of one

of the greatest mentors I've ever had. Saying these words to a 12-year-old may have seemed a little useless, but I have a feeling she knew they would stick with me almost ten years later.

I decided to take this one step further. To live with compassion is to experience life as a reflection of our values of respect for others, respect for the environment and to express the connection we all feel with animals in the simplest way possible: by not eating them.

"Don't do nothing because you can't do everything. Do something. Anything."  
— Colleen Patrick-Goudreau. 

Luke Albert,  
Festival & Events Coordinator  
Toronto Vegetarian Association  
[lalbert@veg.ca](mailto:lalbert@veg.ca)



## Compassion Café

Thursday, June 9  
TAN Café, 37 Baldwin St  
7-9pm

## Compassion Marketplace

Saturday, June 11  
Wychwood Barns  
9am-6pm.

Workshops & speakers from 12-5pm.

Farmers' market from 9 am to 12 pm.

Tickets for Colleen Patrick-Goudreau's 4pm presentation are available by phone or at the TVA Resource Centre for \$20, \$15 for TVA members

For more information about  
Compassion Week events,  
check out [compassionweek.ca](http://compassionweek.ca).

# A taste of VEGGIELICIOUS

BY EMMA ROGERS

It was a unique culinary event. The first-ever Veggielicious featured nearly three dozen restaurants in Toronto and as far away as Niagara offering great deals on special vegetarian meals for 16 wonderful days in April. I couldn't wait to get out there to try what was on offer. It was a real treat to see so many restaurants involved in the celebration of compassionate, healthy, environmentally friendly and downright delicious food choices. I managed to squeeze in three restaurants, and each was an individual ode to veggieliciousness.


**Fresh** (three locations, [freshrestaurants.ca](http://freshrestaurants.ca)): This place is consistently amazing and a popular choice if dining with meat-eating friends. Portion sizes are always generous. As always, they delivered on value and taste with their Chi-spa juice, Ninja Bowl and a

cupcake—all for \$15. Fresh, you can do no wrong in this vegan's eyes.

**Magic Oven** (five locations, [magicoven.com](http://magicoven.com)): I was particularly excited to see Magic Oven on the Veggielicious list because their prices tend to be a bit on the higher end. So it was a great opportunity to try out their discounted *prix fixe* offering at the Wellesley St location. The Chickpea Power soup was amazing and there was a choice of pasta or pizza with the welcome option of spelt crust. They threw in an organic beer, all at a cost of \$20. The location is intimate and cozy, complete with a romantic electric fireplace—a great date spot for veggie lovers.

**Kindfood** (399 John St, Burlington, [kindfood.com](http://kindfood.com)): I hadn't heard of Kindfood before Veggielicious—I'm one of those

Torontonians who rarely ventures north of Bloor. But after checking out Kindfood's Facebook page and seeing pictures of the two gorgeous owners, I decided to make a travel exception to get some of what is clearly working for them. Unfortunately, I didn't have the time to eat in but I did pick up four red velvet cupcakes, which were organic, vegan and gluten-free. They were so good, I ate all four at once with a cup of tea. I can't wait to return and try out the OMG Grilled Cheeze. Ladies, we need you in Toronto.

All in all, the first Veggielicious was a great showpiece for veggie cuisine. But next year I would love to see more creativity, since we know that vegetarian food is so much more than pizza, pasta and chickpeas. 



Barbara  
Gowdy,  
Writer

Barbara Gowdy is a novelist and short-story writer, born in Windsor, Ontario. While her novel *Fallen Angels* was made into a film in 2002, those concerned with compassion for animals may know her from her novel *White Bone*. Told from the perspective of an elephant, this novel is a powerful social commentary on the plight of endangered animals, and it emphasizes the social and family ties and bonds that elephants have.

The compassion she feels for animals extends into her lifestyle, as she has been vegetarian for 30 years and vegan for 10. She says “I became a vegetarian in my mind at a young

age. I never did understand flesh-eating. Steak was cow to me.” But it was in her late twenties when she officially stopped eating red meat and eventually cut out chicken and fish a little while later.

Eager to inspire others to go vegetarian, Barbara promoted the Vegan Challenge for Earth Week on [rabble.ca](http://rabble.ca) by creating a public service announcement encouraging people to take the challenge and go vegan for a week. TVA’s Veggie Challenge team helped compile resources for people taking the challenge. Check out [veggiechallenge.com](http://veggiechallenge.com) for more info.

## Get involved!

Two of TVA’s committees are looking to fill positions:

The **Audit and Finance Committee** develop and review financial policies for TVA, help develop the annual budget, prepare financial statements and audit working papers, and more.

The **Nominating and Governance Committee’s** role is to ensure assist the board

of directors in meeting its responsibilities with regard to governance policy development for the organization, board and committee recruitment and training, monitoring and evaluation of the Board’s activities.

Visit [veg.ca/volunteer](http://veg.ca/volunteer) for more information on the positions and how to apply.

### Award-winning Vegan Cuisine



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17 Baldwin St.  
(just west of McCaul)  
[www.vegetarianhaven.com](http://www.vegetarianhaven.com)

## T. James (Jim) Brennan

SEPTEMBER 27, 1933–MAY 1, 2011

BY PETER MCQUEEN

It is with sadness that I report the death of long-time TVA member, Jim Brennan.

He was on the board of directors for several years in the 1970s, at one time serving as Vice President. Jim had suffered from heart troubles for many years, and for the past few years had not ventured far from home. Nonetheless Jim and his wife, Michèle, continued to promote vegetarianism and veganism and generously support TVA financially, including annually buying memberships for many members of their large family. Michèle was also able to volunteer her time.

My first meeting with Jim and Michèle in 1982 led to my decision to seek election to the board, in part due to his insights on the workings of the organization, his support of my perception of the need for change and his kind encouragement. Kindness and generosity are certainly words that describe Jim, along with his booming voice and hearty laugh.

It is a testament to their continued support for our work that Michèle and the family requested donations to TVA in lieu of flowers. I am sure that those of you who knew Jim will join me in offering our heartfelt condolences to Michèle and the family.

# Vegan boomers in your midst

BY SALLY GRANDE


If you look at glossy veggie magazines, TV commercials or online ads, the healthy people smiling at you often appear young and slim. The vegetarian media also feature images of youth in all sizes, origins, abilities and orientations, but not of the aging. Older vegetarians get lost in the glitz.

Some of the Toronto Vegetarian Association's most ardent volunteers have been advocates of a healthful and compassionate lifestyle for decades. In fact, two people of the four-person team who created TVA's first, and wildly successful, Durham Vegetarian Festival in 2009 were 58 and 61 years of age. Surprised?

Active vegan seniors may seek a less cluttered life in a smaller community where properties are generally less expensive. Outside of the cities, there are accessible, lakeside hiking trails, a slower pace of life, new friendships, less pollution and less background noise. Long-neglected hobbies, travel destinations, volunteer passions or grandchildren may take centre stage. While these boomers may withdraw from the big city, their creativity and energy are still available to anyone who asks. Even though seniors form a greater percentage of the population in smaller communities, they still face marginalization. No one wants to be reminded that life is cyclical and that illness can strike at any moment. Still, contemporary culture moguls should be able to find beauty in our gifted silver-haired citizens.

Because we are all now much more connected online than we were a decade ago, active

seniors are well-informed. Many attend lectures on campuses, at galleries and museums, or online. They tutor, run book clubs, sing in choirs, coach cancer patients, host immigrating families in their homes, lead guerrilla gardening attacks, organize international travel and much more.

The ideas from these baby boomers, who enjoy the good health that a plant-based diet and exercise offer, should not be overlooked. In organizing and mobilizing communities, let's not ignore the great ideas or the wealth of experience and energy our active seniors can bring to our lives. 

Sally Grande, a TVA volunteer for over 20 years, co-founded the Durham Lakeside Vegetarians in 1996, and is a vegan librarian boomer living in Oshawa.



Oshawa-based retired educator and vegan Ernestine Vallée is the president of her local lawn-bowling league and drums at a local senior centre where she also volunteers.



London-based vegan financial wizard Craig Johnson works from home and hikes every day, even in winter!



At age 63, Paul Becker has more energy than he did 20 years ago and commutes to Toronto from the Durham region every day. He is a vegan who enjoys sailing, hiking and travelling.

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# VEGGIE CHALLENGE Updates

BY STEPHEN LECKIE

Since 2003, our Veggie Challenge campaign has inspired more than 6,000 people to try a vegetarian or vegan diet. Latest updates include a new prize category for submitting a photo or video, new social media accounts and an enhanced blog with the latest stories, winners and news.

## TOP STORY OF THE YEAR

Congratulations to Isabella, a 36-year-old mother of two, for winning the top story of 2010 from among the 122 Veggie Challenge stories we received during the year. Isabella wins a SoyQuick 930P Milk Maker.

### ENERGY BOOST FOR THIS MOTHER OF TWO

"I never really enjoyed meat enough to the point that giving it up would be hard and I am astounded that it took me so long to get here. My diet included meat just because it was considered necessary for a healthy diet in my family and my biggest concern was getting enough protein. That is where the [Veggie Challenge] educational emails really helped.

I find vegetarian food delicious and not as hard to prepare as I thought it would be. My food staples are whole grain cereals, Ezekiel bread, brown rice, quinoa, nuts and beans. I find the food very satisfying and no longer crave simple carbs. That is the best part for me as I would always go through my cupboards looking for cookies after a high protein, low carb dinner.

My 8-year-old daughter is also enjoying all the new foods, so much so that she actually devours her dinners, whereas before it would take her forever to finish dinner."

- Isabella, age 30-39, Brampton, ON

## LATEST PRIZE WINNERS INCLUDE

Linda from Lanark, ON, won the random draw for submitting a story. She writes: "My appetite for meat disappeared overnight."



Sophie (pictured above) from North York won the random draw for going vegetarian for a week. She chose a TVA membership and Vegetarian Discount Card as her prize.

Andrea won the random draw from the Vancouver area. She writes: "I don't think I can look at meat in the same way again."

Kat from Toronto won the random draw for completing Phase 2 of the Veggie Challenge. She has picked a dinner at a vegetarian restaurant as her choice for a prize.

Prabh from Mississauga won the random draw. She wrote to us: "I especially enjoyed the daily emails with recipes and tips." Vegetarian Haven has generously provided her with a free dinner.

See [veggiechallenge.com](http://veggiechallenge.com) for the full stories, more winners and prize details. **V**

# DONATIONS AT WORK

Thanks to the amazing work of TVA's dedicated outreach team, the first half of 2011 has already been an incredibly successful season for distributing information to people interested in going vegetarian. By March, we had already run out of all of our vegan recipe booklets. A generous outpouring of donations from TVA members allowed us to order an additional 3,500 copies of *Easy Vegan Recipes* and *Recipes for Life*, to distribute at spring events like the Total Health Show and the Green Living Show. Your support means that people will continue to walk away from one of our outreach booths with a selection of easy, healthy recipes perfect for beginner vegetarians, making it possible for them to maintain a vegetarian diet.

## The Buzz from our Veggie Challenge participants

"I've had a blast cooking and my family has enjoyed my new enthusiasm in the kitchen"  
- Christine, age 40-49, Steubenville, OH

"Food and I had a terrible relationship before, but now it is a source of nourishment as well as delight."  
- Erin, late 20s, Winnipeg, MB

"We did this for the animals, but the health benefits were a nice bonus! We both feel healthier, our energy levels have gone up, we have lost a little weight."  
- "Jennygirl", age 40-49, Nova Scotia

"We went completely meat-, egg- and dairy-free for one week and loved it!"  
- Natalie, age 30-39, Hamilton

# Ask Nimisha

BEING VEGETARIAN IN A MEAT-EATING WORLD...

**Q** I would appreciate hearing more about possible side effects of going vegetarian. I've been extremely gassy and almost feel like I've been going through a detox. I went from going to the washroom once or twice a week to two or three times a day. Also, my face has broken out a little more than usual. That could be for other reasons, but I have a feeling it's the diet change.

**A** Without knowing more details about what you're eating, it's hard for me to provide a thorough answer. For instance, are you consuming dairy products? Are you eating a lot of beans, lentils and cruciferous vegetables?


Some of the symptoms you're experiencing are common—when you add too much fibre to your diet too quickly, the body is not used to it and gas results. I would suggest that if you are eating a lot of fibre, chew well and eat smaller portions more frequently throughout the day (but don't go hungry). Eat lower-fibre foods until your body adjusts, then increase fibre intake slowly.

Cruciferous vegetables (broccoli, kale, cauliflower) can also sometimes cause gas. I recommend steaming them lightly to make them easier to digest.

If you're consuming dairy, I suggest you stop. It's very hard to digest and is also a factor in

acne. Once the dairy is out of your system, legumes will become easier to digest. You definitely want to include them for the valuable nutrients and fibre they provide.

Depending on your body, going to the bathroom two or three times a day can be normal for those on a plant-based diet—plant foods are easier to digest than animal foods and pass through your system faster. And it's much healthier than going less than once a day—such as the “once or twice a week” you mention in your email.

Congratulations on adopting a veggie lifestyle. Keep us posted on your progress, and let us know if we can help further. 

Evolving Appetites, a company dedicated to helping people adopt healthier lifestyles (evolvingappetites.com). She has been vegetarian since birth and vegan for 10 years.  
asknimisha@veg.ca



## RECOMMENDED DIETARY ALLOWANCE FIBRE INTAKE (in g per day)

AGE IN YEARS	AIM FOR AN INTAKE OF GRAMS(G)/DAY
Men 19 to 50	38
Men 51 and older	30
Women 19 to 50	25
Women 51 and older	21
Pregnant Women 19 and older	28
Breastfeeding Women 19 and older	29

## SOME FOOD SOURCES OF FIBRE

FOOD	FIBRE SERVING SIZE(G)	
<b>VEGETABLES</b>		
Artichoke, cooked	1 med	6.5
Green peas, cooked	½ cup	3.7-5.6
Lima beans, cooked	½ cup	4.8
Potato, with skin, cooked	1 med	2.8-4.3
Edamame, cooked	½ cup	4.3
Sweet potato, w/skin, cooked	1 med	3.8
Pumpkin, canned	½ cup	3.8
Spinach, cooked	½ cup	2.3-3.7
Cauliflower, cooked	½ cup	1.8-2.6
Broccoli, fresh or frozen, cooked	½ cup	2.0-2.3
<b>FRUITS</b>		
Avocado	½ fruit	6.7
Pear, with skin	1 medium	5.0
Raspberries or blackberries, fresh or frozen	½ cup	4.0-4.2
Figs, dried	¼ cup	3.7
Orange	1 fruit	3.6
Prunes, dried and or cooked	¼ cup	2.3-3.6
<b>GRAIN PRODUCTS</b>		
Bran cereals	30 g	10.0 -12.0
Multigrain cereal, cooked	¾ cup	4.0-5.1
Corn bran	30 g	4.8
Wheat germ cereal, toasted	¼ cup	4.5
Oat bran, cooked	¾ cup	2.1-3.3
Rice bran, raw	¼ cup	4.2
Psyllium fibre husks	1 tbsp	3.4

Source: Dietitians of Canada, www.dietitians.ca

# Legacy of Compassion

The Toronto Vegetarian Association (TVA) works tirelessly toward helping create a world in which future generations are healthier, where the planet is protected and where eating animals has become a thing of the past. Remembering TVA in your will is the perfect way to ensure that the campaigns you believe in during your lifetime can make a difference in the future.

For further information please email [dalexander@veg.ca](mailto:dalexander@veg.ca).



# Treat yourself at Bunner's

BUNNER'S, 3054 DUNDAS STREET WEST, 647-352-2975, [www.bunners.ca](http://www.bunners.ca)

BY LISA FELDSTEIN



Opened last year, Bunner's is a vegan gluten-intolerant sweet-lovers' dream. Based on the steady flow of traffic, it appears to be a favourite of Junction residents, dietary restrictions or otherwise.

Our review team consisted of me (a vegan), my sister (gluten-intolerant) and my pastry chef friend who has worked professionally in mainstream, vegan and gluten-free baking.

With cartoon cupcakes (with legs!) on the sign outside and an open-concept kitchen inside, we all felt that Bunner's is definitely a welcoming environment. One wall is cozy brick, and the other is plain white, although we were thinking that some local art would be a nice addition.

There are no tables (there is a ledge in the front window that can two people can sit on), so this is more of a grab-and-go bakery.

Or you can be like us and eat standing up in the shop because the baked goods look so good that you can't wait to eat them!

The menu offers cookies, pies, cakes, donuts, cupcakes, breads and "creamies" (cookie sandwiches). Everything is vegan and gluten-free, so you really can have it all. They also offer some agave- and soy-free items for those with even more challenging dietary restrictions.

The staff is friendly and vegan or gluten-intolerant themselves, so they understand our excitement for a bakery where we can eat everything on the menu.

The prices are very reasonable (especially given that they use fair trade and organic ingredients as much as possible), ranging from \$1.50 for donuts to \$30 for a six-inch cake. Most individual items are under \$4.

Also impressive is that cakes and pies can be ordered just 24 hours in advance. My pastry chef friend informs me that this is quite unusual.

Collectively we tried a double chocolate cupcake, a "gypsy" (granola-like cookie), a chocolate creamie, a cranberry muffin and an Easter egg. My friend liked the gypsy the most, calling it hearty and not too sweet. My sister liked the creamie best, because although it was a tad grainy, the filling was light, creamy and smooth. My favourite, hands down, was the Easter cream egg.

Although we all had different favourites, we agreed that the typical aftertaste of gluten-free baked goods was happily absent from our pastry-fest. All we were missing was a nice cold glass of non-dairy milk. **V**

*Open Monday to Saturday, 10am to 7pm  
Sunday, 12pm to 5pm*

photo by flickr.com/photos/myxie

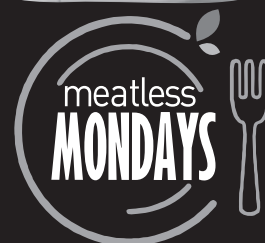


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# Charities Law Clarification



The Canada Revenue Agency recently released a statement to clarify how organizations that promote animal welfare qualify for charitable status. The statement, available online at [cra-arc.gc.ca](http://cra-arc.gc.ca), explains how the CRA applies existing laws to resolve questions about what kind of work is charitable.


In Canada, as in Britain, charitable status may be granted to organizations that engage in one or more categories of work including relief of poverty, advancement of education or religion, and other purposes beneficial to the community.

Charities that serve “other purposes beneficial to the community” include health and social services agencies, community centres, sports and recreational associations, and organizations that facilitate industry, promote human rights, environmental stewardship agencies or animal welfare.

According to the CRA’s interpretation of Canadian charities law, relieving the suffering of animals is not considered to be charitable in itself. “[A]n activity or purpose is only charitable when it provides a benefit to humans.

For some purposes and activities, including those relieving the suffering of animals, the courts have decided that the benefit is the promotion of the moral or ethical development of the community.”

Certain limitations exist for all charities. For example, political activities are only allowable to a maximum of 10 per cent of a charity’s total resources, political activities can never be partisan, and an organization’s core charitable purpose must not be political.

The Toronto Vegetarian Association has reviewed the statement and consulted with other animal-focused charitable organizations. We have concluded that TVA retains a strong claim to its charitable status, as our mission, to inspire people to choose a healthier, greener, more peaceful lifestyle, reflects the “moral development of the community” not just on issues of animal suffering, but also with respect to health and sustainability. Our charitable purpose is not just to raise awareness about these issues, but also to provide support to those who wish to move toward vegetarianism. 

## Do Good Work



# SIERRA CLUB ONTARIO

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Toronto, Ontario  
M5V 1H3

Chapter Director, Dan McDermott  
[dmcd@sierraclub.ca](mailto:dmcd@sierraclub.ca)  
416-960-6075



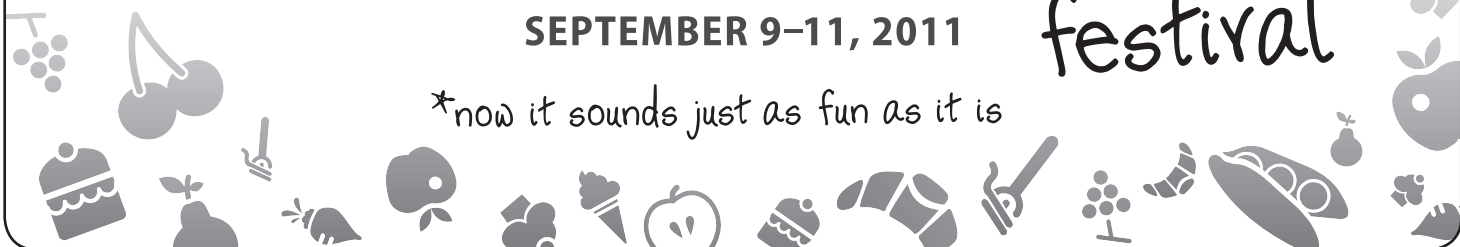
mark your calendar for

# THE 27TH ANNUAL VEGETARIAN FOOD ~~FAIR~~

SEPTEMBER 9-11, 2011

festival\*

\*now it sounds just as fun as it is



# Volunteers are Important People!



## WHO?

Shashi Jain

## HOW LONG HAVE YOU BEEN VEGETARIAN?

I have been a vegetarian from birth and believe strongly in respecting all living beings. I have been teaching Indian vegetarian cooking for more than 20 years, eleven years here in Toronto, and previously in St. John's, NL.

## WHAT DO YOU DO FOR TVA?

I have been a member of TVA since the year 2000 and started volunteering with the organization's arts and entertainment committee to help organize the 34th World Vegetarian


Congress held in Toronto that year. At the end of the Congress, I was overjoyed to see it come together so wonderfully and so very successfully.

I have also been a participant (with my own table) at the Food Fair since the very early days of the fair, speaking to people about vegetarianism and about my vegetarian cooking classes. I have given numerous cooking demos and talks at the Food Fair as well.

## FAVOURITE THING TO DO IN T.O.?

I love walking, yoga, meeting people and, of course, teaching vegetarian cooking classes. My website is [indiancooking.ca](http://indiancooking.ca).

## MOST MEMORABLE VOLUNTEER EXPERIENCE?

My most memorable TVA moment was during one of my cooking demos—a person stood up and said, “Shashi, I have come to the Food Fair today for your cooking demo and talk!” 

*Thank you for being a wonderful volunteer, Shashi!*

Taunya Ahier, Volunteer Liaison



## TVA Volunteer Opportunities

The summer outreach season has begun. Volunteers are needed throughout the summer to staff our table at community events like Pedestrian Sundays, local farmers' markets, the Live Green Toronto Festival, Big on Bloor and more. Go to [veg.ca/volunteer](http://veg.ca/volunteer) for details on upcoming events.

### OUTREACH SET-UP & TEAR-DOWN TEAM

Toronto is jam-packed with events over the spring and summer months and there are so many opportunities for TVA to be present. But we can only be there with the help of a

driver with a car to transport our materials to and from the TVA office to these great community events.

We're looking for new people to join our team and help out at an event or two each month this summer season. The role involves picking up materials from the TVA office at a time that's convenient for you, transporting them to the event on the actual day of the event and setting up the TVA table.

Alternatively, it can be done in the reverse. You can do a tear-down shift where you'd pack up the materials at the end of an event, and bring

them back to the TVA office at a time that's convenient for you.

Crew members receive a FREE TVA Discount Card, offering savings at over 80 veg-friendly businesses in the GTA.

If you're interested in these or other volunteer positions, email Barbi at [blazarus@veg.ca](mailto:blazarus@veg.ca) with the position name in the subject line, or check out [veg.ca/volunteer](http://veg.ca/volunteer) for more details. Volunteer positions for the Annual Vegetarian Food Fair will be posted to [veg.ca/foodfair](http://veg.ca/foodfair) in early June.



# Tikka Tastes Toronto

## GREAT VEGAN ITEMS AND WHERE TO FIND THEM

BY TIKKA SMILEY

On a hot, sunny day, few things are more cooling than indulging in delectable frozen confections. With all the incredible soy-, rice- and coconut-based “ice creams” on the market in our fair city, vegetarians have countless options for keeping cool.

Over the past year, some ground breaking developments have been made in the dairy-free frozen sector and I, for one, can barely contain my excitement. After almost 20 years of longingly watching folks enjoy twisted soft-serve ices, I’m ecstatic to report about not one but three places to head to when a soft-serve craving hits. Yes indeed, vegans now have multiple establishments in which they can partake in the smooth, creamy swirly treats reminiscent of their youth.

I wish you all a wonderful summer and hope to see you at “the pumps” soon.

### CHOCOLATE CHURNIN’

**The Vegan Danish Bakery** (7718 Yonge St, [vegandanishbakery.com](http://vegandanishbakery.com)) has established itself

as an oasis for lovers of all things sweet—and, conveniently, cruelty-free. Blissfully, the ladies have stepped out of the heat of the bakery to bring us all a heavenly creation: vegan chocolate soft-serve ice cream! Shannon ordered the elaborate machine

last year and has it up and running for the season, churning out miraculous, meltable, mouth-watering goodness one swirly serving at a time. Drop by the store to sample this serendipitous soy-based creation and see what vegan toppings await you. The trek up to Yonge St and Steeles Ave is definitely a

worthwhile adventure, as one can also stock up on scrumptious sweet and savoury goodies to take home for later.

### SELF-SERVE SWEETNESS

I am a self-admitted control freak and believe it has had a positive impact on my life; I know what I like and I do what

I can to achieve my goals. As vegetarians, we often need to be extra diligent when making requests and ensuring our demands are met. As a vegan control freak, I have found my haven: **Yo Yo’s Yogurt Café** (417 Bloor St W, [facebook.com/yoyosyogurt](https://facebook.com/yoyosyogurt)). Walking into Yo Yo’s, one is met by three softly humming frozen yogurt machines, one of which is dedicated to dairy-free flavours. Customers are invited to fill their cup with as much or as little soft-serve as they desire. Like the



vegetarian restaurant Commensal, charges are based upon weight, so one has control over the cost of their cup. Once you’ve extracted your chosen amount of frozen delight, head

over to the toppings bar, where there is a tantalizing variety of vegan offerings, each identified with a “V.” From chocolate sauce and strawberries to mocha and mangoes, the tempting topping combinations are practically limitless! The owners have created an almost lounge-like atmosphere with free

Wi-Fi and hip music, and the continual crowd of university students is a testament to their grooviness.

### BE A MENSCH!

Just a few blocks west of Yo Yo’s lies yet another beacon of cool comfort—**Menchie’s** (511 Bloor St W, [menchies.com](http://menchies.com)). An

American celebrity-loved chain, Menchie’s is cute and colourful and kitschy, and another windfall for vegan soft-serve lovers. Of the 10 flavours churning in their machines, only one is vegan—typically wildberry or mango. One of the most-loved aspects of Menchie’s is that they supply small paper sample cups so that buyers can taste all the flavours they like before choosing. With only one dairy-free option, tasting isn’t really necessary if you’re vegan, but it’s fun all the same. Once you’ve hand-pumped your own icy cupful, there is a vast selection of toppings to choose from, but I’m still awaiting a response from their head office regarding which are vegan, as they are not clearly labelled. However, with a ton of fresh nuts, seeds and fruits on offer, vegans can create as mountainous a bowl as they desire! Both Menchie’s and Yo Yo’s are open ’til 11pm and are keeping Torontonians a little cooler and a little sweeter this summer. **V**



photo: foodsforlonglife.blogspot.com



Tell me about your favourite veggie finds at [tikka@veg.ca](mailto:tikka@veg.ca)

## You need these to turn to

BOOKS, BLOGS AND WEBSITES THAT MAKE IT EASY TO SUPPORT A PLANET-FRIENDLY PLANT-POWERED LIFESTYLE

BY LISA PITMAN

IS IT HARD TO BE VEGAN? AVOID GLUTEN? PROTECT THE PLANET? AND SAVE MONEY? NO.

With this list of useful resources you'll have all the information you need to easily enjoy a lifestyle that fits your values, honours your constitution and buoys your bank balance.



### VEGAN'S DAILY COMPANION

BY COLLEEN PATRICK-GOUDREAU  
(QUARRY BOOKS, 320 PAGES , \$21.99)

I wrote about a new title from Colleen Patrick-Goudreau in the last edition of *Lifelines* and here I am again raving about another of her books. It has been a very busy year for Patrick-Goudreau, but her hard work will help to bring light, love and joy to your next 365 days. The pages of *Vegan's Daily Companion* provide a daily opportunity to make a conscious choice to celebrate compassion. Each week contains an informative entry on six categories:

- For the love of food
- Compassionate communication
- Optimum health for body, mind and spirit
- Animals in the arts
- Stories of hope, rescue and transformation
- Healthful recipes

You can start each day with an inspiring tale of triumph, an enticing recipe or practical tip to nurture your soul. I'm not good at portioning out my reading into tiny tidbits so I've simply devoured this book like a novel. *Vegan's Daily Companion* would make a wonderful gift for anyone who strives each day to make this world a more peaceful place to live.



### VEGAN GLUTEN-FREE

[www.xgfx.org](http://www.xgfx.org)

I remember once calling a local bakery known to cater to special diets with an order for a gluten-free vegan cake. I was told that I could have a vegan cake or a gluten-free cake—but the combination would turn out disgusting. Well, times have changed. In recent years, celiac disease and gluten intolerance have become a part of our mainstream lexicon. The GF symbol seems to be highlighted on menus, product labels and recipes everywhere.

An amazing group of vegan bloggers has taken on the challenge to turn the stereotype of gluten-free vegan eats from disgusting to delicious. Their site provides a collection of incredible recipes, tips for eating out, shopping, stocking your pantry and living well. For those who avoid gluten, or anyone who loves someone who does, this site will satisfy all your food fantasies (including that perfect GF veg\*n birthday cake).



### ONE GREEN PLANET

[www.onegreenplanet.org](http://www.onegreenplanet.org)

Every time I attend a vegetarian event such as a conference or demo, I leave feeling energized, focused and inspired. Hearing stories from doctors, dietitians, teachers, chefs, athletes, parents and activists of transformation and hope always push me to want to do more. Luckily, we no longer need to wait until the next conference to connect with others in the vegetarian community and access resources that support people, animals and the earth.

One Green Planet is a new site with an impressive list of contributors, who share articles about animals, nature, technology, science, food and health on a daily basis. The quality of the content and the diversity of perspectives on One Green Planet make it an important bookmark for everyone. **M**

### VEGAN CUTS



[Vegancuts.com](http://Vegancuts.com) is a brand new site that makes it easier to support companies that share your ethics while saving a few cents. Created by a couple from Ottawa, Vegan Cuts provides the site's members with a weekly email describing an exclusive deal on vegan products. By signing up you can save money on cruelty-free clothing, shoes, accessories, body care products and household items. Each week, I look forward to learning about a new company or product that promotes living an animal-friendly life.



### VEGAN'S DAILY COMPANION

## Nut Butter Dip

- 6 tbsp almond or peanut butter
- 3 tbsp tahini
- ¼ cup tamari soy sauce
- 2 tbsp agave nectar
- 1 tbsp apple cider vinegar
- 1 tbsp minced ginger
- 2 cloves garlic, peeled
- ¼ tsp cayenne pepper
- ¼ cup water
- 1 tbsp olive oil

Combine the almond butter, tahini, tamari, agave, vinegar, ginger, garlic and cayenne in a food processor or blender. Slowly add the water and olive oil and continue blending to reach the desired consistency. The mixture should be smooth and thick.

Serve with a combination of raw fruits and vegetables: celery, cucumber, beets, turnips, radishes, apple slices, carrots and bell peppers.

*Yields 1 cup*



### VEGAN GLUTEN-FREE

## Besan Flatbread

- 2 cups besan (chickpea flour)
- ¾ tsp salt
- ½ tsp black pepper
- ¼ cup olive oil
- 1½ cups water
- 4 cloves garlic, very thinly sliced

Preheat oven to 385°F. Lightly grease the sides of a 9-inch springform pan and line the bottom with a circle of parchment paper. For a more rustic bread, you can also use a lined cookie sheet. Silpat mats work great here, too. A 9-inch springform pan will produce a flatbread that is about ½-inch thick.

In medium-sized bowl, sift together flour, salt and black pepper. Stir in olive oil until clumpy and then thin out batter with water, using a whisk to remove any lumps. Let rest about 10 minutes.

Pour batter into springform pan. Cover evenly with thinly sliced garlic. Bake in preheated oven for about 20-25 minutes or until the edges are golden brown.

Let cool briefly and then slice to serve. Eat plain or use for an open-face sandwich.

### ONE GREEN PLANET

## Cocoa Spice Macaroons

- 1 tbsp plus 1 tsp almond flour
- 1 tbsp tapioca flour
- 2 tbsp coconut flour
- ⅛ tsp sea salt
- 2 tbsp plus 1 tsp pure cocoa powder
- pinch cinnamon, cloves, cardamom
- ⅔ cups agave nectar
- ½ cup full-fat coconut milk
- 1 tbsp coconut oil, melted
- 2 tbsp maple syrup
- 2½ cups shredded coconut (unsweetened)

Stir dry ingredients together until well combined. Whisk wet ingredients together until well combined. Add wet ingredients into dry ingredients and stir until smooth and well combined. The almond flour will not fully combine with the liquid and you will see little specks of almond flour. This is fine. Fold the shredded coconut in. Make sure the mix is evenly blended.

Let the mixture rest 10 minutes so the shredded coconut can absorb the liquids. Then give it another quick mix.

Using a 1½- to 2-inch diameter ice cream scoop, scoop the macaroons onto a cookie sheet lined with parchment paper. Dip your fingertips in a bowl of water and with slightly wet fingers, shape and pat the macaroons so you have nicely formed mounds.

Bake at 350°F for about 20 minutes. Be careful to check after about 17 minutes. The macaroons are done when they crack a little and are firm to the touch. They brown quickly so watch them closely!

Let cool fully before transferring from the baking sheet. If they last more than a couple of days, store them in an air-tight container.

*Makes about 15 macaroons.*

# Sample Recipes

# Vegetarian Directory Update

FOR THE LATEST UPDATES AND LISTINGS VISIT [veg.ca/toronto](http://veg.ca/toronto)

BY JASON DOUCETTE



**By the time you read this, I'll no longer be your friendly neighbourhood Vegetarian Directory Coordinator. Please welcome Angela Del Buono back to the role. I'm sure she's working right this minute on the 2012 print edition of the Vegetarian Directory, which will launch at the Vegetarian Food Festival in September.**

**Thanks for all of your help and support over the past year, and for sending in so many great finds in the GTA. I really believe we're in a golden era of vegetarian options, with many more openings than closings, so be sure to go out and enjoy it all!**

## NEW FINDS

**Hot Beans** (160 Baldwin St, 647-352-7581) is a Latin-inspired vegan takeout place in Kensington Market promising faux chicken tacos, seitan burritos and coconut-lime donuts. Keep track of their expanding menu ideas at [twitter.com/hotbeansvegan](https://twitter.com/hotbeansvegan).

Caroline tipped us off to **Swagruhas Dosa Home** (2970 Drew Rd, Mississauga, 905-673-2244), a South Indian Vegetarian Restaurant that includes dosas with chocolate chips on the menu!

Brampton-area residents will be interested in Angela's latest find: **Wanigan Fresh Market** (4-250 Clarence St, Brampton), a new warehouse outlet for organic and locally grown produce, featuring lots of other great veg-friendly offerings including Daiya. Open Tues-Sat.



**Khao San Road** (326 Adelaide W, 647-352-5773) is a Thai restaurant offering vegan and vegetarian dishes and keeps one of their deep fryers exclusively for vegetable items. They'll soon be offering a separate veg menu to make ordering even easier. Open Mon-Sat for lunch (11:30-2:30) and dinner (5:00-10:00)

**Thrive Juice Bar** in Waterloo (191 King St S, 519-208-8808) that features a wide range of vegan and vegetarian lunch options as well as fruit "blendz," powered by Vega.

**Cool Hand of a Girl** (2084 Dundas St W): Deena recommends the grilled tofu sandwich and organic coleslaw side with pumpkin seeds.

**Mylk Uncookies** (253 Gerrard St E, 416-276-3075) has a weird name until you say it out loud. They're an "espresso boutique" that also serves raw vegan treats.

## NEW OFFERINGS



**APieCalypse Now!** ([apiecalypsenow.com](http://apiecalypsenow.com)) is an all vegan bakery with its roots in Leslieville. You can pick up apple pies, butter tarts and squares at the Distillery District Sunday markets (10am-4pm) and on Thursdays at the U of T farmers' market starting June 2 located at 5 Bancroft Ave.

**Camros Organic Eatery** (25 Hayden St, 416-960-0723) now features three varieties of organic vegan Jamaican patties from Food Festival favourite Taste of Life.

**Nonpareil Natural Health & Healing Retreat** (658 Wellmans Rd, RR #3, Stirling) has introduced a detoxification and healthy weight-loss boot camp.

For more info, call 613-395-6332 or email [nonpareil@sympatico.ca](mailto:nonpareil@sympatico.ca)

**Panacea** (588 Bloor St W, 647-350-3269,) Toronto's only vegan grocery store, now carries a slew of new products, including Dr. Cow cashew cheese, raw cashew ice cream, Orgran cereal, Sjaak Eli's Earth Bars and *Lickin' the Beaters 2: Vegan Chocolate and Candy*. They also now stock the long-awaited Tofurky pizza with Daiya, and will be bringing in new chocolate bars from Go Max Go, including a vegan version of Reese's peanut butter cups and a vegan Nestle Crunch taste-alike. Panacea also stocks health and beauty products, clothing and accessories, baby and environmental items, books and other vegan resources—it really is one-stop vegan shopping!

## MEATLESS MONDAYS

**Tamarind the Indian Kitchen** (Brookfield Place, Front & Yonge, concourse level, 416-850-2929, [twitter.com/tamarindkitchen](https://twitter.com/tamarindkitchen)) is promoting Meatless Mondays with special deals for vegetarian and vegan products each Monday.

## DISCOUNT UPDATES

**Power By Design**, ([www.powerbydesign.ca](http://www.powerbydesign.ca)) Graphic & Production Design Services is offering 20 per cent off hourly and flat rate design work.

## DISCOUNT UPDATES

**Cozy Corners B&B** and **Yasi's Place** have both closed.

Go to [veg.ca/directory](http://veg.ca/directory) for more information and the latest updates. 📌

If you know of any new places or a place that has made a significant change, please let us know at [directory@veg.ca](mailto:directory@veg.ca).



# Support the Toronto Vegetarian Association

## Become a Vegucator by selecting a monthly donation

I'd like to make a monthly gift of:

\$50  \$20  \$10  Other \_\_\_\_\_

I'd like to add a Discount Card\* for:

1 card (\$1.50/mth)  2 cards (\$2.50/mth)  3 cards (3.50/mth)

OR

## Make your annual gift today

**Champion**  \$200 and up (this could sponsor a cooking class or healthy eating workshop)

**Supporter**  \$100 (this could sponsor TVA's participation at outreach events)

**Friend**  \$50 (this could sponsor a box of vegetarian starter kits)

**Basic Membership** (minimum \$20)  \$35  Other \_\_\_\_\_

I'd like to add a Discount Card\* for:

1 card (\$20)  2 cards (\$35)  3 cards (\$50)

\*Discount card only available to TVA members. Not sold separately.

Name

Address

Phone

Email

## Payment Info

cheque  VISA  MasterCard

Signature \_\_\_\_\_

Card #             Exp. date \_\_\_\_ / \_\_\_\_

Name (please print) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone ( \_\_\_\_\_ ) \_\_\_\_\_ — \_\_\_\_\_ Email \_\_\_\_\_

Donations of \$20 or more are eligible for a charitable tax receipt, and entitle members to our quarterly newsletter, Lifelines, and the opportunity to purchase our discount card. Discount cards are not eligible for tax receipts. Please allow 3 or 4 weeks for processing. Charitable #11926 7532 RR0001. We do not sell or exchange our mailing list.

To make your donation online, visit [veg.ca/donate](http://veg.ca/donate)

## Vegetarian Events in the GTA

FOR MANY MORE VEGGIE EVENTS VISIT [veg.ca/events](http://veg.ca/events)

### VEGGIES OF HALTON AND PEEL

Please contact Fraser at [fgibson@veg.ca](mailto:fgibson@veg.ca) for information about the group's summer schedule.

### DURHAM LAKESIDE VEGETARIANS

Please check [veg.ca/dlv](http://veg.ca/dlv) for upcoming events.

### YORK REGION/NORTH YORK GROUP

There will no events scheduled during the summer.

### GENE BAUR 25TH ANNIVERSARY TOUR

Farm Sanctuary founder Gene Baur is on the road this summer and will likely make some stops in the Greater Toronto Area this August, including a stop for a special event with the Toronto Vegetarian Association. For the latest details about Gene's Canadian tour, please visit [veg.ca/genebaur](http://veg.ca/genebaur).

### SOCIAL DINNER GROUP

Please join us for delicious food and conversation at our upcoming events. All members and non members, veg, vegan and transitioning are welcome.

Where: **Simon's Wok**  
797 Gerrard St E

When: Thursday, June 16, 7pm

Where: **Rawlicious**  
3092 Dundas St W

When: Thursday, July 21, 7pm

Where: **Udupi Palace**  
1460 Gerrard St E

When: Thursday, August 18, 7pm

**Please RSVP** with Taunya, Jim and George by the Wednesday before each event at [tvadinner@veg.ca](mailto:tvadinner@veg.ca) or 416-544-9800. Seating is limited.

### OTHER ACTIVE GROUPS

#### Queer Veggie Dinner Social Group

Contact: Andi

[queerveggiesocial@gmail.com](mailto:queerveggiesocial@gmail.com)

#### Raw Vegan Group

Contact: Sandra McKeown

<http://rawfood.meetup.com/191/>

[rawvegangroup@veg.ca](mailto:rawvegangroup@veg.ca)

#### TVA Reads

Contact: Shân

[tvareads@veg.ca](mailto:tvareads@veg.ca)

#### Vegetarians in Their Twenties

Contact: Caroline Golinski

Search for Vegetarians in Their Twenties or VITT on Facebook.

[vitt@veg.ca](mailto:vitt@veg.ca)

*We're looking for assistant event organizers! Please email if you're interested.*

Return undeliverable Canadian mail to:

**Toronto Vegetarian Association**  
 17 Baldwin St  
 2nd Floor  
 Toronto ON M5T 1L1  
 www.veg.ca tva@veg.ca 416-544-9800 fax 416-544-9094

**Time to renew?**  
 Check the top of  
 your mailing label.



**OUR MISSION: TO INSPIRE PEOPLE TO CHOOSE A HEALTHIER, GREENER, MORE PEACEFUL LIFESTYLE.**

# Discount List

**TVA Discount cardholders get great savings when dining, shopping or frequenting the following places. Changes are in green. For a full discount list, complete with descriptions, see [veg.ca/discounts](http://veg.ca/discounts)**

## VEGETARIAN RESTAURANTS AND CAFÉS

Annapurna 5%.....	1085 Bathurst St.....	416-537-8513
The Big Carrot Vegetarian Cafe 10% (weighed items and daily soup only)	348 Danforth Ave.....	416-466-2129
Buddhist Vegetarian Kitchen 10%.....	3290 Midland Ave.....	416-292-7095
Commensal 10% (\$10 min).....	655 Bay St.....	416-596-9364
Fresh 15% Take-out (excluding baked goods)	326 Bloor St W.....	416-531-2635
.....	894 Queen St W.....	416-913-2720
.....	147 Spadina Ave.....	416-599-4442
Green Earth Vegetarian Cuisine 10%.....	385 Broadview Ave.....	416-778-9199
Greens Vegetarian Restaurant 10%.....	638 Dundas St W.....	416-603-3337
Kale 10%.....	2366 Yonge St.....	416-792-5253
.....	322 Bloor St W.....	416-963-8624
Kensington Natural Bakery & Cafe 10%.....	460 Bloor St W.....	416-534-1294
King's Cafe 10%.....	192 Augusta Ave.....	416-591-1340
Live Organic Food Bar 10% Mon-Wed after 4pm... 264 Dupont St... 416-515-2002	3838 Midland Ave.....	416-412-3140
Lotus Pond Vegetarian Restaurant 10%.....	1263 Queen St W.....	416-516-2798
M & B Yummy 10% on food and cake.....	504 Adelaide St W.....	416-777-2343
Sadie's Diner & Juice Bar 15%.....	797 Gerrard St E.....	416-778-9836
Simon's Wok Vegetarian Kitchen 10%.....	1460 Gerrard St E.....	416-405-8189
Udupi Palace 10%.....	17 Baldwin St.....	416-621-3636
Vegetarian Haven 10% (5% credit cards).....	303 Lansdowne Ave.....	416-539-8488
White Lotus 10%.....	6980 Maritz Dr, Miss.....	905-461-2498
Zen Gardens 10%.....		

## RESTAURANTS AND CAFÉS WITH VEGETARIAN OPTIONS

Ambale Ethiopian Restaurant.....	1334A Danforth Ave.....	closed
The Annex HodgePodge 10%.....	258 Dupont St.....	416-513-1333
The Annex HodgePodge Catering 10%.....	theannexhodgepodg.com.....	416-513-1333
Bombay Palace 15%.....	71 Jarvis St.....	416-368-8048
By the Way Cafe 10%.....	400 Bloor St W.....	416-967-4295
Dukem Restaurant 15%.....	950 Danforth Ave.....	416-406-6342
Indian Flavour 10%, dinner buffet.....	123 Dundas St W.....	416-408-2799
Kama 10%.....	214 King St W.....	416-599-5262
Laila 10%.....	553 Bloor St W.....	416-588-0199
Magic Oven 10%.....	127 Jefferson Ave.....	416-539-0555
.....	270 Dupont St.....	416-928-1555
.....	6 Wellesley St W.....	416-929-7888
.....	360 Queen St E.....	416-703-3555
.....	798 Danforth Ave.....	416-462-0333
Moe's Southwest Grill 10%.....	35 Eglinton Ave E.....	416-489-6637
Moonbean Coffee Company 10%.....	30 St Andrews St.....	416-595-0327
Papaya Island 10%.....	513A Yonge St.....	416-960-0821
Queen of Sheba 15%.....	1051 Bloor St W.....	416-536-4162
Rancho Relaxo 10%.....	300 College St.....	416-920-0366
Rikishi 10%.....	833 Bloor St W.....	416-538-0760

## NATURAL FOOD STORES

Baldwin Naturals 5% on everything.....	16 Baldwin St.....	416-979-1777
Daya Health Foods 10%.....	8238 Yonge St, Thornhill.....	905-881-0454
Don Valley Health Foods Inc 10%.....	3060 Don Mills Rd.....	416-491-5160
Essence of Life 10%, bulk & produce.....	50 Kensington Ave.....	416-506-0345
Etherea Natural Foods 10%.....	1151 Davenport Rd.....	416-916-1894
Evergreen Natural Foods 5%, groceries.....	161 Roncesvalles Ave.....	416-534-2684
.....	513 St Clair Ave W.....	416-536-2932
The Health Shoppe 10% (\$10 min).....	1375 Yonge St.....	416-968-1225
Health Valley 10%, 5% off sale items.....	390 Bloor St W.....	416-963-9695
Kosher Food Warehouse 10%, bulk items.....	75 Doncaster Ave.....	905-764-7575
The Natural Food Depot 10%, bulk & produce.....	2075 Lawrence Ave E.....	416-640-0234
Natural Life Health Mkt 10% excl.produce.....	7700 Bathurst St.....	905-707-3350
Noah's Natural Foods 5%.....	322 Bloor St W.....	416-968-7930
Optimum Natural Foods 5%.....	2865 Dundas St W.....	416-693-5328
Panacea 5%.....	588 Bloor St W.....	647-350-3269
Peachtree Health Foods 5%.....	2239 Bloor St W.....	416-913-4466
The Source Health Foods 10%.....	3887 Don Mills Rd.....	416-497-2270
Sunrise Health Foods 10%.....	5 Roslin Ave.....	416-487-1210
Taste of Nature 10%.....	380 Bloor St W.....	416-925-8102
Veggie Paradise 10% store.....	5915 Atlantic Dr #1, Miss.....	905-362-2388

## SPA & BEAUTY

Pure + Simple 10%.....	6 locations, downtown & Oakville.....	pureandsimple.ca
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## BAKERIES

LPK's Culinary Groove 10%.....	718 Queen St E.....	416-461-6440
Sweets from the Earth Free box of cookies with order of 10" cake.....		647-436-2004

## BOOKS

Fertile Ground Bookstore 10%, enviro. books.....	11 Irwin Ave.....	416-964-0161
TVAs Resource Centre 10% on books & more.....	17 Baldwin, 2nd floor.....	416-544-9800

## ENVIRONMENTAL SERVICES

Do Bamboo 10% (reg price items).....	698 Coxwell Ave.....	416-465-4800
Kitchen's Best Manufacturing Group Ltd. 10%.....	kitchensbest.com.....	1-888-769-5433
Off the Cuff Resale Designer Menswear 11%.....	5 Broadway Ave.....	416-489-4248

## PROFESSIONAL SERVICES

By the Park Realty Inc. Brokerage 5%.....	livinginmytoronto.com	
Laugh Along Entertainment 10%.....	LaughAlong.com.....	416-694-6865
Martin Aiello, Realtor \$500 cash back on the purchase or sale of a home in the GTA.....		416-580-9520
Power By Design, Graphic & Production Design Services 20%.....	www.powerbydesign.ca	
Super Sonic Sound & Lighting 5%-10% depending on service.....		416-760-7792

## COOKING AND RAW CLASSES

Arvinda's Indian Cooking & Spice Blends 10%.....	arvindas.com.....	905-842-3215
Shashi's Ayurvedic Indian Cooking 10%.....	indiancooking.ca.....	416-593-7546
Ayurvedic Indian Vegetarian Cooking 10%.....	info@indiancooking.ca.....	416-593-7546
Fully Nourished Cooking Classes 20%.....	mamiwasserman.com	
Hallelujah Acres Diet & Lifestyle Centre 10% Classes & products.....	hacres.ca	
Macrobiotics Plus 7%.....		416-964-8885

## NUTRITION & WELLNESS PROVIDERS

Linda Louise Warman MSW RSW 30%.....	Bathurst/Steeles area.....	905-731-7972
Spirit of the Earth, "The Living Centre" 5%, 10% (depending on course)	London, ON.....	519-652-0230

## MEDITATION & YOGA

Active Yoga-Bikram Method 10%.....	2281 Dundas St W.....	416-538-1628
Kundalini Yoga Class, Tues evenings 10%.....	College and Bathurst.....	yoga@ca.inter.net
Moksha Yoga 10% (classes).....	Various locations.....	mokshayoga.ca
Snow Lion 10%.....	708a Pape Ave.....	416-461-1611

## ONLINE SHOPPING

Kitchen's Best Manufacturing 10%.....	kitchensbest.com.....	1-888-769-5433
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## RETREATS AND VACATION SPOTS

Active Veggie Tours \$100 off.....	activeveggietours.ca.....	613-779-5794
Aziza Healing Adventures 5% or 10% (90 day advance booking).....		416-696-0086
Cozy Corners Veggie B&B.....	Shelburne, ON.....	closed
Hidden Valley Farm 10%.....	Chatsworth, ON.....	hiddenvalleyfarm.8k.com
Lands in love, Tierras Enamoradas Resort 15%.....	Costa Rica.....	landsinlove.com
House of Verona Health Resort 10%.....	Blue Mountain.....	1-800-252-2826
Maple Ki Forest & Spirit Waters 5%.....	Tamworth, ON.....	mapleki.com
New Life Retreat 7%.....	Lanark, ON.....	613-259-3337
The Roosters Inn 10% cash.....	Port Perry, ON.....	905-986-9843
Sahayoga 10%.....	Prince Edward County, ON.....	sahayoga.com
Sugar Ridge Retreat Centre 5%.....	Wyebridge, ON.....	1-866-609-1793

**Note: Please present a valid discount card when ordering. Discounts apply to vegetarian foods only, and may exclude specials and alcohol. Cannot be used in conjunction with other discount offers. Some restaurants may restrict discounted items to the cardholder's order, while others may discount the entire party's bill. May require a minimum purchase. Please see [veg.ca/discounts](http://veg.ca/discounts) for current and detailed information.**