



PROGRAMME CORK VEGFEST 27th April 2019

11:00 am – 6:00 pm. Vegan Food Hall open all day. Learn more at corkvegfest.com

	MILLENNIUM HALL talks & screenings		FOYER food demos & events		ATRIUM talks & panels
		11:30-12:00	Michael Donohoe <i>Microgreen Super 10!</i>		
12:00-13:00	Dr Ailis Brosnan: <i>Vegan families: Practical tips and advice for raising vegan children</i>	12:00-13:00	Paul Knapp - The Firefighting Chef <i>Let the Food Do the Talking</i>	12:00-13:00	Vegan Athletes Panel: Heather Gordon, Michael Donohoe, Khaled Azrag
13:00-14:00	Fiona Oakes: <i>Awakening the Activist Within</i>	13:00-14:00	Christina Leopold - @addictedtodates <i>Vegan Bailey's Coffee Cheesecake</i>	13:00-14:00	Feeding Vegans Panel: Carmel O'Sullivan of Earth Cafe Cork, Virginia O'Gara of My Goodness, George Labbad of Umi Falafel, Holly White – cookbook author
14:00-15:00	Jay & Katja Wilde / 73 Cows (screening & Q&A)	14:00-15:00	Hot Sauce Competition by Rock Steady Foods	14:00-15:00	Laura Broxson National Animal Rights Association <i>Ban Fur Farming in Ireland Campaign – the story so far</i>
15:00-16:00	Dr Sean Owens Plant-Based Doctors Ireland: <i>Challenges and Opportunities</i>	15:00-16:00	Holly White <i>Plant-based practicalities</i>	15:00-16:00	Veganism in Ireland Panel Laura Broxson of NARA Tom O'Sullivan of WAKE Activism Roger Yates of VIP
16:00-18:00	Marc Pierschel / The End of Meat (screening & Q&A)				

Gratefully supported by:



Comhairle Cathrach Chorcaí
Cork City Council

CORK VEGFEST 2019 - 27TH APRIL 11 AM -6 PM, CORK CONCERT HALL

