



Raising Healthy, Happy Vegetarian/Vegan Children

Vegetarian Society of Eastern Connecticut presents:

Amanda Bourassa

Mom and Speaker

Learn some tips and recipes to raise
children on a plant-based diet.
Amanda speaks from experience.

Thursday, June 6 at 6:30 pm sharp

(Please arrive earlier, as we will start at 6:30 pm)

Jack Jackter Intermediate School, Cafeteria

Use the back door labeled NIGHT entrance. Follow signs to meeting room.

Please bring:

A vegetarian or vegan dish to share

Serving utensil for your food/beverage

List of ingredients (put by your food)

(if it's store bought, please write out ingredients for those with allergies)

Recipe for your food (to be emailed to others)

Your place setting (plate, utensils, etc.) & beverage

Admission Pay at the door with cash or check.

\$7.00 Adults and children 13 years old and older

FREE ADMISSION for Children 12 years old and younger (this meeting only)

Any questions, contact Cheryl at
(860) 537-7297 or chancin@colchesterct.gov

