



You Are Invited!
**PLANT-BASED
FOOD FAIR**
For Better Health!

Coming Sunday, February 12, 2023
12 p.m. - 5 p.m.

501 W Easterday Avenue, Sault Ste Marie, MI 49783

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PLANT-BASED FOOD FAIR

LEARN VEGETARIAN OPTIONS FOR MEAT, CHEESE, AND EGGS.

You have heard of the benefits of more plant foods. Have you been considering cutting down on meat and dairy products? Are you thinking about a vegetarian lifestyle? Little changes make a big difference! Replacing just one red meat or lunch meat serving a day with beans, legumes, or plant protein cuts death risk from chronic ailments by 8-17 percent!

- Plant-based food samples
- Recipe Cards for each sample
- Common Plant-based ingredients table
- Samples of plant-based ingredients for sale
- Short Health Presentations

Register now for this in-person event.
Register by visiting: AttendSeminar.live/FoodFair



LOCATION:

Sault Ste. Marie Seventh-day
Adventist Church
501 W Easterday Avenue
Sault Ste Marie, MI 49783



Date Sensitive Material
Requested in-home date
February 6-8

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