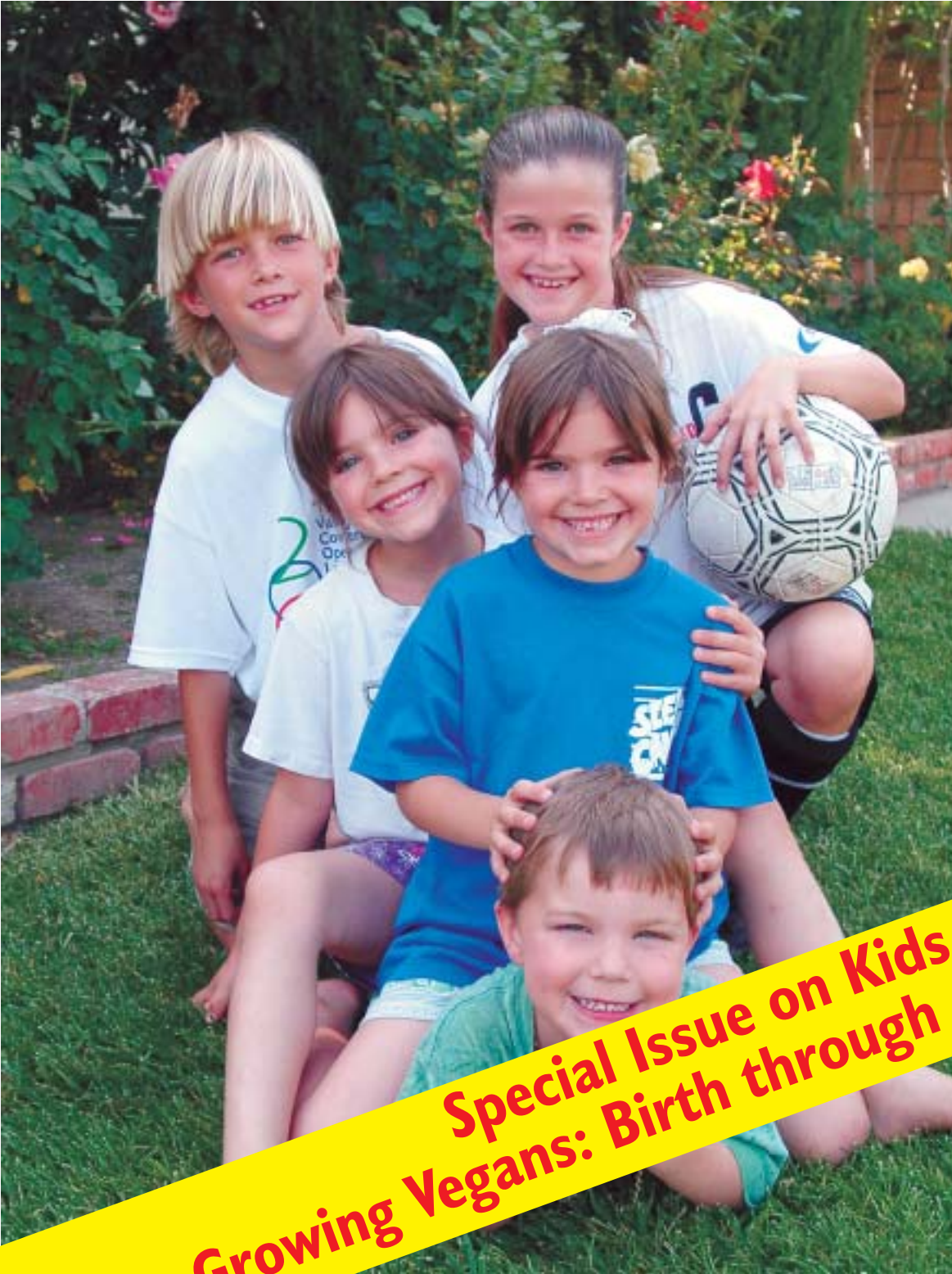




# EarthSave

Healthy People Healthy Planet™

Summer 2000 Volume 11 Number 3



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# Letter from Board Chair

## Our Mission

*EarthSave promotes food choices that are healthy for people and for the planet. We educate, inspire and empower people to shift toward a plant-based diet and to take compassionate action for all life on Earth.*

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Every Saturday, rain or shine, for six months out of the year, my daughter, Mattie, and I stroll down to our local farmers' market. At almost five years old, she doesn't really understand the days of the week yet. Somehow, though, she knows when it's Saturday morning.

We've discovered that Mattie is a lot more likely to try new foods if she helps to pick them out. So we buy locally grown, organic strawberries, blueberries, cantaloupe, spinach, beets, and garlic. And while I hope that she'll be eating all of these wonderful foods because she helped to select them, my real goal is to have her (and her little brother, David) appreciate where these foods came from. Most kids

in America think that their food magically appears on their plates or at the drive-through window. They don't know the faces—and the stories—of the farmers that provide this bounty for our tables.

My wife, Cindy, and I hope that our family's whole foods, vegan diet will help Mattie and David to grow strong and to be protected against many common diseases and illnesses caused, in large part, by the standard American diet. (See the great nutritional information provided by dietitians Brenda Davis and Vesanto Melina, page 5.) But more importantly, we hope that our food choices will help to instill in our children an appreciation of how their food choices affect so many aspects of the world around them. We want them to appreciate and empathize with the farmers who toil for the food we enjoy in our burritos, smoothies and stir-fries. We want them to realize that their veggie burgers and strawberry puddings don't contribute to the routine suffering of farm animals, and will—in combination with similar food choices by their friends—help to heal our planet. And we want them to realize that their food choices can even have an impact on people, animals and the environment in remote parts of the world.

EarthSave chapters provide a great opportunity for kids (and their parents) to get together and share meals and fun times with people who have common interests. And having a network of friends with similar values helps to instill these beliefs in our children. Plus, it makes it easier and a lot more fun when they realize that they're not alone when they choose veggie dogs over hot dogs, and carrot sticks over processed snacks. If you don't have an EarthSave chapter near you, consider starting one. You'll be amazed at how many people will jump at the chance to find friends with common values.

There's certainly no more important resource in the world than our children. We dedicate this issue of Healthy People Healthy Planet to kids around the world. May we have the wisdom and foresight to keep them in our minds with every decision we make. Mattie and David—and kids like them everywhere—are counting on us.

**John D. Borders, Jr., J.D.,**

**Chair, Board of Directors**

# Conquering the Birthday Party

By Sabrina Nelson

I don't fancy myself an expert on vegetarianism by any means. But as a mom of three veg-since-birth children (twin girls, six; a boy, four), I've been forced by necessity to learn a LOT about raising vegetarian children, mostly by trial and error. The most important lesson I've learned over the last nearly seven years is that it is much easier to raise a vegetarian child than most people imagine. And I've actually learned to smile graciously when someone asks me, "But where do they get their protein?" or "What about birthday parties?"

A couple of years ago when I was first confronted with the daunting birthday party dilemma, I handled it by bringing an elaborate vegan chocolate birthday cake to the event. I was so overly concerned that my kids would feel "left out" when the other children were eating the cake that I went to a lot of trouble to make sure they had something very special too. One of the other moms at the party took one look at my cake, and exclaimed with enthusiasm, "What a great idea! A kosher cake!" I didn't even mention that my kids were vegan -- as soon as I revealed that they didn't eat eggs or dairy, people automatically assumed it was for religious reasons. We ended up sharing this cake with some other children who would have otherwise been treatless. At this same party, the lunch was cheese pizza. Luckily the host had provided fruit and vegetables as snacks for the parents, so my children loaded their plates with the healthier fare. At the next party we attended, I brought some vegan chocolate chip cookies, and quietly slipped them onto my kids' plates while the birthday cake was being served. They were perfectly content with the cookies. At the last birthday party of my own twins, I had a cake made by my favorite vegan bakery, one which is approved by the American Diabetic Association. A diabetic child attending their party who NEVER gets to eat birthday cakes was able to happily chow down on a rare treat. In this case, our vegan eating style was far from inconvenient; it was a blessing.

Over time I've discovered that my children don't really care about special cakes, cookies, or whatever -- they're too busy having fun at the party to think about what they are or are not eating. The truth is, I was more concerned about "What about birthday parties?" than they were. Now that their friends' parents understand what a vegan is, after they invite my kids to a party,

they'll usually call me up and ask me what my kids would like (or can have) to eat. I try to make it easy for everyone by offering to bring a special dish, an offer which has never been refused.

So much for that "trying" issue. While it may be tempting to answer the ubiquitous, "Where do your kids get their protein?" with "Where do your kids get their phytochemicals?" a simple "There is protein in nearly every food we eat; we're more concerned about making sure they get enough calories" will suffice. I have no interest in getting into arguments about nutrition with other parents or acquaintances -- though I have been known to say when I'm asked, "Is it safe for children to be vegetarians," that I believe that a burger from the local fast food joint poses more danger to a child than a plate of pasta and broccoli. The fact that childhood obesity now threatens one in three kids with long-term health problems, and that experts believe that this problem is caused by fast and fatty foods combined with couch potatoism, makes me wonder why anyone would worry about my trim, athletic, gloriously healthy children. Obesity is probably a health issue they'll never even have to think about. My kids' own pediatrician, who actually did ask me ONCE, "Where do they get their protein?" told me last year that if all his patients were as healthy as my children, he'd go out of business.

My husband and I are very fortunate that our friends and family members are not just understanding of our dietary choices; they are also incredibly supportive. I know that this is not the case for everyone, however. I feel very strongly that it is critically important for parents raising veg kids to take a firm stand with those who would undermine their core convictions. When Grandma says, "Just a little piece of chicken won't hurt you," you may be tempted to respond, "Get that disgusting piece of rotting flesh away from my child," but you should probably politely remind Mom, "You know Junior doesn't eat animals. Please don't ask him to." If she argues, I like the line, "That's non-negotiable." It's also crucial that Junior masters the fine art of saying "no" politely. Your child's teachers and associates at school should also respect your rules, and if they refuse to -- then you are perfectly justified in removing your child from that environment. Your word as parent on an issue like this should be treated like gold.

—continued on back page



## Soft Drinks May Raise Fracture Risk in Teen Girls

NEW YORK (Reuters Health) - Teenage girls who drink lots of soda may be more prone to bone fractures and osteoporosis than girls who do not drink large quantities of soft drinks, a new study reports. Between 40% and 60% of peak bone mass is built during the teenage years.

SOURCE: Archives of Pediatrics and Adolescent Medicine 2000;154:542-543





# VEGPLEDGE!™ Update

## NEW YORK (Reuters Health)

Consuming large quantities of cow's milk during childhood may increase the risk of developing type 1 diabetes in children who are already genetically susceptible to the disorder, results of a study suggest.

The team of Finnish researchers found that children who had a sibling with diabetes were more than five times as likely to develop the autoimmune disorder if they drank more than half a liter (about three glasses) of cow's milk a day, compared with children who drank less milk.

SOURCE: *Diabetes* 2000;49:912-917

EarthSave's exciting new VEGPLEDGE!™ program, officially launched in April, 2000, at the Taste of Health fair in Louisville, KY, has gotten off to a phenomenal start! As of this writing, more than 3,000 people worldwide have taken the VEGPLEDGE!™, and responses continue to pour in at a rate of 100-150 per day via the VEGPLEDGE!™ website (www.vegpledge.com). In addition to participants from the U.S. and Canada, we've received applications from Australia, South Africa, Israel, the United Kingdom...even Malta! There's no doubt about it: there's a driving need out there for information on a plant-based diet, and the VEGPLEDGE!™ is just the program to fill that need!

The VEGPLEDGE!™ is a program that encourages people to make changes in their diet over a 60-day period and to report on their progress. Participants may choose from one of three pledges: "The Transition Pledge" (reduce meat, dairy and eggs), "The Lacto-Ovo Pledge" (eliminate meat and gradually reduce dairy and eggs), or "The Vegan Pledge" (eliminate all animal products). They may register on-line via the website or by mailing in a form (below and in the official VEGPLEDGE!™ brochure, which features vegetarian actor Kevin Nealon of "Saturday Night Live."). When we receive their registration, we send them a support packet,

including EarthSave's new "Healthy Beginnings Care Package" (a vegetarian "starter kit") and a copy of *Vegetarian Times* magazine. We also provide on-line support via the VEGPLEDGE!™ website. At the end of their pledge period, participants may send in their response form (included in the package) to receive a free mini-subscription to *Vegetarian Times*. VEGPLEDGE!™ participants who choose to join EarthSave at the \$35 (individual) level or higher also receive a free VEGPLEDGE!™ T-shirt (current EarthSave members who take the VEGPLEDGE!™ may receive a T-shirt for a donation of \$20 or more). This program is based on "The EarthSave Challenge," a similar, locally based program piloted in 1999 by EarthSave Louisville.



Your support is needed to help The VEGPLEDGE!™ continue to reach the people who need it! Please share this information with family members and friends who are ready to make positive lifestyle changes...there's simply no better, easier way to explore the possibilities of a plant-based diet. And please consider making a tax-deductible donation to EarthSave to help keep this vital program alive. In order for this incredibly exciting campaign to grow and reach more and more people, we need YOUR help! The Earth and all who inhabit her will thank you! 🌍



## YES, I will take the VEGPLEDGE!™

Choose one of the following three VEGPLEDGE!™ options:

- Transition Pledge: I am ready to shift toward a plant-based diet. I will gradually reduce the amount of meat and dairy I eat over the next 60 days.
- Lacto-Ovo Vegetarian Pledge: I am ready to try a vegetarian diet. I will eat no meat (fish, fowl or beef) and reduce the amount of dairy I eat over the next 60 days.
- Complete Vegetarian (Vegan) Pledge: I am ready to try a 100% plant-based diet. I will eat no animal products — no meat, no dairy (milk, butter, cheese, yogurt) and no eggs — over the next 60 days.
- Enclosed is my tax-deductible donation of \$\_\_\_\_\_ to EarthSave to keep the VEGPLEDGE!™ going.

Sign here! \_\_\_\_\_ Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Tel \_\_\_\_\_ Eve Tel \_\_\_\_\_

Email \_\_\_\_\_

I currently eat meat, e.g. chicken, beef, pork, fish, turkey, shrimp:

21 meals/week (3 meals/day)

3 meals/week

14 meals/week (2 meals/day)

< 3meals/week

7 meals/week (1 meal/day)

0 meals/week

5-7 meals/week

Please check only one.

# Growing Vegans: Birth through Adolescence



EXCERPTED FROM: *BECOMING VEGAN*, BRENDA DAVIS AND VESANTO MELINA, THE BOOK PUBLISHING CO., SUMMERTOWN TENNESSEE, SEPT. 2000 RELEASE.

The greatest test of the adequacy of a vegan diet comes when it is given to the most vulnerable among us—infants and toddlers. As parents, we are committed to nourishing our children well. Infants and children have very different nutritional needs than adults. They are growing rapidly and require more protein, fat, vitamins, and minerals per pound of body weight than adults. Vegan diets, which are naturally less energy-dense (higher in bulk and often lower in fat), need to be adapted to support the unique nutritional needs of our children.

## Vegan Infants & Toddlers... formula for success (0-3 years of age)

Babies will grow at an unprecedented rate during these first few years of life. We must take it upon ourselves to gain a thorough understanding of the unique nutritional needs of human infants, the potential pitfalls of vegan diets, and how to build a vegan diet that really works.

The formula for success is not so much different than it is for omnivorous babies (although all babies are vegetarians for the first 6 to 8 months of life!). There are four parts to the formula:

### A) Breastfeed Your Baby

Breast milk is the only food your baby needs for the first 4 to 6 months of life. Continue to breastfeed your baby for a minimum of one year, and preferably for a full two years or more. Breast milk is specifically designed to meet the needs of the human infant, just as the milk of other mammals is specifically designed to meet the needs of their young. Breastmilk also provides immune protection, reduces risk of allergies, decreases the incidence of respiratory, gastrointestinal, and other illnesses, helps to create a wonderful bond between you and your infant, and is extraordinarily convenient and economical. The benefits continue for as long as you breastfeed.

### B) Unfortified nondairy beverages should not be used as a primary milk source for infants

These milks will not provide the nutrients necessary for optimal growth and development, and could lead to malnutrition, especially during the weaning period. Fortified non-soy beverages

Table 11.1: INTRODUCING SOLID FOODS

Age	Food to Introduce	Specifics	How Much?
4-6 months	Iron-fortified infant cereal.	Offer a hypoallergenic single-grain cereal, such as rice, first. Proceed to other single-grain cereals such as barley and oats before adding mixed cereals.	Begin with 1 tsp. (5 mL) cereal. Gradually increase to 1/4 to 1/2 cups (60-120 mL)/day.
6-7 months	Vegetables Fruits	Vegetables – cook and puree vegetables (straining is not necessary). Fruits – peel and mashed soft, fresh fruits such as banana and avocado, and cook and puree harder fruits such as apples, peaches, pears, apricots or other ripe fruit.	Begin with 1 tsp. (5 mL) unsalted homemade or commercial pureed vegetables. Gradually increase to 2-4 Tbsp. (30-60 mL)/meal. Next, offer fruit (same amounts as vegetables).
7-8 months	Protein-rich foods Fruit Juices	Protein-rich foods – well-mashed tofu and well-cooked and pureed legumes. Fruit juice – unsweetened fruit juice diluted at least 1:1 with water.	Begin with 1 tsp. (5 mL) and gradually increase to 2-3 (30-45 mL) Tbsp./ meal. Begin with one tsp. juice, and gradually increase to not more than 8 oz. (240 mL)/day.
8-9 months	Finger Foods Teething Foods Whole Grains	Finger foods - cooked fruit and vegetable pieces; fresh, ripe fruits and vegetable chunks; bread crusts. Teething foods – dry toast, rusks, frozen bagel pieces. Whole grains – rice, quinoa, millet, pasta, or other well-cooked grains (mashed).	Offer 2-4 Tbsp. (30-60 mL) fruit or vegetable chunks. Try 1/2 slice of dry toast, 1 rusk, or 1/4 bagel. Begin with one Tbsp. grains and increase to 2-3 Tbsp. (30-45 mL) at a meal.
10-12 months	Family Food Veggie "Meats," Gluten Nut and Seed Butters and Creams*	Family food – stews, casseroles, pasta dishes, loaves, patties, etc. Veggie "meats" - patties, lunch slices, wieners, sausages, etc. Gluten – commercial or homemade. Nut and seed butters and creams – blend nut butter with soy milk, water, juice, or fruit to make creams.	Start with a tsp. of any new food, especially allergenic foods such as nuts, seeds, and gluten. Serving sizes should provide a total of about 3/4 to 1 cup (180-240 mL) of solid food per meal.

contain minimal amounts of protein and are not suitable as primary milks during the second year of life. The *only* acceptable alternative to breast milk in infancy is commercial infant formula.

### C) Introduce appropriate solid foods when your baby is four to six months of age

Most infants have no need for solid foods before six months of age; however some are ready by four or five months, particularly if they are growing very quickly. Many parents are tempted to delay solids well beyond six months. This is not generally advised, as solid foods provide extra energy and nutrients that are needed at this time (protein, iron, and zinc) and are important to infant development. When your baby is ready for solids, you'll know it! Here are a few of the signs:

- Constantly hungry, even after nursing 8 or 10 times in a day.
- Ability to sit up and give signs of satiety like turning his/her head away.
- Doubling of birth weight (for normal-weight babies; more for low-birthweight babies).
- Ability to move solids to the back of the mouth and swallow without spitting most of it out.

## Formula for Success

Breast Milk  
+  
Vitamins B12 and D  
+  
Appropriate Solids  
+  
Sufficient Calorie  
=====

### One Healthy Vegan Baby



## Additional considerations when introducing solid foods

### Observe for allergies

- Offer one new food at a time, leaving at least three to four days in between to observe for allergic reactions and to see how well the new food is digested. If you or your spouse has a family history of food allergy, wait six to seven days before introducing a new food. If there is a strong family history of allergy to a particular food, avoid it for the first 12 months of life.

#### THE VEGAN FOOD GUIDE

Include a wide variety of foods in the diet of your vegan toddler. By selecting foods according to this guide, you can be sure your little vegan dynamo is well nourished!

##### Calcium-Rich Foods

20-24 oz. (600-720 mL) of breast milk, commercial soy formula, or full-fat fortified soymilk (or a combination)  
This will allow for three 6-8 oz. (180-240 mL) servings of milk.

##### Breads and Cereals

4-6 oz iron-fortified infant cereal (can be mixed with porridge, cold cereals, pancakes, muffins, etc.)

##### PLUS

2-4 toddler-size servings of other breads and cereals per day

1 toddler-size serving = 1/2 slice of bread

1/4 cup (60 mL) rice, quinoa, enriched pasta, or other cooked grain

1/2 cup (120 mL) cold cereal

##### Vegetables

2-3 toddler-size servings per day

1 toddler-size serving = 1/2 cup (120 mL) salad or other raw vegetable pieces

1/4 cup (60 mL) cooked vegetables

1/3 cup (80 mL) vegetable juice

##### Fruits

2-3 toddler-size servings per day

1 toddler-size serving = 1/2 - 1 fresh fruit

1/4 cup (60 mL) cooked fruit

1/4 cup (60 mL) fruit juice

##### Beans and Bean Alternates

2 toddler-size servings per day

1 toddler-size serving = 1/4 cup (60 mL) cooked legumes

2 oz. (55 g) tofu

1/2 - 1 oz. (14-28 g) "veggie" meat

(i.e. 1 deli slice; 2 Tbsp. veggie ground round)

1 1/2 Tbsp. nut or seed butter

Vitamin B12 — aim for 1.0 µg B12 in fortified.

Vitamin D — get sufficient sunlight, or at least 5.0 µg vitamin D from fortified foods or supplements

Essential Fatty Acids — aim for 1.1 gms of omega-3 fatty acids/day.

### Insure sufficient iron

- If you do not wish to use commercial iron-fortified infant cereal, provide your infant with an iron supplement (1 mg/kg body weight (1 kg = 2.2 lbs.) per day).

### Avoid potentially harmful foods or beverages

- Serve foods without added sugar or salt.
- Avoid presweetened foods, fried foods or foods with added hydrogenated fats.
- Avoid foods commonly associated with choking (whole grapes, hard candies, cough drops, whole tofu dogs (slice in half or quarters, lengthwise); popcorn, nuts, and seeds (nut and seed butters are fine but should not be given on a spoon), hard, raw pieces of vegetables and fruits (until 12 months).

- Limit diluted juice to not more than 8 oz. (240 mL) per day, as excessive juice can reduce intake of more nutrient-dense solid foods, and cause diarrhea.

- Minimize pesticides and herbicides in the diet. Use organic foods when possible. Be sure to wash all produce very thoroughly. (It may be contaminated if manure is used as fertilizer.)

### Introduce textured foods before 9 months

- Add finger foods and some textured (mashed) foods before nine months of age, as this is the critical age at which the baby develops preferences for different textures.

### D) Make sure your little one gets sufficient calories

A lack of sufficient calories is the main reason vegan diets can fail to adequately nourish vegan toddlers. Babies are most vulnerable right around the time of weaning (usually between 1 and 3 years). Poorly planned vegan diets can be too high in bulk and too low in fat and calories to support the rapid growth and development of infants and toddlers. Recall that breast milk, the ideal food for infants, derives approximately 54% of its calories from fat and contains about 175 calories per cup. As your baby begins to eat more solid foods and drink less breast milk, it is important to insure that the foods selected provide an appropriate balance of fat, energy, and nutrients.

### Energy-Packed Tips for Toddlers

- *Breast milk (or alternate) continues to be an important part of your toddler's diet.* It is high in energy and nutrients, and low in fiber, helping to keep your baby's diet in proper balance.
- *Include plenty of higher-fat foods in the diet.* Tofu, smooth nut butters and creams, mashed avocado, soy yogurt, soymilk based puddings and soups, and moderate amounts of olive, canola, and flax oil are important sources of fat for the vegan infant.
- *Avoid excessive fiber in the diet.* Concentrated fiber products such as raw wheat bran, bran cereals, and bran muffins should not be used for vegan infants. It is appropriate, however, to use mainly whole grain breads and cereals (for example, brown rice, millet, quinoa, and oatmeal), as they contribute important minerals to the diet. Lesser amounts of refined breads and cereals, such as enriched pasta, can help limit total fiber in the diet. Peeling fruits and vegetables can also help to keep fiber in check.

- *Serve regular meals with snacks in between.* Infants have very small stomachs and should be fed 5-6 times a day. A few energy-packed favorites include mashed bananas with soy yogurt, bread or crackers with tofu spread, and homemade muffins.

## Vegan Children... the challenges (4-10 years old)

The primary dietary goal for vegan children is to insure that the diet is nutritionally adequate. However, as parents, we strive to provide the very best opportunity for optimal health – a diet that will enable our children to grow and develop to their fullest physical, mental, and emotional potential. We hope food will be a joy for them, something to appreciate and celebrate. Be assured that a vegan diet can accomplish all of these things - thousands of wonderfully healthy vegan children can testify to that!

### The Question of Supplements

Vegan children have no need for nutritional supplements if the appropriate amounts of fortified foods are used. If fortified foods are not consistently used in sufficient quantity, the following supplements may be required:

- *Vitamin B12:* 1-2 µg/day
- *Vitamin D:* 5 µg/day or 10-15 minutes of warm sun on forearms and face (more with dark skin).
- *Calcium:* enough to supply needed amounts after dietary intake has been accounted for.

For vitamins B12 and D, a multivitamin/mineral supplement is suitable (read labels). If using this type of supplement, check to make sure it also contains zinc.

## Hey Teens!

So, you've decided to become a vegan – awesome! Your example will be a real inspiration to others, but it will be especially powerful if you take good care of yourself. Getting the right food is not such a big deal. These simple suggestions will get you past the biggest hurdles:

### I. Eat something!

It would be great to see you sit down to a big breakfast of scrambled tofu, veggie bacon, whole grain toast, and freshly squeezed orange juice. But we get that breakfast may not be one of your top priorities. It is far better that you eat a granola bar and a juice box on your way to school than nothing at all.

## 2. Replace meat with nonanimal foods

They'll give you the important nutrients you used to get from meat, without all the fat, cholesterol and other stuff that you don't want anyway.

### Eat Beans!

- Eat bean salad.
- Go for bean burritos or tacos.
- Have some bean soup.
- Try flavored soynuts as a snack.
- Make or buy chili with kidney beans.
- Buy some hummus from the deli.
- Open a jar of baked beans.
- Throw some chick-peas into a green salad.

### Give Tofu a Chance!

- Try dessert tofu.
- Buy flavored tofu – great for snacks or sandwiches.
- Add tofu to stir fries.
- Scramble tofu for breakfast.
- Add tofu to a shish-kabob.
- Throw soft tofu into a shake.
- Dip firm tofu into your favorite sauce (sweet and sour, BBQ, plum, etc), and bake it or fry it.

### Try Veggie “Meats”

- Make a burger with a veggie patty.
- Add a pack of veggie ground round to a can of spaghetti sauce for pasta or Sloppy Joes.
- Experiment with veggie ham, turkey, bologna, and pepperoni –they make sandwiches a snap.
- Cook veggie bacon or sausages for breakfast.
- Buy some veggie dogs.

### Go nuts!

- Spread peanut butter or some other “nut” butter on toast, crackers, apples, or celery.
- Snack on nuts and seeds.
- Add nuts and seeds to stir fries or salads.
- Put nuts and seeds in your granola.
- Pack nuts along for an instant snack.
- Use nuts in baking.

—continued on page 13



If you'd like to more information, check out these great resources:

A Teen's Guide to Going Vegetarian (Judy Krizmanic, Puffin Books, 1994) A great web resource for teens by teens: [howonearth.org/](http://howonearth.org/)

Youth web pages from the International Vegetarian Union: [ivu.org/youth/](http://ivu.org/youth/)



## EarthSave Member Profile Chris Saporita

There's no doubt about it: Our members are EarthSave's lifeblood. The board makes plans, and the international office staff generates materials, but it's the members in the field, with their dedication, hard work and excellent sug-

gestions, who really make things tick. That's why we've dedicated this space to honor our most outstanding members. This month we're proud to profile Chris Saporita, outgoing director of EarthSave Louisville.

Chris has served as the director of EarthSave's Louisville, KY, chapter since 1997, but his work in vegetarian activism began long before that, as a student at Stony Brook University, Long Island, NY, where he founded the Student Action Coalition for Animals. He was first attracted to EarthSave when he worked with a local animal rights group to bring John

Robbins to speak on Long Island. He found his goals shifting from simply promoting the philosophy of animal rights to ending animal suffering by educating people about diet and lifestyle changes.

A native of Long Island, Chris spent several months after college exploring the United States before deciding to find a new place to settle down...someplace different from where he'd lived before. He says his choice to move to Louisville has "happily been full of great fortune – like finding, and getting to work for a thriving EarthSave chapter!" As director of EarthSave Louisville, he helped create Louisville's Dining Guide to Vegetarian Menu Options, created the concept and the team that wrote EarthSave's Healthy Beginnings Care Package, and launched the "EarthSave Challenge," the prototype for EarthSave's *VEGPLUDGE!*<sup>TM</sup> program (see story, page 4). He also guided the Louisville chapter in the launch of its brand new Health Care Cam-

paign, which will educate health care providers about the clinical applications of a plant-based diet while creating a referral network for physicians and dietitians to help patients to tap into EarthSave's education and support.

John Borders, a long-time volunteer of EarthSave Louisville, and currently the board chair of EarthSave International, says that Chris' passion for EarthSave's mission has helped make the chapter very successful. "Chris has always been as much of a volunteer-activist as a paid director. He goes way beyond the call of duty to make sure that programs and events go smoothly, and to ensure that our message is brought to the public in the most accurate and compelling way possible. He's going to be awfully hard to replace because we'll need not just a director, but about 4 more volunteers to duplicate his work!"

In addition to his work in vegetarian and animal rights activism, Chris' background includes work in peace activism, disability rights, and AIDS prevention. He has also served on the board of directors of the "Fairness Campaign," a Louisville organization that works to get laws passed prohibiting discrimination based on gender identity and sexual orientation. When he's not working in some form of activism, Chris enjoys hiking, walking his dog India, reading (especially Buddhist writings), bicycling, roller blading and gardening.

Chris will leave Louisville shortly to attend law school at Indiana University in Bloomington. He looks upon legal work as a new way to work on some of the issues that compel him...a different form of advocacy. While he may be leaving the director's chair, he plans to continue to be involved with EarthSave...in fact, he will be representing EarthSave at the NAVS Vegetarian Summerfest in Asheville, NC, this July.

Good luck and best wishes in all you do, Chris! We look forward to continuing to work with you as you pursue your legal studies! 🌍



### More Milk Allergies?

Simon Murch, the consultant in charge of the Paediatric Food Allergy Clinic at the Royal Free Hospital in London, has noted an increase in the number of children becoming sensitized to cow's milk over the past decade.

*The UK Daily Times:*  
[the-times.co.uk/  
news/pages/Times/  
timconcon01001.html](http://the-times.co.uk/news/pages/Times/timconcon01001.html)



## Product Profile

# Treat Yourself...Treat the Earth with Allison's Cookies

By Audrey E. Nickel

A wise man once said “Better beer and franks with cheer and thanks than beans and brown bread with fear and dread.” While we may take issue with the beer and prefer that the franks be made from organic tofu, the point is well taken: A healthy diet is important (vital even), but an occasional indulgence is good for the soul.

Enter Allison Rivers, founder of Allison's Cookies: The mail-order goodies business, based on Vashon Island, WA, that has taken the vegan community by storm. Allison specializes in indulgences: gourmet cookies; rich, fudgy brownies; decadent bakery bars – all made with organic ingredients and all 100% free of animal products.

If you've ever suffered your way through a dry, tasteless “health food” cookie, you may be skeptical: How can a cookie or brownie possibly taste good without butter and eggs and fluffy white processed flour? The answer: high-quality ingredients and years of hard work by a person with a passion for good baking. The result: gourmet treats that would turn Mrs. Fields green with envy and send Betty Crocker running to her glossary searching for “organic high-oleic sunflower oil.” These are not “health bars” (as Allison says, “A cookie is NOT a carrot-beet salad!”). They are, rather, the treats you serve to honored guests, or send to loved ones, or simply savor yourself late at night when the kids are in bed (perhaps with a scoop of organic vanilla “Soy Delicious™” or “Rice Dream™” to gild the lily a bit) to remind yourself that there IS such a thing as indulgence without compromise.

Allison began baking for herself, having fun converting conventional recipes to vegan treats. For someone whose first job was working a bakery counter, compromise in quality was no more acceptable than compromise in ethics.

When friends and co-workers tasted the results of her efforts and said, “You really ought to sell these,” she agreed, and started a delivery business in the Seattle area, supplying cakes, muffins and other goodies to individuals and to restaurants. Later, seeing a need in the greater vegan community, she decided to branch into mail order, focusing on cookies, brownies and bars as the items most suitable for mailing.

Allison says her brownies are her “favorite child,” as it took four years to get the recipe just right. As any seasoned vegan cook knows, cookies and cakes can be done with a bit of substitution, but brownies are often disappointing (not surprising considering that a “traditional” brownie recipe calls for four eggs and a stick of butter!). Allison's brownies are guaranteed not to disappoint. A rich, moist, explosion of chocolate-fudge ecstasy, they are sure to please the most finicky of chocoholics or to make the most homesick college student turn handsprings. Still, with such a selection, it's hard to choose: heavenly fudge brownies, mint chocolate chip cookies, cinnamon snickerdoodles, lemon coconut bars...it's a happy dilemma! Which will you choose for your special indulgence?

“Where can I find these gems?” you ask? Don't look for them to be sitting stale on your local health food store's shelves...Allison's Cookies are available only by mail order! Visit her website at [www.allisonscookies.com](http://www.allisonscookies.com) or give her a call at 800-361-8292 to have a box of freshly made cookies, bars or brownies delivered right to your door (or to the door of your favorite someone). Indulge yourself without compromise...you deserve it. 🌍



### Quotable Quote

“There are lots of ways of losing weight. You could go on chemotherapy and lose weight, but I don't recommend it as the optimal way.” Dr. Dean Ornish on CNN Crossfire, in response to Bill Press' claim to have lost weight on the Atkins Diet.



# What's the Matter With Kids These Days?

## The family cost of conventional agriculture

BY J. ROBERT HATHERILL, PH.D, ENVIRONMENTAL STUDIES PROGRAM, UNIVERSITY OF CALIFORNIA AT SANTA BARBARA, AND EARTHSAVE'S CHIEF SCIENTIFIC ADVISOR.

### Practical Organics

Reducing pesticide exposure in the home and garden

#### In the garden

1) Use beneficial insects, or insects that prey on pest insects such as lacewings, ladybug beetles, predatory mites, parasitic wasps and spiders.

2) Plant beneficial plants to support beneficial insects, such as white lace flower, clover, evening primrose, cilantro, fennel, caraway, dill, flowering buckwheat, white yarrow and tansy.

3) Sapsuckers are common garden pests that suck sap from plants and include aphids, mealybugs, scale, whiteflies, spider mites and leafhoppers. Use a strong water spray to physically remove the sapsuckers. You can also control sapsuckers with petroleum jelly and detergent to create non-toxic sticky traps, or buy Tack-Trap™. Prune heavily infested areas of the plant.

4) Caterpillars & cutworms: Hand removal is the most effective for small numbers. Protect seedlings with seedling stems, paper collars or cone-shaped screening. You can also make a neem oil extract trap. Neem tree oil is effective when caterpillars contact or eat treated plants. Safer Bio-Neem™ contains neem oil.

5) Powdery mildew & rust: To reduce the spread of infection remove infected plant parts as they appear. In January, prune your roses back and remove all leaves and leaf litter at the base of the plants.

Most parents are troubled about school safety – hardly surprising, considering the recent wave of school shootings. We are led to believe that, if we shield our children from guns and violence and do our duty as good parents, our kids will grow up as well-adjusted and caring adults. The blame for school violence is directed at many fronts, from the gun makers to the entertainment industry, while lawmakers, educators and parents alike try to sort it all out. But is there a contributor to youth violence our society hasn't seriously considered?

### Toxic Chemicals; Toxic Behavior

Simply put -- pollution causes some people to commit violent crimes. It is astonishing to the point of regret that the media has not widely reported the role of aggression and toxic chemicals. There is an expanding body of research showing that pollutants such as heavy metals (e.g., lead) and pesticides decrease mental ability and increase aggressive behavior. Could our food supply be a contributor to youth violence?

In 1992 the Congressional ban on ocean dumping of sewage sludge went into effect. As a result, farmers began plowing sludge into croplands... that's right: reclaimed water and sewage sludge is used to produce the food you eat. The composition of sewage sludge differs widely, but typically includes disease-causing microbes, heavy metals such as lead and cadmium, household chemicals, industrial chemicals and pesticides.

When this ill-fated decision on sludge dumping was implemented, the Columbine gun boys were a tender 10 and 11 years old. Now commercially grown produce is subject to more chemical defilement than ever before in American history. Are we now growing a new generation of violent gun thugs along with our soybeans and broccoli?

### Children at risk

Many studies have documented human risk to pesticide exposure. Children are a more sensitive population than adults. You cannot think of children as small adults—they are growing rapidly and are more vulnerable to chemical exposure. They absorb more toxic agents and

have not fully formed a protective blood brain barrier. Therefore an exposure that has no measurable effect on an adult can cause a deleterious reaction in children.

Children are more susceptible to pollutants than are adults. Because they are smaller and rapidly growing, they can absorb 40%-50% more toxic lead than adults. Furthermore, babies fed infant formula rather than breast milk will absorb more heavy metals, such as manganese, than will a breast-fed child or an adult. A calcium-deficient diet in childhood will also trigger increased uptake of lead and manganese.

Recent studies show that trace levels of multiple pesticides cause increased aggression. It is noteworthy that aggression was triggered with trace combinations of multiple pesticides but not exposure to a single pesticide. Specifically, trace pesticide mixtures have induced abnormal thyroid hormone levels. Irritability, aggression and multiple chemical sensitivity are all associated with thyroid hormone levels.

More recently, in the *Journal of the American Medical Association*, heavy metals such as lead have been associated with learning disabilities (such as attention deficit disorder), aggressive behavior and delinquency. More worrisome, at least seven other studies show that violent criminals have elevated levels of lead, cadmium, manganese, mercury and other toxic chemicals in their bodies, compared with prisoners who are not violent.

### Who's really to blame for youth violence?

While society hunts for the scapegoats of youth violence, perhaps our time would be better spent testing all of the recent teen slayers for the presence of these toxic pollutants.

We like to believe that a steady diet of violence in the media is responsible for our more violent world when, in reality, it may be a steady diet of pesticides and heavy metals that is sending our youth off the edge. We are concerned about lack of parental involvement -- in this context, parents who purchase the typical processed and commercially grown foods for their family may be unknowingly contributing to their child's delinquency.

For decades we have regarded the violence in our societies as being grounded in purely socio-

logic roots. Meanwhile, according to the Justice Department, in the decade from 1984-94 the number of youths under 18 who were arrested for murder TRIPLED. Has society really degenerated that much...or is it, perhaps, time to focus attention on the possible human consequences resulting from a dramatic conversion of the nation's food supply?

## This is not your grandfather's dinner table

The nourishment of the American people has undergone a startling transformation since World War II. A highly individual cottage industry of growing food has been transformed into a gigantic, mechanized, industrial complex. In recent years food technology has led to sweeping changes in the nutritional composition of diets in the developed world. The diets of the industrialized world remain "wrapped in plastic," while an explosive increase in over-processed foods has led to a table menu that has been stripped of many essential nutrients and fiber. A diet filled with fiber-poor convenience foods leads to a greater uptake of pollutants such as mercury and PCB. The *New England Journal of Medicine* has reported that children who are exposed to low levels of PCBs in the womb grow up with poor reading comprehension, low IQs and memory problems. (PCBs are toxic industrial chemicals manufactured since 1929 by Monsanto.) Further, the widespread use of pesticides has increased 33 fold since 1942.

## What's society to do?

The research clearly shows that preventing childhood exposure to toxic agents is only part of the solution. We need to methodically rethink our dependence on commercial produce and processed food diets as well as the release of

toxic materials into our agricultural environment. Rather than direct all our attention to the bitter debates on gun control and the violence in the entertainment industry, society should not overlook the pressing need for cleaner environments and nutritious organically grown food.

## What's a parent to do?

### Steps you can take to protect your children:

- 1) Buy organic produce.
- 2) Support product manufacturers that use organic ingredients.
- 3) Patronize area restaurants that use organic ingredients.
- 4) Keep an organic yard, garden and household. Use the tips in the sidebar to limit your family's exposure to toxic chemicals.
- 5) Limit or eliminate meat and dairy from your family's diet. 80% of all corn and soybeans produced in the U.S. – most of it conventionally grown – is fed to livestock, which concentrate the toxins in their flesh and milk.
- 6) Write your senator or congressperson in support of laws establishing organic standards.
- 7) Consider having your children tested for heavy metal and/or pesticide residues, particularly if they are experiencing learning or behavioral problems. 🌐

*Dr. J. Robert Hatherill, is a research scientist and faculty member of the Environmental Studies Program at the University of California at Santa Barbara. He is the author of Eat to Beat Cancer published by Renaissance Books (1998).*



*Continued from sidebar page 10*

6) Hand weeding is the best for home gardening. It is easiest to remove the weeds while they are seedlings. Hand held cultivators are good to cut down the weeds before they go to flower, preventing the seed dispersal. You can also use a propane torch to flame the weeds. The flame should be held five inches above the weed for 10-15 seconds. Or use the sun to kill weeds. Apply a 2 millimeter, clear plastic tarp over weed infested area. Be sure to flatten the weeds and seal the edges with soil or rocks to retain heat. Remove after 3-4 weeks and replant.

## On pets

1) Use flea combs and flea traps, and bathe pets often with mild shampoos to control fleas. Supplements containing garlic, sulfur and zinc, such as Pet Guard™ may also be helpful.

2) In pet bedding, use eucalyptus, rosemary and bay leaves to deter fleas.

## In the home

1) Block the entry of ants with duct tape or petroleum jelly or use Tanglefoot™.

8) Wash ant infested surfaces with soap and water to remove the chemical trails left by ants that leads them to food.

9) Deny ants food and water. Store dry foods in airtight containers or in the refrigerator. To protect pet food from ants, place the food bowl inside a larger bowl filled with water to create a water barrier from the food.

# Howard Lyman's Speaking Schedule

### July 1-4 - Washington DC

Animalrights 2000 Conference.  
[Http://www.ar2000.com](http://www.ar2000.com)

### July 5-9 - Ashland, NE

Vegetarian Summerfest Navs@telenet.net

### July 10-15

Toronto International Vegetarian Congress,  
 416-544-8891, Ext 3; wvc2000@veg.on.ca

### Sun July 16-17 - Miami, FL

Natural Hygiene Conference. Info: Jim Lennon,  
 813-855-6607, Anhs@anhs.org

### Sun July 30 - Los Angeles, CA

World Fest, 619-584-6462,  
 Sangeeta@towardsfreedom.com

### Sun Oct 22 - San Diego, CA

World Fest At Embarcadero Marina Park,  
 619-584-6462 Compassionate@kari.net

### Wed Nov 1 - State College, PA

Penn State Univ. (Tentative)

### Nov 26 - Cocoa Beach, FL

EarthSave Thanksgiving Event. Info: Eric Fricker, Eric.fricker@lmco.com



# “Honest Pretzels” by Mollie Katzen

HARD BOUND, \$19.95. 1999 BY TRICYCLE PRESS, BERKELEY, CA. REVIEWED BY AUDREY NICKEL  
Cooking with your children can be a wonderful, enriching activity. Not only is it a fun thing for parents and kids to do together, it’s also a great learning experience for children. Working with parents in the kitchen, they learn

an important life skill, while enhancing their understanding of reading, math, science and nutrition...AND they get to eat the results! Not a bad combination in anybody’s book.

Using cookbooks geared toward adults, however, can be frustrating for both parent and child. Often the recipes are just too complicated or unappealing to children, or difficult (and potentially dangerous) techniques force the child into the unsatisfying role of “chief measuring cup passer and dish washer.” Where’s the fun in that?

The fun begins with Mollie Katzen’s latest book *Honest Pretzels and 64 Other Amazing Recipes for Cooks Ages 8 & Up*, a vegetarian cookbook

designed especially for elementary and middle school kids. Katzen’s creative approach allows children to take the primary role in cooking (with advice on when to ask an adult for help where necessary), with recipes laid out in a clear, easy-to-follow pictorial format (enhanced by Katzen’s zany illustrations) and geared toward a young person’s tastes. What kid wouldn’t be attracted by a book that tells him or her:

“You are mostly the boss of these recipes. An adult must be there, aware of what you are doing, and available to set up and help. But you are the one who will read the recipes and be the leader of what happens. It’s like you (and maybe some of your friends) and an adult are a team, and the kids get to be in charge.”

Parents and kids who enjoyed Katzen’s first children’s cookbook *Pretend Soup and Other Real Recipes* (for preschool-aged children) will find *Honest Pretzels* to be familiar ground and a natural “step-up” for children ready to move on to more sophisticated cooking techniques. Recipes include snack items, beverages, salads, main dishes and desserts. All of the recipes are vegetarian, but families who prefer a purely plant-based diet should be aware that many of the recipes in this book do call for dairy or eggs (several can be made with reasonable vegan substitutions,

such as soy or rice milk instead of dairy milk or cream, or margarine or oil instead of butter).

Invite Mollie Katzen into your kitchen and watch your kids grow into creative, confident chefs!

## Spunky Chili

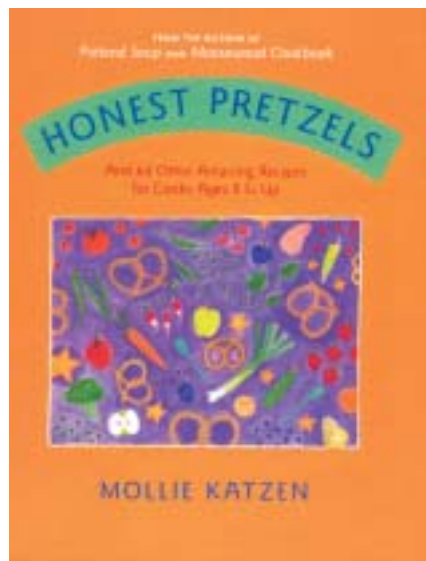
From “*Honest Pretzels*” by Mollie Katzen

- 2 tablespoons olive oil
- 1 ½ cup chopped onion
- 1 medium carrot, peeled and chopped or sliced
- 1 stalk celery, chopped
- 2 tablespoons mild chili powder
- 2 teaspoons ground cumin
- ¾ teaspoon salt
- 1 tablespoon cider vinegar
- 1 small bell pepper, seeded and chopped
- 2 teaspoons minced (cut in tiny pieces) or crushed garlic
- 3 (15-ounce) cans red kidney beans, rinsed and drained (or about 5 cups cooked kidney beans)
- 2 cups tomato juice

### Ask an adult for help with:

- *Getting all of the vegetables cut and ready ahead of time*
- *Opening the cans of beans*
- *Rinsing and draining the beans*
- *Opening the cans of tomato juice*
- *Lifting the lid of the pot when it’s time to stir (hot steam will escape when the lid is lifted!)*
- *Ladling the hot chili into bowls*

- 1) Put a soup pot on the stove. Add 2 tablespoons olive oil.
- 2) Turn heat to medium and wait 30 seconds.
- 3) Put in the pot: 1 ½ cups onion, the carrot, the celery, 2 tablespoons chili powder, 2 teaspoons cumin, ¾ teaspoon salt.
- 4) Cook the vegetables for 10 minutes, stirring every few minutes with a wooden spoon.
- 5) Add 1 tablespoon cider vinegar, the bell pepper, 2 teaspoons garlic, the beans. Stir, and cook for 5 minutes.
- 6) Measure 2 cups tomato juice. Pour it in slowly.
- 7) Stir gently, cover, and turn the heat to low. Cook for 20 minutes, stirring about every 5 minutes. Ask an adult to lift the lid when it’s time to stir, then to put it back on.
- 8) Ask an adult to help ladle or spoon the hot chili into bowls. Serve with the toppings of your choice, and maybe also with tortilla chips on the side. Makes about 6-8 servings. 🌍



Mollie Katzen is the creator of five best-selling vegetarian cookbooks, including *The Moosewood Cookbook*, and *Pretend Soup*, a cookbook for pre-schoolers and up. Look for Mollie Katzen’s *Cooking Show* on public television stations, and visit her on the web at [www.molliekatzen.com](http://www.molliekatzen.com).

Recipe reprinted with permission from *Honest Pretzels and 64 Other Amazing Recipes for Cooks Ages 8 & Up*, Copyright © 1999 by Mollie Katzen, Tricycle Press, P.O. Box 7123 Berkeley, CA, 94707. Available from your local bookseller or call 800-841-2665. Or visit [www.tenspeed.com](http://www.tenspeed.com)

### 3. Replace cow's milk with fortified soymilk\*

You get the same key nutrients as you do from cow's milk, but without the artery-clogging fat and cholesterol. Aim for at least 2-3 cups a day.

- Use soymilk on your cereal.
- Make a soy shake.
- Drink soymilk (there are lots of different flavors to try).
- Use soymilk in your puddings, soups, muffins, or any other cooking you do that calls for milk.

(\* Buy fortified soymilk – there are huge differences in the calcium content of fortified and unfortified soymilks. If you don't like soymilk, try some of the other fortified nondairy beverages such as rice milk.)

If you aren't a big soymilk fan, start using fortified orange juice. It has about the same amount of calcium as fortified soymilk.

### 4. Eat your veggies

Now where have you heard this before? On this count, your mom is definitely right.

- Include some raw veggies with your lunch (even just a carrot).
- Eat greens – salads, stir fries, or whatever.
- Add lots of veggies to vegan pizza.
- Make some vegetable soup (even if it means just opening a can).
- Use spaghetti sauce instead of eating your pasta plain.
- Think about what vegetables are your favorites – even the old standbys like frozen or canned corn or peas are better than nothing!

### 5. Buy some Red Star Nutritional Yeast (Vegetarian Support Formula)

It not only tastes great; it is loaded with vitamin B12 – the one nutrient that we don't get from plants.

- Sprinkle nutritional yeast on popcorn.
- Add it to your stir fries or scrambled tofu.
- Use it as a coating for baked or fried tofu (first dip tofu slices in soy sauce, tamari or Bragg's Aminos, then dip it in nutritional yeast and Spike (a great seasoning)).
- Use it like Parmesan cheese on spaghetti or anything else.

### 6. Use flax oil

There are some very nutritious fats that vegans don't seem to get enough of. Flax oil is loaded with good stuff, so give it a try. It could make a big difference in the long haul.

OK, we know we are pushing it here, but you can't blame us for trying. This stuff is pretty good. You can even buy flavored flax oils. Aim for about a teaspoon a day.

- Sprinkle flax oil on pasta or vegetables.
- Add it to bottled salad dressing.
- Pour a little into mashed potatoes.

Note: Don't cook with flax oil – it is very easily damaged by heat.

### 7. Take a multivitamin/mineral supplement

Technically, if you eat really well and use foods fortified with vitamin B12 and vitamin D, you don't need a supplement. However, if any of the following apply to you, take a supplement:

- Regularly skip breakfast;
- Eat lots of foods from packages;
- Are not real keen on vegetables;
- Use less soymilk than you should;
- Eat mostly pasta, bagels, pretzels, popcorn, fruit snacks, etc.; or
- Miss out on beans, tofu, veggie-meats, nuts, and seeds.

If none of these apply to you, we wholeheartedly applaud you. For all others, take an adult multivitamin/mineral supplement. 🌍



#### THE VEGAN FOOD GUIDE FOR 1-19 YEAR OLDS

Children need smaller servings of food, more often. The suggested number of servings in the guide are considered minimums to meet nutritional requirements. If your child is very active, they may well eat substantially more than the servings suggested here. If they are at a healthy body weight, this is just fine. For additional examples of foods in each of the food groups see the vegetarian food guide.

#### FORTIFIED SOYMILK AND ALTERNATIVES GROUP: 6-8 servings per day

For younger children (4-6 years), 2-3 cups of fortified nondairy beverages/day (preferably soy) are recommended.

- one serving =
- 1 / 2 cup fortified nondairy milk
  - 1 / 2 cup fortified orange juice
  - 1 / 4 cup (2 oz) firm tofu (made with calcium)
  - 1 cup calcium-rich green vegetables
  - 3 Tbsp. almond butter, 1 1/2 oz. almonds, or 2 Tbsp. tahini

#### GRAIN GROUP:

4-6 yrs: 4-6 servings  
7-10 yrs: 6-8 servings

- one serving =
- 1 slice of bread
  - 1 / 2 cup cooked grain
  - 1 / 2 cup hot cereal
  - 1 oz. (30 g) cold cereal

#### VEGETABLE GROUP: 2-3 servings/day

- one serving =
- 1 / 2 cup vegetables or fruits
  - 1 whole fruit or 2 small fruit
  - 1 / 2 cup fruit or vegetable juice

FRUIT GROUP:  
4-6 yrs: 2-3 servings/day  
7-10 yrs: 3-4 servings/day

- one serving =
- 1 / 2 cup vegetables or fruits
  - 1 whole fruit or 2 small fruit
  - 1 / 2 cup fruit or vegetable juice

BEAN AND BEAN  
ALTERNATES:  
4-6 yrs: 1 serving/day  
7-10 yrs: 1-2 servings/day

- one serving =
- 1 / 3 cup firm tofu
  - 1 cup beans
  - 1 veggie patty; 2-3 veggie slices
  - 3 Tbsp. nut/seed butter; 1 / 4 cup nuts or seeds

Vitamin B12 – aim for 1.0-1.2 µg B12 in fortified foods

Vitamin D – get sufficient sunlight, or at least 5.0 µg vitamin D from fortified foods or supplements

Essential Fatty Acids – aim for 2 gms of omega-3 fatty acids/day

# Chapters EarthSave's Inland Empire Chapter

## Alaska

Anchorage  
APU Box 11  
4101 University Drive  
Anchorage, AK 99508  
(907) 566-3622

## California

Inland Empire  
3243 Spring Garden St.  
Riverside, CA 92501  
(909) 682-1196  
Orange County  
19744 Beach Blvd #372  
Huntington Beach, CA 92648  
(714) 835-1775  
Marin  
P.O. Box 2086  
Mill Valley, CA 94942  
(415) 383-9143

## Connecticut

North Branford  
P.O. Box 331  
N. Branford, CT 06471  
(203) 488-6739

## Florida

Miami  
P.O. Box 160191  
Miami, FL 33116  
(305) 228-1116  
Space Coast  
164 Jamaica Dr.  
Cocoa Beach, FL 32931  
(321) 799-0786

## Indiana

P.O. Box 1764  
Bloomington, IN 47402-1764  
(812) 333-2784

## Kentucky

Lexington  
106 DeShay Rd.  
Lexington, KY 40502  
(606) 293-8966  
Louisville  
P.O. Box 4397  
Louisville, KY 40202  
(502) 569-1876

## Maryland

Baltimore  
517 Talbott Ave.  
Lutherville, MD 21093-4947  
(410) 252-3043  
earthsaeverd@hotmial.com

## Massachusetts

Boston  
(617) 824-4225  
EarthSaveBoston@bigfoot.com

## New York

Hudson Valley  
2 Jefferson Rd.  
Scarsdale, NY 10583  
(914) 248-6525  
Long Island  
P.O. Box 292  
Huntington, NY 11743  
(631) 421-3791

EarthSave's Inland Empire Chapter serves a large area surrounding Riverside, CA and meets in the University of California (Riverside) Botanic Gardens. This group is small, but active...during 1999 they doubled their membership to 50!

Activities have included passing out hundreds of flyers at seven outreach events including an Earth Day exposition and a table in front of a McDonald's restaurant. They held twelve vegan potluck dinners last year (10 with speakers and two with "sharing circles"). Their four-page *ESIE News & Views* (with 2 or 3 additional info sheets) is assembled and mailed at the monthly Core Group meeting.

Regular special events include a vegan BBQ in the summer and an annual Turkey Free Pre-Thanksgiving Vegan Feast in November--with a live turkey as a guest. November 1999's Feast was attended by 100 people and included \$500 worth of raffle prizes. Live musical entertainment by members featured the costumed "Traditional Turkey Trot Triple Trio." In December, ESIE members sang and played musical instruments at a local convalescent hospital. In summer 1999, ESIE sponsored three dineouts preceded by scenic hikes.

## Youth Outreach: sowing the Seeds in San Diego

EarthSave San Diego's Vegetarian Kids Group actively educates, inspires, and empowers area youth and their families to shift toward a plant-based diet. Independently established by Carinne Senske in late 1999, the Vegetarian Kids Group formally joined the ESSD family earlier this year to coordinate and implement the local EarthSave group's youth outreach programs.

The Vegetarian Kids Group sponsors social events, such as child and parent potluck socials, and it provides meaningful opportunities to establish and develop important family support networks. The local youth outreach group will host a booth at San Diego WorldFest on October 22, and will include interactive displays, storytelling and other hands-on learning activities, as well as information for parents and families about the benefits of a plant-based diet for children.

**Sharron Cordaro** is one of the co-founders and former Chair of the chapter. She initiated and coordinated the Turkey Free event for three years. A former music teacher, she took a year of college around the world, studying global ecology and now does environmental workshops and presentations for all ages. Her song, "I'm a Vegetarian," will be available on CD in summer 2000.

**Bill Engs**, the Membership and Administrative Chair, is a training and development consultant. He keeps chapter records and maintains the ESIE data base. Bill also leads wilderness outings, including hikes, backpacks, car camps, trail maintenance and bird walks. He has been vegetarian for 10 years.

**Dick Morris**, the current Chapter Chair, over the years has been involved in many social justice, labor union and health issues. He produces the chapter's monthly *ESIE News & Views*. Last summer he did a 56 mile backpack in the Santa Cruz Mountains eating raw vegan food.

**Linda Sweeney**, an environmental activist for many years, helped save 1,500 acres for a city-owned wilderness park (said to be the largest of its kind). She served on ESIE's Core Group for three years as Dine-Out Coordinator and was chair of last year's vegan BBQ. 🌍

Youth outreach goals for the local EarthSave group in San Diego include an expansion of current social and educational events within all age groups; development of a speaker and field trip series; a schedule of kid-friendly community cooking classes; establishment of an active teen group; and implementation of a scholarship program for youth who reside in San Diego or Imperial Counties (Southern California) and wish to attend YES! camp in 2001.

For more information about the Vegetarian Kids Group or future youth outreach events, visit the EarthSave San Diego website at [www.sandiego.earthsave.org](http://www.sandiego.earthsave.org). 🌍



## Wild Oats Sows Good Will in Florida

June 21 was a stellar day for EarthSave's Space Coast and Miami Chapters...a chance to spread the EarthSave message AND make money for their chapters at Wild Oats Market. Wild Oats offered 5% of its proceeds to the chapters on that day, and allowed the chapter leaders to distribute EarthSave materials at the store. EarthSave Miami received \$1,447.61 for one day's worth of tabling! If your chapter is interested in doing something similar with a Wild Oats Market in your area, contact the store manager for information. 🌐

## Get In Touch With Spiderphone

Looking for a way to network in realtime? Support an EarthSave-friendly company! Spiderphone offers an easy-to-use conference calling service at highly competitive rates...and the first month is free! You can even use your computer to keep track of who's speaking, who's left or logged onto the call, etc. Visit their website at [www.spiderphone.com](http://www.spiderphone.com) for more details. 🌐

## Volunteers Needed for EarthSave's Home Office

**Do you live in the Santa Cruz, CA, area?**  
**Do you believe in the EarthSave mission?**

If so, EarthSave International needs your help. We can use volunteers to help with all aspects of office work, including mailings, data entry and errands. If you have specific skills, such as computer programming or press release writing, that you'd be willing to donate to EarthSave, we'd love to hear from you too. And, if anyone out there is interested in helping to start a chapter in Santa Cruz County, we need to hear from you! Please call the International Office at 831-423-0293, email us at [information@earthsave.org](mailto:information@earthsave.org), or drop by the office at 1509 Seabright Ave., Ste. B1, in Santa Cruz (just across the street from the Palladium) for more information or to be added to the volunteer roster. 🌐



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*Yes! I want to support EarthSave. Enclosed is my tax-deductible donation.*

### 12 Month Membership

- \$20 Student/Senior     \$35 Individual     \$50 Family     \$100 Patron  
 \$500 Sustainer     \$1,000 Benefactor     Other \$ \_\_\_\_\_

### Monthly Giving

- Pledge \$ \_\_\_\_\_     I authorize monthly charges to my credit card. (see signature below)  
 Send me an authorization form for automatic payments from my checking account.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

DAY PHONE \_\_\_\_\_ EVE PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

MC/VISA/AMEX \_\_\_\_\_ EXP. \_\_\_\_\_

SIGNATURE \_\_\_\_\_

- Contact me with information about volunteer opportunities in my area  
 I'll ask my place of work to match my gift

Make checks payable in U.S. funds to EarthSave International and return completed form to:  
EarthSave International, 1509 Seabright Ave, Ste. B1, Santa Cruz, CA 95062

### Ohio

Cincinnati  
P.O. Box 3125  
Cincinnati, OH 45201-3125  
(513) 929-2500  
Cleveland  
P.O. Box 16271  
Rocky River, OH 44116  
(440) 899-2882

### Oregon

Portland, OR/Vancouver, WA  
13376 SW Chelsea Loop  
Tigard, OR 97223  
(503) 224-7380 (Oregon)  
(360) 253-6557 (Washington)

### Tennessee

Nashville  
P.O. Box 198245  
Nashville, TN 37219-8245  
(615) 367-0097

### Utah

Salt Lake City  
170 St. Moritz Strasse  
Park City, UT 84098  
(435) 647-0961

### Washington

Seattle  
P.O. Box 9422  
Seattle, WA 98109  
(206) 443-1615

### Canada

2480 Spruce Street, Ste. G106,  
Vancouver, BC  
Canada, V6H 2P6  
(604) 731-5885  
[office@earthsave.bc.ca](mailto:office@earthsave.bc.ca)

## Branches

An EarthSave Branch is either an active startup chapter on its way to chartering, a group that is active but not large enough to be chartered as a chapter, or an affiliate group.

### California

San Diego  
PO Box 26816  
San Diego, CA 92196-0816  
(619) 516-1240

### Minnesota

Twin Cities  
612-926-5032

### Montana

Missoula  
1144 S. 4<sup>th</sup> St. West  
Missoula, MT 59801-2444  
(406) 549-1143

### Oregon

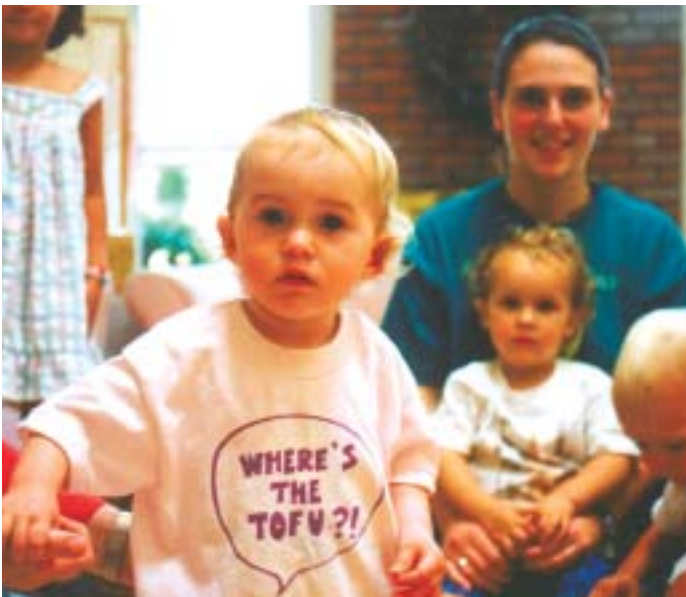
Southern Oregon  
472 Walker Ave  
Ashland, OR 97520  
(541) 482-5330

—continued from page 3

If you're straight with your child about the health risks associated with animal consumption, combined with the fact that what they're being presented with IS really a dead animal, it's likely they'll want to say "no" all on their own. I don't hold with showing young children graphic photos of factory farmed animals, however. The terrible realities of that world will hit them soon enough, and this is not something I want to share with young kids. My four year old son, Willie, loves to lecture his little buddies about how disgusting "cow's milk" is, though, and always asks me to "read the ingredients" before consuming a new food. We've never terrorized our kids with gross photos to strengthen their vegetarian values. They love animals, love the good food they eat, and enjoy their good health. Gentle honesty goes a long way with most children, and with many adults, too.

I've come to believe that the most important thing I can do as a parent raising veg kids is to try to be relaxed about it (even as I'm ever vigilant about "reading ingredients"), and treat our diet and lifestyle as if it's no big deal, and perfectly "normal." I may whip up yet another vegan cake or treat for a birthday party or event, but I will do so out of a desire to share something unique and delicious with our friends — not because we're "different." We're not. My husband and I are just parents like everyone else trying to do the best we can for our children, and that includes teaching them not to eat animal products, and how to be respectful about this choice in a world where this is not YET the norm. 🌍

*In addition to being the mom of three young vegan children, 10 year vegetarian Sabrina Nelson is the Webwitch at VegSource.com, and wife to EarthSave Board Member Jeffrey Nelson.*



## The EarthSave Newsletter

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