

—2023—



**Hampton Roads**  
**VegFest**

**OCTOBER 28, 2023**

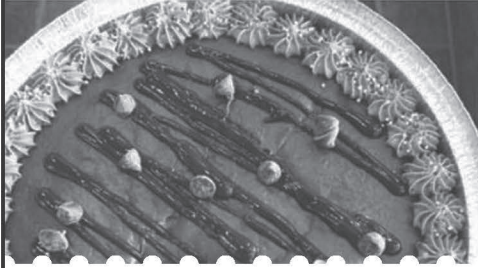
**11am - 5pm**

*—at—*

**CHESAPEAKE  
CITY PARK**

Celebrating plant-based fare and compassionate living  
and inspiring the community of Southeastern Virginia  
to make kinder, greener, and healthier choices.





# My Vegan Sweet Tooth

Sweet. Savory. All Vegan.

3916 Virginia Beach Blvd, Virginia Beach | [MyVeganSweetTooth.com](http://MyVeganSweetTooth.com)



## — OUR SPONSORS —



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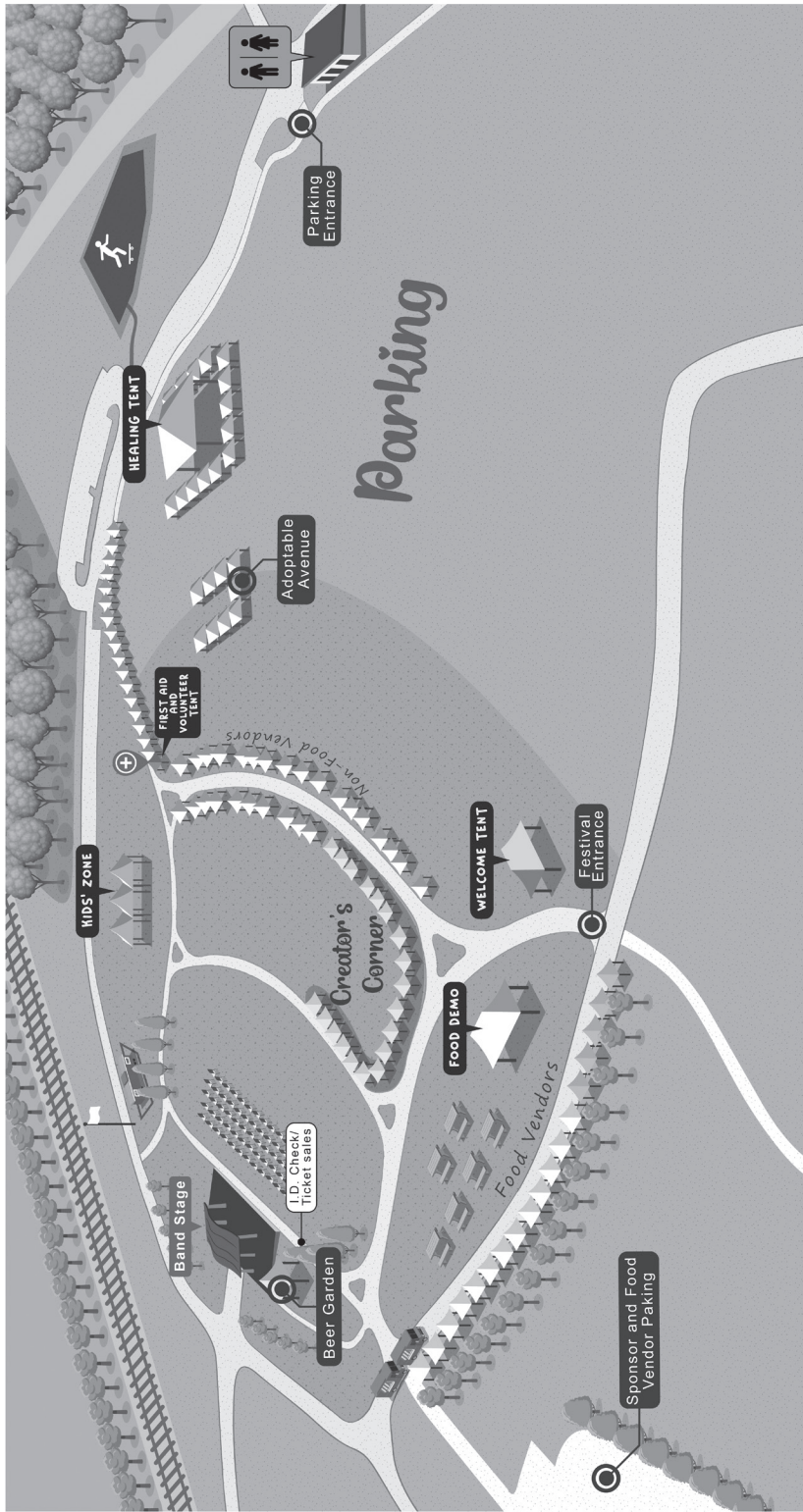
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### SPECIAL THANKS



# — HRVF '23 VEG FEST MAP —



## — FOOD VENDORS —

Abe O Cado Vegatorium  
 Cast Iron Catering Co DBA  
 The Bumbling Bee  
 Chef Deena, d.b.a. “a.need for Vegan”  
 Desmond’s Island Soul Grill  
 Empowered Plant Cakes  
 Everbowl  
 Flippin’ Hangry  
 HealThySelf Healthy Mixes  
 JMT Vegan Eats  
 Litty Inside, LLC  
 Mello Beans Coffee LLC  
 My Vegan Sweet Tooth  
 Official VERDE The Menu  
 Oh My Cod Vegan Seafood  
 Rajput Indian Eats  
 Ruby Scoops  
 Sweet Topics  
 Taco Puss  
 The Veganish Kitchen, LLC  
 Vegan Eats with Bri LLC  
 Zions Kuisine  
 Flossed Out Cotton Candy

## — NON-PROFITS —

Fish Feel  
 People for the Ethical Treatment  
 of Animals (PETA)  
 United Poultry Concerns  
 Visit Norfolk  
 Art of Living

## — ADOPTABLE AVENUE —

Bay Beagle Rescue  
 Billy the Kidden Rescue  
 Feral Affairs Network  
 Norfolk Animal Care Center  
 Pugs U Gotta Save  
 Tidewater Rehabilitation and  
 Environmental Education  
 Tunas Guinea Pig Rescue

## — CREATOR’S CORNER —

Alodeuri LLC DBA  
 Alodeuri Artisan Jewelry  
 BeeKindDaisyCo  
 Books by Bruce  
 Andrew Peters  
 Castaway Print Shop  
 Court’s Crochet Creations  
 DecayDecor

Enriched By Soul  
 Floating Peach Gifts  
 Floncie 1922  
 House B  
 Korrine Maher  
 Designs, LLC.  
 KymLens

Me & Letty B.  
 Sara Pearsall Pottery  
 SHill Creations Studio  
 Sue Freeman Studios  
 Swell Luck  
 Vera’s Pins  
 Wubys Wings



**WE COMPOST:**  
 Fruits & Vegetables, Meat, Bones,  
 Dairy, Seafood & Shells  
 Processed Foods, Soiled Paper  
 Products, Baking Ingredients  
 Pasta & Grains, Compostable  
 Tableware, & Much More!

**Food Waste & Organics Recycling  
 Compost Materials**

Residential | Drop-off | Commercial | Events



Ready to join the  
 movement?



[www.tidewatercompost.com](http://www.tidewatercompost.com)

*Follow The Drip*

**Family Springs Water**

We can lead you  
 to the spring...  
 But we can't make  
 you drink it.

**ALL NATURAL**

**100% ORGANIC**

**FREE DELIVERY**

**FRESH CLEAN CRISP**

**SPRING WATER**

**ARTESIAN ALKALINE**

**LED HERB**

Not All Water Is Created Equal

**FamilySpringswater.com**

Proud Hydration  
 Sponsor for  
 Veg Fest "23"

## — GOODS & SERVICES —

AztecVA LLC	More Than Enough Soap
B.E. W.E.L.L. LLC	Mother Earth Products
Based LLC	Serinitea Healing
Casual Chef Catering	Style by Eboutique
Charlie Renee	Swahili Sea Moss LLC
Compassion Co	Sweet Heart Mitchell Collected
Cooking with Greens	Tidewater Compost
Eco Maniac Company	Top Drawer Sweets
Family Springs	Vegan Meathead
Garden Of Aten	Vegan Powered Athlete
GingerHales	Vegan Sweets and Treats
Hongry Wolves Publishing	Zane's Carolina Seasoning
Jacked! Jackfruit Jerky	
Lexi.Berlin	
MaD Seasoning	

## — HEALING TENT —

Annam Holistic  
 Blue Butterfly Massage  
 Crystal Jewelz Lover  
 Dejavu.By.Areon  
 Elev8ed Vibes LLC  
 Fruitfly Skincare & Beauty  
 Jada Gems  
 Jean Maxwell – Dietician  
 Mindful Reign  
 Patient First  
 Qi Mind Body  
 She Breathes  
 Syner9y Crystal Healing  
 Team Blu Naturals  
 Zion's Kreationz



A Well-Fed World is a hunger relief and animal protection organization chipping away at two of the world's most immense and unnecessary forms of suffering... the suffering of people hungry from lack of food and the suffering of animals used and abused for food. Visit us online for more information.

[care@AWFW.org](mailto:care@AWFW.org)

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



Ashraya Initiative for Children



Poplar Spring Sanctuary by Mark Peters

~how beautiful is a world that is healthy, well-fed and kind all at the same time~

## — MAIN STAGE SCHEDULE —

**10:55-11:00**  
WELCOME



**1:10-2:10**  
CULTIVATED MIND  
JAZZ & REGGAE

**11:00-12:00**  
YES NOW IS  
INDIE DUO



**2:20-3:05**  
CHUCK CARROLL  
WEIGHT LOSS CHAMPION

**12:00-12:10**  
THANK YOU SPONSORS



**3:20-4:50**  
STORYWEAVERS

**12:10-12:55**  
DANIEL AUSTIN  
VEGAN MEATHEAD



**4:50-5:05**  
THANK YOU



# Sentara<sup>®</sup>

PROUD SPONSOR OF  
HAMPTON ROADS  
VEGFEST



## — SPEAKER BIOS —



**DANIEL AUSTIN “The Vegan Meathead”** In January 2018, I published my manifesto, *The Way of The Vegan Meathead: Eating for Strength*, chronicling my journey as a long-term vegan who transitioned from a skinny build to competitive powerlifting. Facing skepticism about vegans’ strength capabilities when I began weightlifting in 2011, I aimed to prove otherwise. By July 2021, I clinched national and international championships in major powerlifting federations, securing three consecutive first-place National medals and a second-place award at the IPL Drug Tested World Championships in 2019. My book, *The Way of The Vegan Meathead*, presents a straightforward approach to a muscle-building vegan diet, simplifying complex nutritional science. It shares my trial-and-error experiences in determining optimal vegan protein sources and provides my personal meal plan, which has consistently improved my powerlifting performance. On my Vegan Meathead page, I offer pro-vegan merchandise, including t-shirts and stickers, in line with my goal to empower individuals to become stronger on a vegan diet and advocate for animal rights.



**CHUCK CARROLL “The Weight Loss Champion”** Chuck Carroll, known as “The Weight Loss Champion” and host of the Physicians Committee’s popular podcast, The Exam Room™, is a living testament to the remarkable power of a plant-based diet. At 5 feet 6 inches tall, Chuck once weighed 420 pounds, struggling with countless weight loss attempts, including surgery, which he viewed as a final effort before turning 30. However, Chuck’s real transformation came when he embraced a plant-based lifestyle. Remarkably, he attributes 90% of his long-term weight loss success to this dietary shift, liberating him from the cycle of yo-yo dieting. Chuck’s newfound health not only lowered his risk of diseases that plagued his family but also offered substantial savings on medical expenses. His confidence soared, allowing him to fulfill his dream of becoming a reporter and advocating for the transformative potential of plant-based living, emphasizing that health and wellness are within reach for all.



## — BAND BIOS —



**YES NOW IS** is a traveling, vegan, psychedelic indie music duo formed by Amy and Jason, focused on promoting love, positivity, and awareness in our shared human experience. With a vast repertoire of carefully selected covers and delightful originals, they infuse their diverse shows with fun and a touch of risqué humor that appeals to all ages, making them a unique blend of Betty Crocker and Hustler magazine, as noted by one reviewer.



**CULTIVATED MIND**, hailing from South Eastern Virginia, is a socially conscious reggae, dub, and jazz project led by Anthony Brand. Since 2013, they've created diverse music, collaborated globally, and built a loyal fanbase. Inspired by various genres, they offer dynamic live performances, including loop shows with drums, bass, guitar, keys, horns, and vocals, all complemented by live dubbing. Their repertoire encompasses original music, reggae classics, dub versions of soul and blues songs, and jazz and flamenco improvisations. With "King Street Records" as their home studio, Cultivated Mind continues to expand reggae and dub boundaries, uniting people through music.



**THE STORYWEAVERS** is a captivating Tidewater-based American folk ensemble, known for weaving musical tales through the enchanting harmonies and diverse talents of its members. With deep roots in the local culture, they bring the soul of the Tidewater region to life through their multi-person performances.



**PROUD  
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ROADS  
VEGFEST**

## — FOOD DEMO SCHEDULE —



**12pm**  
**BIG DADDY**  
**MAPP SAUCE**  
 THE VEGANISH KITCHEN



**2pm**  
**KALU TACO**  
**SALAD**  
 KALU KAFE



**4pm**  
**CAULIFLOWER**  
**MANCHURIAN**  
 RAJPUT INDIAN CUISINE



**CRYSTAL CHATMON**, owner of The Veganish Kitchen which features her flagship plant-based sauce, Big Daddy Mapp Sauce. Chatmon, a self-taught cook, brings fast and family friendly meals with a VEGANISH twist. She is a mom of four and believes that feeding your body healthy and happy foods will make you feel your best self.



**DR. KARAAM ELLIS**, founder of The Temple of Human Spirituality, focuses on healing spaces for humanity. The KaLu Kafe, part of his ministry, initially began as a local favorite in Hampton Roads but faced challenges due to the pandemic. Dr. Ellis and his family found inspiration at the 2022 Hampton Roads VegFest, envisioning a larger future for the cafe. The KaLu Kafe now actively participates in local events and collaborates with The Lotus Temple for community nutrition programs. Dr. Ellis, a multifaceted individual, originally from Chicago, is an author, homeschooling dad, minister, and community activist. His diverse interests include cooking, martial arts, arts, and music projects, along with nurturing his Enclosed Garden ministry at The Lotus Temple. Learn more at [www.tohspirit.org](http://www.tohspirit.org)



**RAJPUT INDIAN CUISINE** was established in 1999 by Y. Paul Chhabra in Hampton, Virginia with the motto of providing a comfortable, Indian heritage inspired atmosphere and authentic home-style cooking. Mr. Chhabra has managed several restaurants and worked with renowned chefs from the USA as well from India. It is running successfully since then having won several awards and recognitions.

## — HEALING TENT SCHEDULE —

**12:25-12:55**  
**YOGA SESSION**  
 QI MIND BODY  
 BELOVED MUHAMMAD



**3:00-3:30**  
**MINDFUL**  
**MEDITATION**  
 SHAWANA WARD

**1:30-2:00**  
**DIETITIAN SPEAKER**  
 JEAN MAXWELL



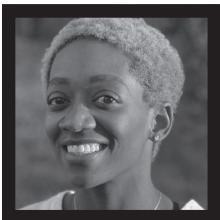
**4:00-4:30**  
**FOOD & MOOD**  
 ARTI KUMAR  
 DIYA HOLISTIC LIFECARE



**BELOVED MUHAMMAD**, Greetings, I am Beloved an energetic wellness practitioner whose work is predicated on elevating the mind, body and spirit. I provide a number of offerings such as mindfulness, meditation, 1-on-1, yoga, etc to guide in this journey. Additionally, offering handcrafted and intentional body care to remind you of how sacred your body is. Flow + Connect with Beloved. My goal is to hold space for us access a deeper connection of what it feels like to be in our bodies and experience inner stillness through gentle restorative yoga and meditation.



**JEAN MAXWELL**, a seasoned Registered Dietitian with a background in nutrition, is on a mission to make healthy eating easy and delicious. With a Master's degree in Nutrition from East Carolina University and ongoing studies for a Doctor of Science degree in Integrative Healthcare at Huntington University, she brings a wealth of expertise. Whether you're managing diabetes, heart disease, or aspiring to live a more balanced life, Jean's got you covered. Her specialty lies in creating wholesome and tasty dishes, particularly focusing on vegetarian and vegan recipes.



**SHAWANA WARD**, Author, Wellness Practitioner, and Mindfulness Director, serving the Hampton Roads Community since 2020! Shawana specializes in chakra healing, mindset strengthening, self-awareness, and self-care. When she is not serving she enjoys traveling, family and giving back to her community. Prepare for a relaxing reset of clarity for Fall Equinox with this meditation session!



**ARTI KUMAR**, Food & Mood: a time to gather and discuss how the foods we eat can affect the way we feel and carry ourselves in our lives. Arti Kumar-Jain of Diya Holistic Life Care, will come from a Certified Master Health Coach and Mental Health Therapist approach in a careful look at integrative health.

— KIDS' ZONE —

**11:11am**  
BRAVE NEW  
SCHOOL  
PLAYFUL QI GONG



**2:22pm**  
BRAVE NEW  
SCHOOL  
CONNECT WITH NATURE

**12:12pm**  
ORGANIC ROOTS  
ACADEMY  
PLANT ID WALK



**3:33pm**  
JENSON BAKER  
FAMILY MINDFULNESS

**1:11pm**  
LONI ALANOS RYT  
FAMILY YOGA



**Patient First<sup>®</sup>**  
proudly supports  
the Hampton  
Roads VegFest

[patientfirst.com](http://patientfirst.com)

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## — SWAG BAG COMPANIES —



Honest Pastures  
 Aaole  
 Squirrel's Nut Butter  
 Tidewater Compost  
 Caroja's Therapeutic  
 Massage, LLC  
 Artisan Organics  
 Veggy Dogs  
 (vegan dog treats)

Vegan Powered Athlete  
 Tidewater Compost  
 PETA  
 Body Love  
 Fake Meats  
 Bitchin Sauce  
 Lush  
 Lasagna Love

Green Cat  
 cour.chet  
 Diverse Hampton Roads  
 Sentara  
 Serenity Luxe Co.



# PROMOTE VEGANISM

VegFund empowers vegan activists worldwide by funding and supporting effective outreach activities that inspire people to choose and maintain a vegan lifestyle.

**APPLY FOR A GRANT TODAY AT [VEGFUND.ORG](http://VEGFUND.ORG)**



## — VEGAN IN HAMPTON ROADS —



### — DOCUMENTARIES TO WATCH —

For the environment. For animals. For health

Earthlings • Vegucated • Cowspiracy • Forks Over Knives  
What the Health • Dominion • The End of Meat • Eating Animals



### — WAYS TO GET INVOLVED —

**Vegans of Hampton Roads**

**Vegan 757 Social**

**NewEthic Strength &  
Conditioning**

**Vegan Ladies Lunch**  
*(Williamsburg)*

**PETA Volunteer Party**

**Peninsula Vegans Unite**

**Afro Vegans of Hampton Roads**

**Hampton Roads Vegan  
Business Association**

**Vegan Virginia Beach VA**

**Hampton Roads VegFest 2024**

Visit us online to become a  
vendor/sponsor or sign up to  
volunteer for next year's event!

### — WHERE TO EAT —

**Virginia Beach**

Cinnaholic

Cltre Vgn Jnt

Desmond's Island Soul Grill

Fruitive

The Green Cat

Honest Pastures

Kahiau's

My Vegan Sweet Tooth

**Norfolk**

Grandiflora

Jikoni Cafe

Vegan Planet Cafe

**Chesapeake**

Alkalicious

**Portsmouth**

Beyond Vegan Cell Food

**Hampton**

Palm Tree Vegan and Juice Bar

**Newport News**

Healthy Eatz

**Food Trucks**

Bumbling Bee

JMT Vegan Eats

Kilimanjaro Kafe

Senses Vegan Comfort Food

**Delivery/Pick-up**

All Vegan

Andris-artesano

Easefull Evenings

Empowered Plant Cakes

Phatty Vees

The Vegan Rican and More

Hampton Roads VegFest has grown into the region's most significant celebration of plant-based living. Since its inception in late 2015, we have witnessed remarkable growth, boasting over 4,000 attendees, more than two dozen local eateries, 50+ vendors, local music, a kids' zone, yoga, a beer garden featuring Smartmouth Brewing, and acclaimed speakers. In 2019, the festival expanded to Mill Point Park in Hampton, attracting over 5,000 visitors. The 2022 Hampton Roads VegFest, presented by Detox Dandy, marked a new record with 130 vendors across two days and an estimated 7,000 attendees. The event featured free educational workshops, main stage speakers, live entertainment, and numerous activities, affirming its position as a dynamic platform for compassionate living. We want to personally thank all our sponsors, vendors, attendees, and volunteers for helping us grow our amazing vegan community together.



## **EXECUTIVE COMMITTEE**

### **PRESIDENT**

Rachel Cascada

### **VICE PRESIDENT/TREASURER**

Stephanie Sickerott

### **CO-SECRETARIES**

Rachel Rieman

Charlene Blanks

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Edwin Street

### **LOGISTICS CHAIR**

Jordan Fries

### **FUNDRAISING CHAIR**

Mary Louise Schiavone

### **MARKETING/MEDIA CHAIR**

Lauren Clark

## **SUBCOMMITTEE MEMBERS**

### **WEBSITE COORDINATOR**

Courtney Jacobs

### **GRAPHIC DESIGNER**

Sabrina Myneni

### **KID'S ZONE COORDINATOR**

Brien Egan

### **CREATOR'S CORNER COORDINATOR**

Cody Landrum

### **ADOPTABLE AVE COORDINATOR**

April Keifer

### **SWAG BAG COORDINATOR**

Arti Kumar-Jain

### **HEALING TENT COORDINATOR**

Jess Josephine

### **VOLUNTEER CHAIR**

Sandy Wolff



[hamptonroadsvegfest.com](http://hamptonroadsvegfest.com)

