

# VegWeek

APRIL 16-22, 2018

San Diego VegWeek, part of the nationwide VegWeek, is brought to you by Compassion Over Killing. Sign up by going to [www.VegWeek.com](http://www.VegWeek.com). Many perks are available as well as daily emails and support!



are teaming up to bring you some great events and discounts at local restaurants and other San Diego-owned businesses during VegWeek!

## San Diego's VegWeek Schedule/Details

These events are hosted by PlantDiego leaders and co-hosted as listed below! Please say hello to your hosts! Mention **VegWeek.com**, **PlantDiego** and/or **Vegan in San Diego** to receive 15% off at participating restaurants during VegWeek events, unless noted otherwise! Visit [www.veganinsandiego.com](http://www.veganinsandiego.com) or [www.PlantDiego.com](http://www.PlantDiego.com) for addresses and other updated details.

<b>SUNDAY 5:30-8 pm</b>	<b>VegWeek Kickoff: "How to Ditch Dairy"</b> Cooking class and presentation, Clairemont SDA Church (Hosts: Tracy Childs and Amy Kushner; Cohosts: Veg-Appeal and of A-to-Z Marketing)
<b>MONDAY 5-8 pm</b>	<b>Grains restaurant</b> , Normal Heights (Host: Amy Kushner)
<b>TUESDAY 5-8 pm</b>	<b>Soulshine restaurant</b> , Mission Beach (Host: Terry Hagio)
<b>WEDNESDAY 5-8 pm</b>	<b>Original Herbivore Food Truck</b> , La Mesa (Host: Michelle Roberts; Co-host: Vegan in San Diego)
<b>THURSDAY 5-7 pm</b>	<b>El Veganito</b> , Oceanside Farmer's Market - \$1 off any entree (Host: Erin Riley-Carrasco)
<b>FRIDAY 4-6 pm</b>	<b>Plant Power</b> , Encinitas (Hosts: Tracy Childs & Steven Sarnoff)
<b>SATURDAY 11-1 pm</b>	<b>California Homemades</b> , Escondido (Hosts: April Moor and Shelley Warnick)
<b>SUNDAY 4-6 pm</b>	<b>"How Not to Fail on a Vegan Diet"</b> (\$10), Point Loma (Host: Marina Yanay-Triner ; Co-host: Soul in the Raw)

**Dine all week at these restaurants. Mention VegWeek.com, PlantDiego, or Vegan in San Diego to receive 15% off!**

- **Soulshine**, Mission Beach
- **Grains**, Normal Heights
- **Greens Please**, Poway & RB
- **Original Herbivore Food Truck**
- **Loving Hut**, Mira Mesa
- **Anthem Vegan**, North Park