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FOR IMMEDIATE RELEASE

Michiana VegFest 2025 to spotlight plant-based lifestyles, services

Annual vegan festival will feature chef demos, food samples, guest speakers, vendors, and more.

SOUTH BEND — Promoting plant-based eating, vegan lifestyles, compassion for animals, and conservation of the environment, Michiana VegFest 2025 is fast approaching.

The annual, volunteer-run festival will take place from 11 a.m.–5 p.m. Sunday, April 27, at the Gillespie Conference and Special Event Center, 53995 Ind. 933. Admission is free, providing a chance for anyone interested to explore healthy food choices and support regional, vegan-friendly businesses and organizations. Transferable general admission tickets (up to 5 per order) are available through [Eventbrite.com](https://www.eventbrite.com).

Michiana VegFest includes nationally recognized speakers on healthy eating, animal protection, and environmental sustainability; cooking demos with free samples by renowned chefs; vendors of food, cosmetics, clothing, and other goods that are produced without animal ingredients; live music; an educational, experiential Kids' Corner and more.

“Becoming a vegan was one of the best decisions of my life. VegFest allows me to spread the message to a wider audience; to help people discover the wonderful variety of plant-based food, to realize the health benefits, to avoid animal cruelty, and to protect the environment.” – Michael Pound.

Multiple speakers will be in attendance for the veg-curious, offering insight into topics such as “The Benefits of Plant-Based Nutrition: Above and Below the Belt,” “Sanctuary – Connection, and Community: How Animals Show Us a Better Way of Living,” and exploring the natural world to understand our relationship with it.

Featured speakers include:

- **Jane Esselstyn**, designer of plant-strong recipes and the co-author of the NY Times Bestseller “Be a Plant-Based Woman Warrior: Live Fierce, Stay Bold, Eat Delicious.” She created the recipe sections of #1 NY Times Bestseller, “Plant-Strong and The Engine 2 Seven Day Rescue,” by Rip Esselstyn. And she is a co-author of “The Engine 2 Cookbook.”
- **Matthew C. Halteman**, professor, advocate, author of “Compassionate Eating as Care of Creation” (2024) and coeditor of “Philosophy Comes to Dinner: Arguments About the Ethics of Eating.”
- **Beth Bollenbach & Dale Welling**, founders of Paws for Humanity.

Additionally, chef demonstrations will allow guests to get an up-close look at how a variety of healthy, vegan dishes are created – without sacrificing flavor.

Featured chefs include:

- **Katherine & Joshua Stanier**, Feel Better Living
- **Jasmine Bradley**, Vegan Bites by Jas
- **Chef Audy**, (V)itale Cuisine

Michiana VegFest, Inc. is a 501 (c) 3 not-for-profit organization run entirely by volunteers. Donations and any proceeds from the yearly event are used to support efforts for the next VegFest.

To learn more about Michiana VegFest 2025, volunteer, register as a vendor, or inquire about the festival, visit michianavegfest.org or email chair Michael Pound at michael@michianavegfest.org.

