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FOR IMMEDIATE RELEASE



TWIN CITIES VEG FEST ON OCTOBER 26, 2013

Compassionate Action for Animals (CAA) is proud to announce that Twin Cities Veg Fest 2013 will be held Saturday, Oct. 26, from 10 a.m. to 4 p.m. at Coffman Memorial Union on the Minneapolis campus of the University of Minnesota. The first 1,000 attendees will receive a free Twin Cities Veg Fest gift bag.

Twin Cities Veg Fest is for anyone and everyone — omnivores, vegetarians, and vegans alike — and is free to attend. The first Veg Fest held last year was met with a turnout of over 1,200 people! Those who are interested in reducing animal suffering, have ever thought about transitioning toward vegetarianism or veganism, or otherwise want to explore the impact of compassionate consumer choice, will love the second annual Twin Cities Veg Fest.

This year's exhibitors include environmental groups, informational resources on nutrition and animal welfare. Speakers include Mercy for Animals' Executive Director Nathan Runkle, and also Farm Sanctuary's Nick Cooney. New this year, Twin Cities Veg Fest will have live music, featuring local artists Sleepyhead, Alison Scott, Sean Anonymous and In Defence. What's more, attendees will enjoy tons of free vegan food samples as well as delicious vegan cuisine offered by food vendors such as Asase Yaa, Bambu, Flamingo and Seward Cafe! For more information, go to www.TCVegFest.com.

Twin Cities Veg Fest is sponsored by Yelp, Way Better Snacks, and Carole and Stan Feldman in memory of their son Kenny.

Twin Cities Veg Fest is a program of Compassionate Action for Animals (CAA), an animal advocacy organization dedicated to improving the lives of farmed animals by encouraging consumers to move towards a plant-based diet. Founded in 1998, CAA exposes the cruelties of modern animal agriculture, provides resources on vegan nutrition, cooking, and eating out, and organizes social events.

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If you'd like more information about Twin Cities Veg Fest, or to schedule an interview with one of the organizers, call 612 276-2242 or email info@tcvegfest.com.