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FOR IMMEDIATE RELEASE



NATHAN RUNKLE APPEARING AT TWIN CITIES VEG FEST

Mercy For Animals' investigations of Sparboe Farms (2011) and Christensen Farms (2012) in Minnesota sent shockwaves through the state, leading many to ask what's really in an Egg McMuffin, or a pork chop from Walmart? Mercy for Animals Founder and Executive Director Nathan Runkle can often be seen on ABC, Nightline or CNN speaking about undercover investigations being conducted in many states across the country, but on October 26, 2013 Nathan will be at Twin Cities Veg Fest speaking about "Inspiring Compassion: Putting our Ethics on the Table."

Raised on a farm in rural Ohio, Nathan has long had a deep connection with farmed animals. After a local farmed animal abuse case involving a piglet slammed headfirst into a concrete floor during an agriculture project at a nearby high school, Nathan founded Mercy For Animals to give "food" animals a much-needed advocate in his local community.

Since founding Mercy For Animals over a decade ago, Nathan has overseen the organization's growth into a leading national force in the prevention of cruelty to farmed animals and promotion of compassionate food choices and policies.

Twin Cities Veg Fest will take place on Saturday, October 26 from 10 am to 4 pm 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 a free event for anyone and everyone – omnivores, vegetarians, and vegans alike. The first Twin Cities Veg Fest held last year was met with a turnout of over 1,200 people.

Attendees will also enjoy free vegan food samples as well as delicious vegan meals offered by local food vendors. For more information, go to <http://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 Nathan Runkle, call 612 276-2242 or email info@tcvegfest.com.