

Shoals Vegetarian Fellowship

Shoalsveg.com * info@shoalsveg.com * 256-762-8506

*** For your health * For the planet * For the animals**

Tuesday, December 15, 2009

Win a free subscription to Veg News!

Do you have a terrific recipe for vegan pancakes?

If so, submit it in writing, with clear, simple, detailed steps – no later than January 2, 2010.

You must include a complete list of ingredients.

A maximum of three winners will be chosen for this contest.

The first place prize, in addition to a subscription to Veg News, will win a free book.

December is National Read a New Book Month

Today, we will have a free drawing to win the following book:

***The Complete Vegan Kitchen:
An Introduction to Vegan Cooking with More than 300 Delicious Recipes-from Easy to Elegant (Paperback)***

By Jannequin Bennett

January is National Hot Tea Month

We will have more information about hot tea at next month's meeting.

Next meeting: Tuesday, January 19, 2010

Vegan
Pancake
Contest:

Still open!

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request

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Contest

Deadline:

01/02/2010