

# CENTRAL FLORIDA Veg Fest 2023

## FOR IMMEDIATE RELEASE:

Central Florida Veg Fest: The Largest Vegetarian Festival in the South

When: October 28, 2023

Time: 10:00 a.m. to 6:00 p.m.

Where: Orlando Festival Park, 2911 E. Robinson Street, Orlando 32803

ORLANDO, FL-Central Florida Veg Fest, now celebrating its 18th year, is an annual festival that educates attendees about a plant-based lifestyle and one of sustainability, encompassing health and wellness. The event provides a diverse cross-section of products and services from over 200 vendors and 100 contributors.

Veg Fest will feature healthy living and eco-friendly exhibitors, speakers, local non-profit organizations, fun and games for kids, humane education, dog and cat adoption, restaurant booths, food preparation demonstrations, community garden tours, and live entertainment. Visitors are encouraged to bring their children, dogs, and an appetite for the many delicious food vendors at this event.

Vegetarians of Central Florida (VegCF) is the founding organization behind Central Florida Veg Fest. This growing organization currently has over 6,000 members.

The goals of Veg Fest and of VegCF are to: support all vegans and people who are on the road to becoming vegans, regardless of their motivation; proactively promote veganism in a non-judgmental way; and help empower people to make positive changes in the way they eat and live. The themes of Veg Fest include health and wellness, vegan cuisine, the environment, animal welfare and rights, and community-building activism.

Sponsors for Central Florida Veg Fest 2023 include Earth Sponsors: Vegetarians of Central Florida and Orlando Weekly; Jungle Sponsors: Green Works Orlando and Solutionary Species; Forest Sponsors: Seed Food and Wine Festival, VegFund, and A Well-Fed World; Garden Sponsors: Asia Trend, Families, Parks and Recreation Advisory Board, Fun 4 Orlando Kids, Global Peace Film Festival, The Milk District, My Central Florida Family, Natural Awakenings, Spay & Neuter Nation, and 90.7 WMFE.

Admission to Veg Fest is free! On-site parking is available for \$5, and there is a free bike valet next to the community garden. The event will be a smoke-free, family- and dog-friendly environment. For more information, visit [www.CFVegFest.org](http://www.CFVegFest.org).

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