



Veggie Power takes over  
at the Palais des congrès

## Description

# Don't miss the sixth edition of the Montreal Vegan Festival September 21 and 22

Following its largest event to date, with nearly 20,000 visitors attending the **Palais des congrès de Montréal** last fall, the [Montreal Vegan Festival \(FVM\)](#) is pleased to announce the complete program for the **6th edition**, as well as the brand new [Friends of the Festival program!](#)

Membership in the Friends of the Festival gives 1,000 persons the opportunity to purchase a \$20 subscription giving them **exclusive access and admission one hour earlier to the festival on Saturday, September 21, starting at 9 am**. In addition to not having to wait in line to enter, during this time participating exhibitors will offer Friends a **10% discount** on any purchase made at their booth.

Once again, the Montreal Vegan Festival will offer visitors **two full days of bilingual activities** open and adapted to everyone, most of which are free! Visitors will be able to purchase a multitude of vegan products: food, clothing, cosmetics and household products from more local and national exhibitors than ever before.

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There will also be conferences, thematic workshops, culinary demonstrations and over 200 books offered by the festival's official bookstore. Visitors will also be able to have their books signed on site by certain authors.

At the Montreal Vegan Festival, no one will ask themselves the question "Where do you find your proteins?" FVM 2019 spokesperson and former CFL player **Marc-Olivier Brouillette**, is joined by *The Bad Ass Vegan*, **John Lewis**, and **Georges Laraque**, former NHL player, for the first ever sports panel: [All Gain, No Pain: World-Class Vegan Athletes Break Stereotypes!](#)



FVM 2019 spokesperson and former CFL player Marc-Olivier Brouillette

## Conferences

Outside of sports, FVM 2019 will feature a multitude of lectures by many experts. American cardiologist **Dr. Kim Allan Williams** will discuss **nutrition and heart disease**. **Dr. Jonathan Balcombe**, author of the best-selling book *What A Fish Knows*, will present his very popular presentation in Montreal for the first time. Parents will be able to learn about how to live veganism at home at the panel discussion: ***Raising a Family in a Carnist World***. Another panel: ***Life at Sanctuaries***, will be moderated by an international panel of sanctuary owners. Other thought-provoking topics, such as social justice, speciesism, intersectional veganism and zootherapy, will be on the agenda throughout the weekend.

## Vegan Culinary Demonstrations



During a series of exciting culinary demonstrations, top vegan chefs and cooks will share their recipes and culinary tips with visitors. Brunch is on the menu with chef and author **Doug McNish**, while FVM 2018 spokesperson **Jean-Philippe Cyr** will be back at the festival to share his *Tofu au beurre* secrets.

Montreal chef **Eline Bonnin** will bring a delicious touch of decadence with her presentation: *The Vegan Brioche*, accompanied by a chocolate and hazelnut spread. Plant-based cheese is in the spotlight with *Monte Cristo With Iced Tofu* and *Homemade Vegan Cheese*, presented by vegan author and social media star **Megan Sadd**.

## 20 new workshops

Following the success of last year's workshop series, FVM 2019 will host **20 new workshops**. For \$20, participants will receive 50 minutes of hands-on training in a private and intimate group. On the program: humane cosmetics, plant cheese-making, first aid for animals, sports performance foods, natural body products, etc. The complete workshop schedule can be found at [festivalvegannedemontreal.com/2019en/workshops](https://festivalvegannedemontreal.com/2019en/workshops)

Consult [the full Montreal Vegan Fair schedule](#).

For more information, follow the Montreal Vegan Festival on various social media:

[Facebook](#) • [Twitter](#) • [Instagram](#)

[festivalvegannedemontreal.com/2019en](https://festivalvegannedemontreal.com/2019en)

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also: [The Canadian Food Guide and Andrew Scheer](#)



*The Montreal Vegan Festival is a non-profit organisation that wants to make the greater public discover veganism. With lectures, cooking demos, workshops and exhibitors, it brings to light the benefits of a vegan lifestyle for the animals, health and the environment.*



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### Date Created

September 2019