

In conversation with Bryant Terry

Written by

Friday, 21 September 2012 16:11



Chef & author of *Vegan Soul Kitchen* & *Inspired Vegan*

Join in a conversation with acclaimed vegan soul food chef and food justice activist Bryant Terry on Monday, Oct. 1, 7–8:30 p.m. at Urban Research and Outreach–Engagement Center, 2001 North Plymouth Ave., Minneapolis, MN. \$25, scholarships available.

Terry speaks on how you can honor and embrace your culture's food heritage, while incorporating more healthful choices and practices into the food you prepare for your family, community groups, and professional associations.

Terry is a food justice activist, and author of three books, including *Vegan Soul Kitchen*, and his latest,

he Inspired Vegan

. He is also a former fellow of the Food and Society Policy Fellows Program. The name of Bryant's talk is:

"Good Food: An Everyday Right -- How Do We Make This Happen?".

From his website: "Bryant has worked to build a more just and sustainable food system, and cooking has been an important tool for illuminating the intersections of poverty, structural racism, and food insecurity. He uses the sensual pleasures of the table to shift people's attitudes, habits, and politics in effort to ensure that everyone in this country of abundance has access to healthful food."

This evening event is a feature of the 2012 Healthy Foods Summit. Registration: www.arboretum.umn.edu/2012HealthyFoodsSummit.aspx or call 952-443-1422.