

VEGAN JEWISH COOKING DEMO

SATURDAY, MARCH 23, 2018, AT 7PM

CONGREGATION BEIT TIKVAH, CORNER COMMUNITY CENTER

5802 ROLAND AVE, BALTIMORE, MD 21210

WITH MARCY SCHVEIBINZ

LEARN TO PREPARE VEGAN HAMANTASCHEN WITH A VARIETY OF FILLINGS, AND PLAN YOUR PASSOVER MEAL WITH SEVERAL VEGAN RECIPE IDEAS! EACH ATTENDEE WILL RECEIVE A COPY OF VEGAN PASSOVER RECIPES BY CHEF NANCY BERKOFF, RD. FREE FOR BEIT TIKVAH, VEGETARIAN RESOURCE GROUP, BALTIMORE VEGAN DRINKS, AND JEWISH VEG MEMBERS. \$5 DONATION SUGGESTED FOR OTHERS. PLEASE LET US KNOW IF YOU ARE COMING AT [HTTPS://WWW.FACEBOOK.COM/EVENTS/347058466085887/](https://www.facebook.com/events/347058466085887/) OR BY EMAIL VRG@VRG.ORG.

FOR MORE INFORMATION ON THE JEWISH VEGAN COOKING DEMO, CALL (410) 366-8343. OR EMAIL VRG@VRG.ORG.

FOR MORE INFORMATION ON BEIT TIKVAH, VISIT [HTTPS://BEITTIKVAH.ORG/](https://beittikvah.org/).

FOR VEGAN NUTRITION INFORMATION, VISIT [HTTPS://WWW.VRG.ORG/NUTSHELL/VEGAN.HTM](https://www.vrg.org/nutshell/vegan.htm).