FOOD THOUGHT nonviolence

January

23 K-State Sustainability Conference will focus on developing awareness of sustainability efforts at K-State and foster networks and build collaborative partnerships in the K-State community. Register online. For more information visit http://sustainability.k-state.edu.

February

11 AM - 1 PM, Fundraising in the K-State Student Union 64 Days...$500! Help raise money to send a Heifer to Africa. Visit the table near the food court to donate!

7 PM, Little Theatre
Vegetarian or Carnivore? Why do we eat what we eat? Learn about dietary choices from a panel of eaters-vegan, vegetarian, lacto-vegetarian, carnivore and more. Student of dietetics Cathy Beno and the panel will provide answers to some of the questions concerning the way we eat.

March

6:30 PM, Manhattan Public Library Auditorium Film: King Corn Sponsored by MAPJ.

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6 PM, Forum Hall
‘Change How You See, Not How You Look’ Cut through the cultural biased wire about super thin bodies and 5-pack abs! Woody Nikifore, founder of The I Am Beautiful Project, has been inspiring audiences across the country with her positive message.

27 March 7 PM, K-State Rec Center Yoga for a Better Body Image. Join us for a free yoga session and get some quick tips on ways to improve body image.

27 March 7:30 PM, K-State Student Union, Little Theatre Film: The I Am Beautiful Project This powerful, uplifting 44-minute documentary focuses on the rich stories women have to tell about coming to terms with their self-image and explores the obstacles many women have overcome to claim their beauty and worth. It features women from the book, I Am Beautiful, as well as celebrities including Courteney Cox Arquette, Gloria Steinem and Trisha Yearwood.

April

11 AM - 2 PM, Long’s Park Local Food Fair in Manhattan Join us in celebrating the Season for Nonviolence at our final event featuring local farmers and producers, community groups and grocery stores that support the local food economy. People’s Grocery Cooperative, Bossie’s Best Beet, Flint Hills Breadbasket, Emerich’s Cremery, K-State Student Farm and many more!

For more information about the season and the Campaign for Nonviolence at K-State please visit our website at www.k-state.edu/nonviolence