

# Moscow on the Weekend: VeganFest at ArtPlay

By [The Moscow Times](#)

March 17, 2016



This Saturday Artplay will host "VeganFest," a food fair celebrating vegetarian, vegan and raw food diets.

Visitors will be able to sample vegetarian and vegan dishes, and learn how to prepare them in masterclasses. The emphasis will be on making vegetarian and vegan cuisine accessible, using ingredients that can be found easily and recipes that can be prepared quickly.

The culinary element of the festival will be supported by screenings of educational films about vegetarianism as well as an informative lecture series by doctors and scientists about the benefits of these diets. For sporty types, there will also be an education session on how raw food diets can improve performance when training and competing.

A vegan market will open on site, where visitors can buy organic and ethical clothing as well as cosmetics and food products.

A program for children will also be available.

\*\*\*Artplay Center of Art and Design. 10 Nizhnyaya Syromyatnicheskaya Ulitsa. Metro Kurskaya, Chkalovskaya. veganfest.ru. Sat., March 19 from noon to 8 p.m. Entry — 100 rubles (\$1.30).\*\*\*

Original url:

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