

THE CITY OF KINGSTON HAS PROCLAIMED:

October is Plantiful.

Adopting a more plant-based diet is one of the single most impactful individual actions you can take against climate change and loss of biodiversity.



"What are the strategies and resources I need to eat more plant based foods?"

Join the [Webinar](#) on **Thursday October 10 at 7:00pm**
Register at [350Kingston.org](#)



Join us at **PLANTIFUL FARE**
on **Saturday October 26, 5:00 - 6:30 pm**
at **The Spire on Sydenham St.**

Hear a talk by local physician Dr. Henry Swoboda on the benefits of plant-based diets, sample delicious plant-based foods, and take home a booklet of family friendly recipes

Check our website for details [350Kingston.org](#)

350 KINGSTON