

Dear Friend,

We're so excited that you are interested to learn more about Vegan CNY and how you can help!

Here are the initiatives we're currently working on and areas of need:

- ❖ **Community Food Sharing**
  - Vegan CNY Community Food Share is dedicated to getting healthy, vegan food to people who need it most.
  - While the mission of the program is to share with the most vulnerable, it is not all about "charity." Food Share is an opportunity to be in solidarity with those who are most often overlooked, who fall through the cracks in our system. We give out food and clothing; in return, we get the opportunity to know our neighbors better, to hear music, engage in conversation, and share stories.
- ❖ **Original Content**
  - Writing original content to be shared on the website and social media. Topics can be nearly anything from restaurant reviews, business highlights, personal stories, tips/tricks, opinion pieces, analyzing news stories, and more.
- ❖ **Restaurant Guide**
  - We maintain an interactive list and map of local restaurants with vegan options
- ❖ **Vegfest**
  - A yearly event to highlight and celebrate how easy and delicious a vegan lifestyle can be. There are SO many ways to help with this event, mostly the day of, but there are opportunities leading up to the event, as well.
- ❖ **Vegan Menus**
  - Working with restaurants to expand their vegan options/create a separate menu
- ❖ **Fundraising**
  - Raising funds for Vegan CNY and Syracuse Vegfest
  - Radisson Garage Sale for Syracuse Vegfest
- ❖ **Website/Social Media**
  - Web design/maintenance, adding new content
- ❖ **Direct Outreach/Animal Advocacy**

In this packet, we'll outline some specific tasks that we're looking for help with. Take a look and see what speaks to your passion and skills! Want to sign up or learn more? Email us [volunteer.vegancny@gmail.com](mailto:volunteer.vegancny@gmail.com) or message our FBpage @VeganCNY

-The Vegan CNY Team: Theresa, Mike, Shelly, Jim, Silje, Pat, and Ashley

## Vegan CNY Community Food Share

Vegan CNY Community Food Share is dedicated to getting healthy, vegan food to people who need it most.

Right now, the Food Share meets one Sunday per month to distribute hot lunch and other goods to homeless and hungry individuals in downtown Syracuse. Members serve up hot soup and good bread, along with fruit, granola, juice, and clothing items.

While the mission of the program is to share with the most vulnerable, it is not all about “charity.” Food Share is an opportunity to be in solidarity with those who are most often overlooked, who fall through the cracks in our system. We give out food and socks; in return, we get the opportunity to know our neighbors better, to hear music, engage in conversation, and share stories.

We plan to increase our schedule to weekly in the near future, and we are always looking for people who would like to help.

A few things you can do to support Vegan CNY’s Food Share program:

1. Make something delicious. Whether it’s hot soup, home baked bread, sandwiches, desserts, whatever you enjoy making; if you have the time to make the food but can’t show up to serve, we’ll find a way to get it there.
2. Donate shelf stable ingredients. Dry or canned beans, pasta, rice, granola bars, juice boxes, vegan protein shakes, even those last few boxes of vegan Girl Scout cookies that you can’t bring yourself to finish.
3. Got an old pile of plastic plates or bowls in the back of your cupboard that you’ll probably never use? Get rid of it. We’d like to keep garbage to a minimum, so we’ll take those ugly plates, those food containers that are piling up. And we could always use more ladles, napkins, food server gloves, etc.
4. Donate clothes. Hats and gloves go quickly in the cold weather. Year round, we could use new socks or underwear, as well as t-shirts, hoodies, and other items, used or new.
5. Donate money. It never feels right asking for money, but if you don’t know what else you’d like to do, we can always use your donation to buy more supplies.
6. Show up and meet new people. We’d love to have more people serving. The more people we have lined up, the more we can expand and be a regular presence. Contact us in advance if you want to be there. We usually start at 12:30 and are done in less than an hour, so you can have a terrific experience without giving up your whole weekend.

If you’d like to help out in any way, you can contact Jim Thompson at 315-632-2254, [volunteer.vegancny@gmail.com](mailto:volunteer.vegancny@gmail.com), or message him on Facebook.

## Syracuse Vegfest

Vegfest will be held on Saturday, Oct 19th from 10am-5pm at the NYS Fairgrounds. We'll mostly need help the day of and day before, but will also have a need for some volunteers ahead of time.

### Things you can do:

**-Greeter/Information Booth/Table** - Greeters will welcome attendees, answer questions, hand out any relevant materials such as directory, guest speaker times, vendor info, etc.

**-Raffle Sales** - We need awesome sales people to stand near entrance and roam around the festival encouraging people to buy raffle tickets to help support the event

**-Set up and Break Down**

**-Post flyers and signs for advertising**

**-Merchandise sales**

**-Kid's Area** – monitoring and keeping area tidy, running children's' programming

**-Photographers/videographers**

**-Monitoring overall cleanliness** - trash/recycle bins, green room, volunteer breakroom, outside area, etc

## Original Content

This can be small or big. Contribute regularly or from time to time.

We want to share as much original content on highlighting local vegan businesses/business owners, vegan organizations, restaurant reviews, product reviews, interesting finds, tips/tricks, local vegans' stories, etc. Anything that you think people in CNY would want to read related to veganism is welcome. Start any time!

Things you can do: (with at least one picture if possible)

-Visit a restaurant: write about your experience, what options they had, how knowledgeable they were of vegan food

-Tell your/ a friend's vegan story

-Talk about a cool product(s) you found and what you thought (pictures please)

-Write about a way to make vegan living easier (vegan on a budget, meal planning for eg)

-Tell us about an idea you have

\*For those with limited time, you can send us your writing/photos via email and we'll do the rest!

\*For those more tech savvy, we can set you up with a Wordpress account to enter content directly there for us to review and post to the website and social sites.

## Restaurant Guide

We populate a list and interactive map with local restaurants and as much detail as possible that lives on our website.

What you can do:

-Send us an email with details on a restaurant not on the list (or info that is additional to what we have) Name, address, website, vegan menu options, hours, what they're known for

-Help us keep the master spreadsheet organized and updated from tips (we use google docs)

-Research missing data on restaurants that are on the list but not complete

-Help upload the spreadsheet as its updated to the website (we use Wordpress)

## Vegan Menu Initiative

We want to partner with restaurants to get more vegan options on their menu, label vegan options and/or create a separate vegan menu.

### What you can do:

- Research a local restaurant menu to see what items they already serve that can be easily be made vegan with either ingredients they already use, an ingredient they can easily get and possibly use on more than one menu item, or an ingredient that can be swapped out on all menu items without affecting them too much.
- Contact restaurants offering for Vegan CNY to partner with them (you don't have to be the one that does the work, but you can be).
- Meet with restaurant chefs/managers to discuss their menu and how they can easily and at little to no cost to them make it more vegan accessible.
- Work with restaurant to create a digital version of a separate vegan menu that they can use
- Promote restaurants we work with
- Possibly create a project like Rochester's "Roc Vegan Savings Card"