

What is EarthSave all about?



EarthSave Louisville educates people about the extremely powerful and documented effects our food choices have on the environment, our health and life of Earth, and encourages a shift toward a healthy, plant based diet--all within a local context.

EarthSave Louisville is a non-profit 501 (c)3 corporation; PO Box 4397 Louisville, KY 40204

November 2010 "Indiana Potluck"

Jeffersonville Loves Plants-- Let's Eat 'em!

NEW LOCATION!



Thursday, November 4th

Gather from 6 - 8:30 PM at Parkview Middle School (cafeteria/kitchen) 1600 Brigman Ave, Jeffersonville, IN ([Map](#))

NEW LOCATION!

EarthSave's Plant-based Potluck location in Jeffersonville is awesome!

This month's potluck at the Parkview Middle School starts with mealtime at 6:00PM. We will be enjoying our new environs--with a tour of the kitchen (future Earthsave cooking classes?), and will hear from board members of recent interesting events happening with Earthsave. Multimedia will be present and helpful, as always.

Most exciting is the fact that we don't need to rush (like we did at the library). We will consider the possibility of using this venue during the school year.

The cost is free. It is open to everyone who speaks English (no translators will be provided). Everyone is always friendly, based upon years of experience. Teachers, school admins and students/parents might be interested--and we welcome them. Bring food of the plant-variety, e.g. vegan/vegetarian/raw. Anything goes: From carrots to quinoa. Optional: Bring your own place-setting to reduce waste.

These Jeffersonville potlucks are always on the 1st Thursday of the month. **The big idea:** help your health and the planet by migrating gradually to a plant-based diet while having a riot in the meantime, learning some "how to's", meeting new people and getting to know your fellow concerned neighbors. Our food choices and food system isn't the only thing that needs improving in the world, but it's a handy place to start.

DIRECTIONS: If crossing the I-65 bridge from Louisville, take Exit 0 and proceed down E. Court St. until it deadends. Turn left and go four blocks on Graham St., then turn right on 8th St. and go 1/2 mile until turning right on Brighton Ave for two blocks, then turn left on Brigman Ave. Park in front of the main entrance to the school and follow the signs in the school. If you want someone to guide you in, call Nate at 502 299 9520.

Deciding to eat more plants is a really big step, and Earthsave is here to support the healthy intentions that we all have. The general public is welcome, absolutely.

Food is a good reason for people to get together and eat. It's all about food, health, the environment, fairness, personal empowerment, psychological awareness, overarching themes in our crazy culture. Join in the conversation--we want all voices!

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RSVP or just show up (louisville@earthsave.org)

Spread the word!
<http://louisville.earthsave.org/indiana.html>
<http://louisville.earthsave.org/indiana.pdf>

For more info about Earthsave in general:

<http://louisville.earthsave.org>

or Facebook, under "EarthSave Louisville"

[EARTHSAVE ON FACEBOOK--CLICK HERE](#)

or [Twitter](#), under Earthsave LVL

Encouraging Mindful Plant-based Nutrition 24/7

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