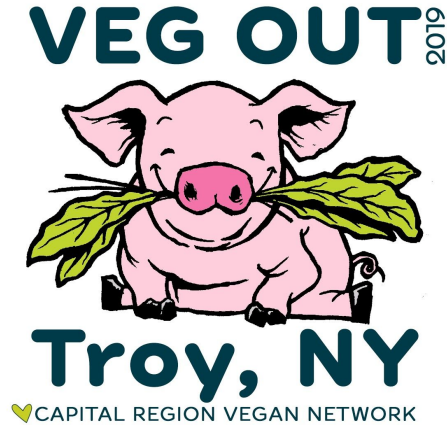


Sarah A. Shearer, Executive Director
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FOR IMMEDIATE



CAPITAL REGION VEGAN NETWORK ANNOUNCES AREA'S FIRST VEGAN FOOD FESTIVAL, VEG OUT

VEGAN FOOD FESTIVAL TO BE HELD THIS JUNE DURING AMERICAN MUSIC FESTIVAL

TROY, NEW YORK Capital Region Vegan Network (CRVN) announces the Capital Region's *first ever* vegan food festival - VEG OUT - happening June 2, 2019 from 11 a.m. to 3 p.m. on the streets surrounding Monument Square in downtown Troy, New York. The event is outdoors, free to attend, and open to the public.

VEG OUT is a family-friendly vegan food festival featuring tapas-sized portions of vegan food for sale from diverse area restaurants and food vendors. VEG OUT will run in conjunction with Suffragist Picnic and Monumental Music during the culminating day of Albany Symphony's American Music Festival. The Arts Center of The Capital Region will also participate by providing thematic arts and crafts.

For more information on becoming a vendor at VEG OUT visit CRVN at www.capregionvegans.org/veg-out or contact Erica at ethomas@capregionvegans.org.

Capital Region Vegan Network empowers our community to adopt and maintain a vegan lifestyle through outreach, education, support, and advocacy.