



EPIC: ALL THINGS FOOD

Top 5 Trends to Indulge in at The Sustainable Living Expo

EPIC EXPO | VANCOUVER | MAY 11-13, 2012

April 24, 2012

VANCOUVER, BC – EPIC, Western Canada's largest sustainable lifestyle showcase, is on at the **Vancouver Convention Centre West, May 11-13**, and there's no better place to find the best in natural, sustainable and downright delicious food. With this year's theme, "**All Things Food – Local, Organic, and Healthy**," EPIC serves up the best in gourmet sustainable style and the hottest trends to top your summer table.

Some of this year's EPIC highlights:

Whole Foods EPICurean Stage – See culinary experts cook up their favorite recipes right before your eyes, listen to nutrition experts demonstrate their knowledge, and stick around for samples at the end of each demo. Presentations include, **Health Starts Here**, with Whole Foods chefs Derek Sarno and Matt Telavara; **Raw Food** demonstration, with Preet Marwaha, founder of Organic Lives; **Superfood Smoothies**, with Lucretia Schanfarber of Prairie Naturals; and a **canning demonstration**, with Executive Chef Ernie Brine of Bernardin.

Fair Trade Pavilion – Find the best selection of Fair Trade products and suppliers, including the exclusive Canadian launch of **Mongozo, the world's first Fair Trade beer**. Brewed in Belgium and crafted from the finest ethically sourced ingredients, Mongozo is refreshing in more ways than one. Be sure to take in the Mongozo demonstration so you can impress friends with your brewing, serving and tasting knowledge – not to mention your ethically conscious ways. Other Fair Trade products and suppliers include **Zazubean Organic Chocolates, Canterbury Coffee Roasters, Choices Markets**, and more.

EPICurean Corner – Grab a plate, grab a glass and taste some of the finest products B.C.'s artisan food providers, restaurateurs, and vintners have to offer. Admission is by donation and proceeds support the non-profit Green Table Network.

EPICurean Marketplace – The best place to find everything on your sustainable shopping list. Sip, sample and stroll through the marketplace as you make your way to the EPICurean Stage.

EPIC Main Stage – Compelling experts in food, nutrition and sustainable style present their revolutionary ideas. Author Peter Ladner will be discussing his book, ***The Urban Food Revolution***. Sean McHugh, Executive Director of Fair Trade Vancouver, will talk about the ways Canadians can "**Take a Step**" for Fair Trade. And with so many tempting delicacies, it's a good thing Sherry Strong, nutritional guru and author of *The Anti-Diet*, will be presenting **Return to Food: How going back is the way forward**.

For more information on EPIC visit: www.epicexpo.com

About EPIC: Western Canada's largest sustainable lifestyle showcase, where "style meets sustainability." Now in its sixth year, EPIC is produced by internationally renowned business-of-the-environment organization The GLOBE Foundation. Hosting more than 300 exhibitors, EPIC is more than just a tradeshow – it's a three-day celebration and immersion into all things 'green,' for a stylishly sustainable lifestyle.

-30-

Reference:

Rebecca Peters
Laura Ballance Media Group



THE SUSTAINABLE LIVING EXPO™

Tel: 604.637.6649

Cell: 604.762.2098

Rebecca@LBMG.ca

#