No meat, no dairy, no problem
Advocates of plant-based eating tout benefits, offer tips for transitioning diet

By Harry Funk
Staff writer

Traditionally, Americans have consumed meat as a dietary staple. However, the nutritional and environmental benefits of a plant-based diet have been gaining attention in recent years.

Many people are seeking to transition to a plant-based diet, motivated by health benefits and concerns about sustainability. transition to a plant-based diet.

The transition to a plant-based diet can be challenging, but there are resources and support available to help make the switch.

Amen To Action: Area volunteers pack food

More than 220 volunteers from the Pittsburgh area packed 100,000 meals in one morning as part of the food-packing event. The event was organized by the Community Food Bank, with assistance from the Greater Pittsburgh Public Library and Organization for Support.

The volunteers worked methodically and efficiently to fill the boxes with ingredients to make fortified oatmeal. The bags were sealed together to prevent contamination, and the boxes were transported to be stacked on pallets, ready for distribution.

Sandy Newman was one of the volunteers, and she described her experience as rewarding. "I think my diet was steak and cheese," she said. "I grew up loving steak," Newman said. "I started to eat this way, I did it for the health benefits."

The event was a logistical marvel to coordinate, with a wide age range of volunteers participating. Newman's switch, Sally Lipsky of Murrysville, was part of the trend for those who want to give it a try.

Lipsky, a 20-year-old student at the University of Pittsburgh, said she started eating plant-based because she was interested in the vegan lifestyle and wanted to promote health and wellness. She eventually took the leap and became a vegan, and she is happy to be able to do that.

The event was a success, with a goal of packing 100,000 meals in one morning. The volunteers were united in their commitment to making a positive impact.

"I always joke that when I came to this world I didn't have a choice," Newman said. "So I chose to be vegan."

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**PRICING & SPECS 2022**

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**BUSINESS BUILDER PACKAGE DISCOUNTS**

- 4 weeks: 10%
- 8 weeks: 15%
- 12 weeks: 20%
- 16 weeks: 25%
- 20 weeks: 30%

**COLOR OPTIONS**

- Full page, 3/4, 1/2: **$200 per ad**
- 1/4, 1/8, banner: **$125 per ad**
- 1/12, 1/16: **$75 per ad**

**NONPROFIT, CHARITABLE/CIVIC ORGANIZATION DISCOUNTS**

- 20%

**CHURCH DISCOUNTS**

- 20%

**2022 SPECIAL SECTIONS**

- **South Hills Living**
  - Bi-Monthly
  - January, March, May, July, September, November

- **SWPA Seniors Quarterly**
  - March, June, September, December

- **SWPA Summer Camp Guide**
  - April

- **Peters Township Community Day**
  - June

**OTHER SPECIAL SECTIONS & POSITIONS**

- Native Ads
- At a Glance
- Front Page Ad Notes
- Page 2 Double Banner
- Worship Pages
- Be Local
- Health, Mind & Body
- Small Business Saturday
- Business in Review
- Adoptable Pet of the Week

**Pricing**

- NONPROFIT, CHARITABLE/CIVIC ORGANIZATION: 20%
- CHURCH DISCOUNTS: 20%

**Reservations**

- Reservation deadline is 10am Wednesdays.
- Artwork approval deadline is 5pm Thursdays.

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