# VeganSoulFood.org Launches on Juneteenth: Honouring African Culinary Heritage through Veganism



**VeganSoulFood.org to Launch on Juneteenth: A Celebration of Diverse Culinary Heritage**

**San Luis Obispo, Calif. - June 12, 2024** - The Food Empowerment Project (F.E.P.), a vegan food justice organisation, has announced the upcoming launch of its new website, VeganSoulFood.org. The website aims to celebrate the rich and diverse culinary traditions of the African diaspora, specifically focusing on African, Afro-Caribbean, Afro-Latinx, and Cajun cuisine. The launch coincides with Juneteenth, a significant national holiday in the United States that marks the end of slavery.

Juneteenth, celebrated on June 19, commemorates the day in 1865 when the last African American slaves in Texas were informed of their freedom, two years after the Emancipation Proclamation was issued. This celebration is imbued with a sense of reflection, resilience, and the enduring strength of the Black community. By choosing this date for the launch, F.E.P. not only honours this historical moment but also pays tribute to the rich culinary traditions that have been preserved through generations.

The website, inspired by collective members jaz Boler and Kennedy Little, along with board member Elise Ferguson, seeks to demonstrate that a vegan lifestyle can still encompass beloved traditional dishes. VeganSoulFood.org offers more than just recipes; it serves as a platform to educate users about the impact of their food choices on health, the environment, and animal welfare.

"We are thrilled to share Vegan Soul Food with the world," said jaz Boler, a member of F.E.P.'s vegan programmes. "Our goal is to show that traditional dishes, made without animal products, can be both delicious and a healthier option for everyone."

Visitors to the website can expect to find an assortment of recipes that reflect the vibrant culinary heritage of the African diaspora. Dishes such as "Lobster" Macaroni and Cheese, Bahamian "Conch" Fritters, and Soul Food Chick'n Salad are designed to offer familiar flavours with a vegan twist. These recipes aim to evoke cherished memories while promoting a more health-conscious approach to traditional foods.

Todd Anderson of Turnip Vegan, who contributed a recipe for Black-Eyed Peas and Greens with Chipotle Mushroom Sausages, emphasised the personal connection to these dishes. "Vegan soul food brings back cherished memories with a new twist that's not only delicious but also better for our health," he remarked.

Kennedy Little, a Youth Advocacy Collective member, highlighted the inclusive and educational mission of the website. "No matter your background or ZIP code, everyone should have access to a platform that uplifts your culture and shares the importance of community and compassion," Little said. "I can't wait to see how it broadens perspectives on vegan dishes and the lifestyle."

VeganSoulFood.org is set to go live on Wednesday, June 19, providing a new resource for those interested in exploring the intersection of veganism and traditional Black cuisine. This initiative follows other successful recipe sites from F.E.P., including VeganMexicanFood.com, VeganFilipinoFood.com, VeganLaoFood.com, and VeganChineseFood.com.

Established in 2007, the Food Empowerment Project focuses on creating a more equitable and sustainable world by emphasising the importance of food choices. The organisation's advocacy includes promoting fair conditions for farm workers, increasing access to healthy foods in underserved communities, and protecting animals from exploitation. F.E.P. also works to expose and challenge corporations that perpetuate unhealthy food environments and unethical practices, such as the use of child labour in the chocolate industry.

As VeganSoulFood.org launches on Juneteenth, it stands as a testament to the enduring cultural heritage of the Black community and a commitment to a future of health and compassion.