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INFLUENCERS



### JaneUnChained Monday at 10 AM Pacific

**February 10th 2020: National Food Hero Tracye McQuirter  
Launches 10,000 Black Vegan Women**

Vegan expert Tracye McQuirter, MPH, will give black women the support they need to go vegan, get healthy, and feel great for life. "The 10,000 Black Vegan Women program will help 10,000 African American women go vegan in 2020 to live longer, healthier lives," says Tracye McQuirter. "Although we have a long history of plant-based pioneers and activists, including Rosa Parks, Coretta Scott King, Angela Davis and others, we also have the most to gain from the health benefits of eating plant-based foods because we experience the highest rates of preventable, diet-related diseases in the country."

[Read more](#)



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### Featured Guest



#### Tracye McQuirter

Washingtonian Tracye McQuirter is a writer, speaker, public health nutritionist, and 33-year vegan who has been teaching people how and why to live a healthy vegan lifestyle for the past 30 years. She is the recipient of multiple awards for her public health nutrition and vegan advocacy and was named a national food hero changing the way America eats for the better by Vegetarian Times.

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