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From the Boardroom to the Bedroom: The Protocol Praxis

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May 05th 2015: Eat to Live?...or Live to Eat Live?

Put down that cookie! Don't take a bite of that banana! Before you eat, do you think about from where your food comes? Food itself is empowering as it gives us the energy to live. Unfortunately, what we choose to eat can sometimes hurt ourselves and others. Did the meat come from a farm where animals are abused or not treated well?; Is the palm oil you use to cook made from ingredients that are depleting natural resources?; or was the chocolate bar the result of child labor or unfair working conditions? Join me this week as we talk to lauren Ornelas, the founder and Executive Director of the F

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Featured Guest



Lauren Ornelas

Lauren Ornelas is F.E.P.'s founder and serves as the group's executive director. She is also the former executive director of Viva!USA, a national nonprofit vegan advocacy organization. lauren has been active in the animal rights movement for more than 20 years. After spending four years as national campaign coordinator for In Defense of Animals, lauren was asked by Viva!UK to start and run Viva!USA in 1999. In cooperation with activists across the country, she worked and achieved corporate changes within Whole Foods Market, Trader Joe's, and Pier 1 Imports, among others. She served as campaign director with the Silicon Valley Toxics Coalition for six years.



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