



Florida Voices for Animals, Inc.

PO Box 17523 Tampa FL 33682
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www.FloridaVoicesForAnimals.org

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Jul/Aug/Sep 2026



Vegan International Co. Kitchen & Market

Global flavors. Local compassion. 100% vegan.

FVA Business of the Year • 2025

Tampa vegan staple

At a glance

- 100% vegan restaurant + market items
- Takeout, online ordering + limited outdoor dining

1 WHY WE'RE FEATURING THEM

Vegan International Co. makes compassionate eating feel easy, fun, and filling, a practical example of vegan food that can appeal to longtime vegans and vegan-curious friends alike.

2 ORIGIN + LONGEVITY

Founded by Nick Alami, a USF alum, Vegan International Co. grew from Tampa's rising demand for vegan dining into a recognized vegan kitchen, market, and community presence.

3 WHAT THEY OFFER

Global vegan comfort food, including gyros, bowls, soul plates, mac boxes, empanadas, smoothies, desserts, and fresh-made sweets plus vegan grocery items such as canned and frozen foods.

4 FOOD TRUCK + COMMUNITY REACH

Their food truck, The Vegan Halal Cart, extends the mission beyond the restaurant, bringing familiar, flavorful vegan food to more people across the Tampa Bay community.

How readers can support

1 VISIT

Stop by or order takeout.

2 FOOD TRUCK

Follow The Vegan Halal Cart.

3 BRING A FRIEND

Introduce vegan-curious people

4 SHOP

Pick up vegan grocery items.

5 REVIEW

Leave a review after good experience.

Support local vegan businesses.
Strengthen compassionate community.

<https://www.floridavoicesforanimals.org/>
<https://www.facebook.com/FLVoicesForAnimals/>

BUFFET & TALK *Eat to Live* BY *Christina Cherian, MD* (PHYSICIAN COACH ADVOCATE)

Dr. Christina Cherian is a double board-certified Family Medicine and Lifestyle Medicine physician turned health coach with a passion for helping people reverse disease through plant-based nutrition.

She is the founder of Lotus Lifestyle Medicine, a fully virtual coaching practice that empowers women to become the best versions of themselves through plant-based nutrition and mindfulness.

Her vision is a world where no one suffers from a preventable disease.



REGISTRATION QR

June 28, 2026
Limited seats! Book your ticket today!



Neal Barnard MD. Discussion - Dinner - Book Signing 4/18/26

Dr. Neal Barnard— President of the Physicians Committee for Responsible Medicine; Adjunct Professor of Medicine at the George Washington University, President of the Physicians Committee, and one of the world's leading nutrition experts. Certain foods have intrinsic properties to speed weight loss, cut cholesterol, and promote longevity. They are also the most delicious foods you can imagine. On April 18, Neal Barnard, MD, gives you the chance to learn about and taste these foods and put their power to work.

A delicious buffet feast was provided by Lotus owner Patrick Nguyen, his family & staff, at the M&N Event Hall, a beautiful venue in Pinellas Park. An appreciative crowd of over 300 attendees joined us to hear Dr. Barnard's entertaining and informative talk "Power Your Health with Power Foods, learn to prevent and reverse disease through nutrition" with focus on how to reach and maintain a healthy weight. Dr Barnard graciously stayed for a Meet & Greet with photo ops and book signing.



A Helping Paw for FVA Crossroad Cats

By Suzanne House

Florida Voices for Animals not only cares about factory farming, animal research and veganism. We also care about cats and dogs. Our closest companions. Many years ago FVA set up a fund for surgeries for community cats that present and past board members feed and take care of. FVA has been very gracious in paying for much needed dental work for one of our cats and several cats with terrible wounds inflicted by other animals or nature. Unfortunately the fund has dried up and we're unable to continue offering medical help when needed.

In addition, we feeders and caretakers trap, neuter, vaccinate and return, TNVR, feral cats that show up in our colonies.

We also trap domestic cats that pathetic humans dump in the park where we feed at and find fosters for them and get them adopted. We have even rescued a dog that was dumped at the park near the dog park five years ago. She now lives in the most loving home with humans that adore her.

We caretakers of the FVA Crossroad Cats are asking you, our members, to help us. Any donation big or small would be greatly appreciated for the next unexpected medical problem that comes up. Thank you very much.

**Meet our NEWEST board member!
Nachiket Burade (Nachi)**



Nachiket has been vegetarian all his life and vegan for about 15 years. His compassion for animals began in childhood, when he saw goats and chickens confined in cages, waiting to be slaughtered. The fear, sadness, and silent plea in their eyes left a lasting impact. At that moment, Nachiket realized that animals suffer deeply, even if they don't speak the same language. That experience shaped a lifelong belief of being a voice for the voiceless and living a kinder, more compassionate life.

Originally from Mumbai, India, Nachiket now resides in Tampa, Florida. He brings a deep passion for animal protection, environmental responsibility, and community service. For nine years he has been dedicated to volunteer work focused on bringing public awareness to animal cruelty, reforestation projects, environmentalism, and building communities.

Nachiket has also helped organize and led Florida Voices for Animals (FVA) community events. In recent months, he has planned, organized, and led several group adventures, hikes and meetings at local vegan restaurants supporting local businesses and fostering a greater sense of community. Through these events, he hopes to support cruelty free businesses and create welcoming spaces for like minded individuals.

Professionally, Nachiket works in business consulting in financial risk and compliance. Bringing experience in organization, planning, technology, and process improvement He hopes to use his passion and skills to support FVA's outreach, events, communications, and long-term growth.

Outside of work and volunteering, Nachiket enjoys riding motorcycles, nature and wildlife photography, road trips, music, and exploring parks and forests. He is excited to be on the FVA Board and continue to help build a kinder, more compassionate community for all animals, including humans.

Hike & Dine! -Brooker Creek Preserve & Green Table



FVA Cleanup at Al Lopez Park 05/31/26



FVA volunteers had one of our best quarterly cleanups at Al Lopez Park on May 31, 2026, with at least 15 attendees helping remove litter and debris.

One especially important find was discarded fishing line, which could have harmed birds, turtles, or other wildlife. Thank you to everyone who joined and helped keep the park cleaner, safer, and more beautiful.

GOOD NEWS!

A victory for ducks and geese!

The city of Portland, Oregon, [banned the sale of foie gras](#) from force-fed birds, despite industry efforts to keep this cruel dish on menus - info@mail.farmsanctuary.org, 6/9/26

Concern for nesting birds prompts Safety Harbor to consider moving July 4 fireworks

At least four state-threatened bird species are nesting near where the fireworks are currently planned. When City officials became aware of the active nesting area and the loud bangs that could cause birds to leave their nests and vulnerable chicks behind to predators, they began to work on plans to relocate the fireworks to a less sensitive area. -Story by Max Chesnes, our favorite Tampa Bay Times Reporter, June 8, 2026.

The Animal Justice Task Force has been officially accepted into the Animal Cruelty Network Membership of the Association of Prosecuting Attorneys a prestigious national organization! Through this membership, we will now have the ability to confer directly with specialized prosecutors across the country, one is even from the Florida Attorney General's Office.

This is a pivotal moment for our Task Force and for every animal who deserves justice! We cannot wait to learn, grow, and advocate alongside this remarkable group of people. The fight for animal justice just got a whole lot stronger. Reported by Elizabeth Olson of Rescue Pink, Inc.





UPDATE: Tembo's Tragic Tale: Held For 50 Years at the Topeka Zoo Until Death Set Her Free

Before Tembo landed at the Topeka Zoo, she was a free-roaming toddler on the African savanna. Her days of freedom came to an abrupt end when she was captured and shipped across the world to live her life trapped in a barren, tiny zoo enclosure, where she died on May 16, 2026.

"Brobdingnagian Ecphonesis"
- written by Diana Moreton

*the sad, trembling pursed lips
of the pachyderms as they perform
for the ignorant masses
all their suffering
their squirms,
my chest bursts in anguish for them
as the cotton candy flows
it squeezes through my heart
and out the painfully arthritic
elephant performers massive toes*

*Please contact the IDA '10 worst zoos' listed below
and ask them to send their sad suffering elephants
to welfare sanctuaries yesterday. As you may know,
the elephants, along with all the other animals, like
the vaquita, on the planet, are on their swift
way out to extinction due to human ignorance.*

*Tulsa 918.669.6600
ALS Hamilton, Ontario, Canada 519.623.2620
Denver 720.337.1400
Columbus 614.645.3400
ABP Biopark, NM 505.768.2000
Toledo 419 724 0073
Omaha 402 733 8401
Fresno 559 498 5910
Wichita Sedgwick 316 660 9453
Houston 713 533 6500*

“It Takes Nothing Away From A Human To Be Kind To An Animal” - Joaquin Phoenix

FVA in Action – Quarter 2, 2026

Dear FVA members, friends, and readers,

Below we share our recent FVA meetup events! We have over 4100 signed up as ‘interested’ in our group and activities. As you can see, we continue to have a variety of opportunities for you to become involved.

WHERE ARE YOU? Please join our Meetup group, and attend events that interest you, and help the animals! (If you are unable to attend, please be kind enough to change your RSVP so we know who to expect at our events and plan appropriately.)

FVA in the Community

4/1, 5/1 & 6/5 - Karaoke & Potluck Nights at Unitarian Universalist Church, a monthly event organized by FVA Board member, Trevor Chin. Come & enjoy sharing yummy vegan foods, meeting new people, and having fun singing or listening to those brave ones who do!

4/2, 5/7 & 6/4 - Vegan Support Groups held this past quarter. Our monthly meetings are Open Forums, held virtually via Zoom. You can join in great discussions with regular attendees and new ones each time!

No pressure to chat, but we always like everyone to introduce themselves. **Join our hosts:** Kimberly Gronemeyer, Psy.D., Myriam Parham, RD, CDCES, and Cathy Unruh, Journalist, Author, and Animal Advocate.

4/26 - FVA Tabled at 21 st Annual Central Florida Earth Day, Lake Eola Park Orlando – the largest Earth Day festival in Central Florida! This was the 57th anniversary of Earth Day! Huge thanks to Trevor, Nachiket & Lorenzo for driving to Orlando and tabling for a full day!

4/12, 4/19, 4/26, 5/10, 5/16, 6/14 - Our new series of refreshing **Biweekly Hike/Nature Walks** continue, **followed by a community meal at local vegan spots.** Nachiket Burade, our delightful guide, took a growing group (6-16 participants) for leisure walks and then followed with delicious lunches.

This quarter's hikes included:

Hillsborough River State Park then dined at Divine Leaf Café inside Nutrition Smart in Wesley Chapel
Myakka River State Park, Sarasota, hiked 11-12 miles then lunch at World vegan cuisine, St. Pete
Brooker Creek Preserve, in Tarpon Springs, with lunch at The Green Table Trinity,
Weedon Island Preserve, then lunch at World Vegan Cuisine, both in St. Pete,
Jay B. Starkey Wilderness Park, then lunch at Craving Lisa's, both in New Port Richey,
Polk's Nature Discovery Center, with stop at Vegetation for food, both in Lakeland.

You can join us at any future event of this series. You will enjoy multiple benefits, including:

1. Connecting with like-minded people
2. Supporting vegan restaurants
3. Boosting your physical + mental health in a fun, low-pressure way

6/20 – New adventure with our trusty guide Nachiket! An all-day event with Paddle/Kayak & Vegan Eats, Ichetucknee Springs State Park. Lunch at Curia on the drags, All vegan food truck at Gainesville.

5/31 – Al Lopez Park Quarterly Cleanup – We had one of our best cleanups! We had at least 15 wonderful attendees, who accomplished a lot in a short time. Nachiket found & removed some fishing lines after getting tangled in them! This alone was worth our cleanup today! Probably saved some wildlife. Huge thanks to our hard-working volunteers. See our meetup for photos & more details. All greatly appreciated!

Please join us any time, as the trash never stops. Thanks for ALL your help!

Al Lopez Park & Other Locations -Year-Round Feral Cats Feeding & Trapping for medical care and/or sterilizations.

The feral cat care and feedings have been coordinated by Tom Bird for many years. We now need more volunteers. Currently a few dedicated volunteers take turns once a week making sure the cats are fed.

Thanks to Tom Bird, Suzanne House, Ron Gray, Laura Pennington, Amy Anderson, Maggie Lichtman, Shawn Beckland and Kenny Echezabal for doing this 365 days a year. Total dedication! Please volunteer to take a turn if possible! We could REALLY use the help!

*PLEASE consider helping us with our feral cat colony medical bills fund. This also helps sterilize cats that join any of the colonies.

You can receive this newsletter via email or download it from the FVA website.

To go paperless, please email fvaonline@yahoo.com to let us know. You will both help the environment and enable FVA to have more resources. to help animals. If you are interested in advertising in our Newsletter, please contact us for price/size info!

Media and Other Activities:

4/18 – Lotus Vegan Restaurant and FVA joined forces to provide an amazing program with Dr. Neal Barnard, MD, President and Co-founder of Physician’s Committee for Responsible Medicine -PCRM
6/14 – World Vegan Cuisine, St. Petersburg, -TBVF Volunteer Meeting, Great food & social!
6/28 - FVA & World Vegan Cuisine (WVC), in St. Petersburg, presented our latest Lunch & Learn with Christina Cherian, MD of Lotus Lifestyle Medicine. The title of Dr. Cherian’s talk was “Eat to Live” & attendees enjoyed a delicious and plentiful buffet.

FVA sends donations to local shelters - Sanctuary Monthly Donations:

Apr – **Birds of Paradise - \$200**, nominated by Laura Weiss, after she learned they need financial assistance.
May - **Mercy Full Project - \$200**, to support Heydi’s work– rescuing companion animals left behind by detained & deported immigrants. Nominated after seeing newspaper article on this.
June – **Friends of the Pelicans - \$200.**

FVA Demos for the Animals:

4/11, 5/16 – **Go Vegan Demo at St. Pete Market** - a peaceful demonstration to help spread compassion for all sentient beings. Many people do not think about the most common cruelty that is committed every day to the weakest and meekest of the animals - the ones who are used as production units for “food.” Help us raise awareness about our food choices and spread the word that Love and Peace starts on our plate.

Hosted by Hussein & Denise.

5/9 – **Empty the Tanks Demo**, entrance of Sea World, Orlando - FVA, Animal Rights Foundation of Florida (ARFF), PETA, and many other compassionate individuals joined in this Worldwide Demo Event, which highlighted how these intelligent animals are held against their will, forced to perform stupid human tricks so that entertainment CEOs can make money. Their existence is swimming around endlessly in the equivalent of a human-size pool.

5/16 - **Save our Shores & Endangered Species from Offshore Drilling**, Rally at the St. Pete Market, FVA joined Sierra and other groups at the Save Our Shores rallies, as part of the gulf-wide day of action organized by the Endangered Species Coalition to speak out for Rice Whales and other sea life in our Gulf. We oppose oil drilling and the weakening of the Endangered Species Act, which would be disastrous for wildlife in our area. Thanks to: Trevor, Kim G, Nina P, Cara G, Kelly P & Myriam for attending and speaking out! Special thanks to Tampa Bay Times reporter Max Chesnes for attending and reporting the event as part of his series to follow the Rice Whales, Whale sharks and our Gulf health.

Please check our FVA Meetup calendar to join events like these so we can get to know each other!

We hope to see you soon!

FVA’s BOARD OF DIRECTORS

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Nachiket Burade

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YES I want to support Florida Voices for Animals, Inc.

Enclosed is my annual membership fee or donation:

\$300 Teddy* Lifetime \$100 Patron \$50 Family \$30 Individual \$15 Student _____ Other

NAME: _____ PHONE: _____ FAX: _____

ADDRESS: _____ CITY: _____ ST: _____ ZIP: _____

E-mail: _____

I would like to volunteer for:

Phone Tree Attending Demonstrations Staffing Outreach Tables Website Newsletter

Investigations Other: _____

I prefer to receive my Newsletters: Electronically via email Regular Mail

** In loving memory of Keith Roghair’s dog, Teddy*



Our mission is to educate the public about animal abuse and exploitation. Please renew your membership if it has expired. Check your label.

M Paid membership and renewal date **L Lifetime member**
X Newsletter exchange **C Courtesy**

FLORIDA VOICES FOR ANIMALS, INC.
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All events are posted on our Meetup Calendar so if you haven't signed up for our meetup, go to www.meetup.com, search for Florida Voices for Animals, and then sign up.

Check out **Christina Cooks** cooking show with **Christina Pirello** on Create TV at 9:30 AM EST

Every Wed at 11am WMNF 88.5FM **Talking Animals** radio show with **Duncan Strauss**

Every Sun at 09 am EST on Create TV **Jazzy Vegetarian** cooking show with **Laura Theodore**

7/2, 8/6, 9/3 6:30pm **Vegan Support Group** Zoom Mtg. FVA is hosting a series of vegan support groups on the first Thursday of each month to help you cope with the challenges of living in a non-vegan world. RSVP on FVA Meetup

7/3, 8/7, 9/4 6:30pm **Vegan Potluck & Karaoke**, Unitarian Universalist Church of Tampa, 11400 Morris Bridge Rd, Tampa 33637 FVA hosts this fun monthly event. Bring a vegan dish and your best singing voice. RSVP on FVA Meetup

TBA 10am-11am **FVA's Al Lopez Park Cleanup**, 4810 N Himes Ave, Tampa, FL 34614 Volunteers are needed to help clean up Al Lopez Park. The animals could use your help to keep their environment clean. Bring water or other beverage, sunscreen, hat, sunglasses, long pants & long sleeves. Gloves, trash bags & grabber poles will be provided.

11/14 11 am to 5 pm **14th Annual Tampa Bay VegFest** at Perry Harvey Sr park, Downtown Tampa. Save the date.

All vegan establishments need our support year-round!

Tampa, St. Pete, Pinellas Park, Wesley Chapel, Brandon, Lakeland, Safety Harbour

BARE Blends, Tampa
COCO LOV, Tampa, Dunedin
Divine Leaf Vegan, Wesley Chapel
Good Intentions, St Pete
Halelife Bakery & Bistro, Tampa/St. Pete
House of Vegano, St. Petersburg
Vegan Halal Cart, Tampa

Oopsy Daisy Sweets, Tampa
Pure Kitchen, Tampa
Ray's Vegan Soul, St. Pete
Seasoned Green, Tampa (vegetarian)
Skoops Italian Ice, Brandon
Solid Rock Eats, Tarpon Springs
Kalesia Tea Lounge, Tampa

We Vegan Cafe, Tampa
World Vegan Cuisine, St. Petersburg
Lotus Vegan Restaurant, Pinellas Park
The Green Table, Wesley Chapel
The Green Table, Palm Harbour
The Green Table, Trinity
Vegan International Co, Tampa

Manatee & Sarasota county area

BARE Blends
Beauty of Sprouts, Sarasota
CROP, Sarasota
FAM, Sarasota
IONIE, Sarasota
Sip Sip Hooray, Englewood
Sarasota Pop ups & Products
Catalyst Creamery
Corrine's Conscious Cuisine, online

Grounded Gourmet
Island LeLu Coffee
Nutty Girl
Simply Organix
Totally Nuts! Premium Almond Milk
Good Earth Pure Soaps
The Meatless Mexican
Planted Into Wellness
It Takes You There! Vegan Treats

Serves vegan food

Café Hey, Tampa
La Setima Club, Ybor City,
Love Food Central, St. Petersburg
Revelations, Lutz
Xtreme Tacos, Tampa