

## EAT THIS: THE PLANT SOCIETY GRAND OPENING DEC. 1

Community, health and inclusiveness.

Those are the three pillars supporting Allison Mateo's brand new vegan eatery, the Plant Society Kitchen.

The restaurant-café and cooking school will be opening its doors to the public on Dec. 1 and Mateo, along with her colleagues chef Holly Atkinson and Vegan Sweets owner Alyson Gibbs, say they want local residents to know that while Plant Society Kitchen promotes good-quality, delicious whole food, the company represents so much more than that.

"Acton needs something to bring everyone together," she said. "We're very curious to see what they think."

Mateo says one crucial part of the business is the ways it will give back to the community. Every few months, Plant Society Kitchen will be selecting a sanctuary or rescue nearby and choosing a day to fundraise for that particular organization.

Eventually, Mateo adds, she also hopes to organize field trips for local residents to be able to visit the sanctuaries themselves.

"We're not very aggressive in terms of how we feel about people who eat meat, but we want to educate. We want to provide people with knowledge and we want to feel inclusive," Mateo said. "We're very free, we're very caring, we're very inclusive,



Veronica Appia/Metroland

From left to right: Holly Atkinson, Alyson Gibbs and Allison Mateo get ready for The Plant Society Kitchen's grand opening.

so having those field trips may plant a few seeds."

For the remainder of 2018, Mateo says the kitchen will be raising funds for the Happy Ever Esther Farm Sanctuary in Milton. On Dec. 1, the eatery will be holding a 50/50 draw and selling Happy Esther cookies and half-size focaccia with proceeds going toward the farm.

When it comes to regular menu offerings, chef Atkinson says there will be certain staple items, but the menu will be changing every few days.

Visitors can expect a whole range of goodies, all made with whole foods, including pizza, salads, soups, sandwiches, wraps, poutine, sweets and more.

Plant Society Kitchen will also be hosting two cooking classes per month (one for children and one for adults) to introduce visitors to the world of vegan cooking.

"There will be a lot of introductions to veganism and veganism for university stu-

dents, so they have the ability to cook and prep on their own," Mateo said.

The restaurant is also creating an in-house version of Nailed It!, a Netflix baking series — on Dec. 29 at 2 p.m. Participants will face off to see how closely they can recreate one of Gibbs' baking masterpieces.

Plant Society Kitchen is located at 37 Mill St. E. in Acton. The grand opening celebration will take place from 11 a.m.-3 p.m. on Dec. 1, with a ribbon cutting at 10:45 a.m. The kitchen will also have art up for sale by Erinn Haughton and Heather Sinnott. For further information about Plant Society Kitchen, visit theplantsociety.ca.

### BUSINESS TYPE:

Restaurant and cooking school

### ADDRESS:

37 Mill St. E., Acton, Ont.

### CONTACT

Website: theplantsociety.ca

Phone number: 519-929-9349

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