

## California, U.S.A.

2020.06.12-24

### Promoting Vegetarianism while Donating PPE

To continue promoting the vegetarian agenda while helping medical facilities in need, Tzu Chi USA started a “saving the earth, one vegetarian meal at a time” movement, using the opportunities given by donating supplies to promote

vegetarianism, and they did so at Tzu Chi’s South El Monte Health Center on June 12th and at Tzu Chi’s Wilmington Clinic on June 24th.

Darlene Burge, manager of the Customer Service department of the Methodist Hospital, tasted her first vegetarian lunch box for the first time three weeks ago. After that meal, she vowed to have one vegetarian meal a day, and she vowed such a large



The “saving the earth, one vegetarian meal at a time” movement hosted by Tzu Chi Medical Foundation promoted vegetarianism while donating PPE to hospitals.



**Dr. Zhang Bingdong (second to the left) and Dr. Zhuo Yumin explained the role of vegetarianism in preventing diseases.**

liking to organic vegetables that she started her own garden with eggplants, cucumbers, wax gourd, tomatoes, peppers, strawberries and more. “In the midst of the pandemic, Tzu Chi was the one that supported us through every obstacle. Now that Tzu Chi is promoting vegetarianism, I must return their favor. I have been encouraging my relatives and friends to go vegetarian for better health,” Burge said.

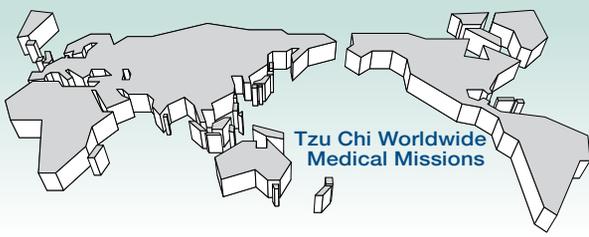
“This vegetarian meal was a breath of fresh air. I feel much more level-headed and composed than before because the meal gets its flavor from clean sources without any additives. I will give myself a chance and try a vegetarian diet,” Vilma Velasco from Huntington Beach said.

“Tzu Chi gave us masks when we



**Besides providing healthy vegetarian lunch boxes, the Tzu Chi volunteers also provided vegetarian rice dumplings for the guests.**

needed them the most,” said Grepa from Hope International Hospice. “When I asked if they could assist my fellow church members, I didn’t think that they would agree with no hesitation. They brought masks and wished everyone well. Tzu Chi is truly a Buddhist



organization formed from love that breaks the barriers of religion.” Because Grepa had grasped the opportunity in front of her eyes, Tzu Chi donated masks to churches so that they could reopen.

Su Jianhua, honorary Chairman of the Tzu Chi Medical Foundation, and his wife, Zhan Yan has been involved in Tzu Chi for seven years. Besides donating money and providing manpower, they also promoted vegetarianism like their fellow volunteers. “When it comes to illnesses, proactivity always trumps reactivity, and vegetarianism undoubtedly takes the proactive route, allowing people to live a healthier life and protect Mother Earth. With the “saving the

earth, one vegetarian meal at a time” movement, the heart can be purified,” Su Jianhua said.



**The volunteers helped load the packages of PPE onto the car, and the representatives of the hospital organizations expressed their gratitude for Tzu Chi’s help.**

