The Black Vegetarian Society of Maryland's mission is to educate the public, particularly African American and Latinx communities, on the benefits of a plant-based (pure vegetarian) diet with a focus on building community around healthy, accessible, and sustainable food and a focus on lifestyle choices.

We are a 24/7 online resource center with referrals and health & wellness coaches. We have special events, webinars, cooking demos and wellness classes.
EDUCATION
We educate communities on the health and wellness benefits of a plant-based diet.

EMPOWERMENT
Feel empowered to make the best, most cost-effective and compassionate choices when it comes to feeding yourself and your family.

EARTH
Learn ways to respect and protect the planet.

EATING
Veg Starter Guide. Check out recipes and tips.

ENLIGHTENMENT
We aide you in obtaining an accurate and deeper understanding of the healing benefits of a plant-based diet through real life scenarios and testimonies.

EVENTS
We work hard and play hard. Our events include meet ups, picnics, festivals and more.