

YOUNG VEGANS

~~MEAT~~



be cool
not cruel!

~~DAIRY~~

your guide
to a healthy,
cruelty-free
diet



www.animalaid.org.uk

WHAT'S IN YOUR FOOD?

More and more people today are asking questions about the food they eat. They want to know how their meat is produced, and what impact eating it is having on their health, animals and the environment.

Increasingly, people are choosing to go vegetarian or vegan. Others are deciding to eat less meat, or eat meat that is free-range or organic.

This booklet is about why people go veggie and what they eat.

For more information, visit

www.animalaid.org.uk



WHAT IS A VEGETARIAN?



Vegetarians don't eat the flesh of animals. They avoid all forms of meat, including poultry, fish and slaughterhouse products such as animal fats and gelatine. Lacto-vegetarians eat cheese, milk and other dairy products as well as plant foods. Ovo-lacto-vegetarians eat eggs in addition to dairy products. Most vegetarians also avoid wearing clothes produced using animal products, such as leather (made from animal skins) and silk (made from the cocoons of silk worms).



WHAT IS A VEGAN?



Vegans avoid eating all animal products, such as meat, fish, eggs, dairy products (milk, cheese and yogurt) and honey. The vegan diet is 100% plant-based and healthy too!

ANIMALS ARE MY FRIENDS... AND I DON'T EAT MY FRIENDS.

GEORGE BERNARD SHAW (FAMOUS PLAYWRIGHT)

REASONS TO GO VEGGIE OR VEGAN

1) ANIMAL SLAUGHTER

In the UK, around 1000 million animals are slaughtered for food every year. Every one of these animals is capable of experiencing pain, fear and distress. Whether factory farmed, free-range or organic, all face a terrifying death.



2) ANIMAL SUFFERING

Animals reared for human consumption are treated like emotionless lumps of meat that cannot feel pain. Most of these animals are intensively farmed inside crowded, filthy sheds, in which they are deprived of everything that makes life worthwhile.



3) HEALTH

The saturated animal fat found in meat and dairy products not only piles on the pounds, but also increases your risk of heart disease, some cancers, stroke, diabetes and other health problems. Studies show that vegetarians have lower rates of obesity and heart disease and have a longer life expectancy than meat-eaters.



4) THE YUCK FACTOR

Eating meat means you might be eating every part of the animal, including gristle, bone and blood vessels.



5) CONCERN FOR THE PLANET

The demand for pasture and animal feed is causing habitat destruction on a global scale. The waste released by factory farms and slaughterhouses is a major cause of water pollution. Farmed animals produce enormous amounts of methane gas, the second biggest cause of global warming.



6) FEED THE WORLD

Rearing animals for food makes inefficient use of the world's scarce land and food resources. This means that there is less food for feeding hungry people.



7) SPIRITUAL REASONS

Many followers of religions such as Buddhism, Hinduism and Jainism don't eat meat because they believe we should have respect for all living creatures.



THE SUFFERING OF FARMED ANIMALS

Around 1000 million animals are slaughtered for food every year in the UK. Most are reared in intensive factory farms, which exist so that farmers can produce meat, eggs and dairy products as quickly and cheaply as possible. To keep the production costs down, the animals are confined in small spaces. They are denied fresh air, proper exercise and the freedom to behave naturally.

Animals killed for meat are slaughtered at a very young age*.

Animal used for food:	Natural lifespan:	Age at which they are typically killed:
Cattle	25-30 years	1-2 years
Sheep	15 years	3-10 months
Pigs	15 years	3-6 months
Chickens	10 years	6 weeks
Egg-laying hens	10 years	18 months
Turkeys	10 years	12-26 weeks
Rabbits	6-8 years	6-8 weeks

* Animals used for breeding are killed for cheap meat products at an older age, usually when they are past their breeding 'prime'.

PIGS - WHO'S IN YOUR SAUSAGE?



Breeding sows are forced to produce as many piglets as possible. A week before they are due to give birth, sows are moved to a farrowing crate - a metal cage-like structure with a concrete floor. They are unable to turn around or move freely to prevent them from crushing their babies, which could occur due to the abnormally large litters modern sows are forced to produce.

At three or four weeks old, the piglets are taken away from their mothers. A high protein diet causes them to grow very big, very fast. As a result, the pigs suffer painful leg and joint problems. The unnatural conditions also lead to heart and breathing problems, as well as to infections that affect the gut, skin, brain and nervous system.



CHICKENS - WHO'S IN YOUR NUGGETS?

Broiler chickens (raised for meat) are crammed into windowless sheds that can hold 100,000 birds. They are bred to reach their slaughter-weight in just six weeks. Often their young legs buckle under the strain. With so many birds crowded together, access to food and water points is difficult. Weaker and sicker chickens collapse and die from thirst and hunger. More than one in 20 birds die before they can be slaughtered.

In the wild, chickens naturally peck at the ground for food. In the crush of the shed they cannot peck naturally and out of frustration and confusion peck each other - often causing harm. To combat this, chicks have the ends of their beaks sliced off with a hot blade.

Inside the sheds, the litter that lines the floor is not changed for the whole of the birds' lives. This means that they are forced to stand and sleep in their own faeces and urine, which covers their feet. This causes ulcers and sores on their feet and chests.

The life and death of turkeys is virtually identical to that of chickens.



EGGS - WHO HAVE YOU SCRAMBLED?

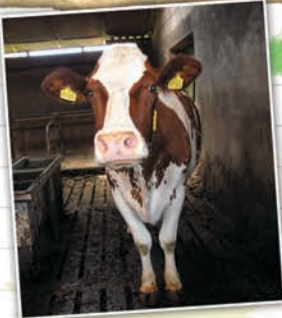
Around half of the eggs produced in the UK come from intensive farms where hens are kept in cages that are stacked on top of each other inside huge windowless sheds. In 2012 the old battery cages were replaced by 'enriched' cages, which are barely any better. The hens cannot behave naturally and don't even have enough room to stretch their wings properly. These birds never experience natural light or fresh air and do not leave their cages until they are taken for slaughter.

The hens begin their lives in giant hatcheries. The male chicks born in these units are useless to egg farmers, as they cannot lay eggs, so they are gassed or tossed alive into giant industrial shredders.



CATTLE

There are two types of commercially reared cattle - dairy and beef. The dairy industry is concerned with producing milk. Beef animals are bred to be turned into burgers, steaks and other meat products.

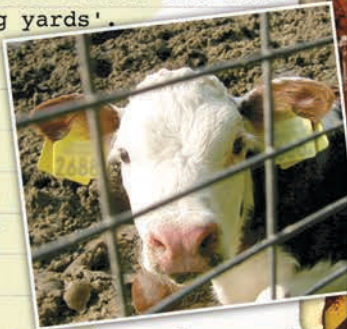


MILK - WHAT'S THAT A PINT OF?

Just like human females, cows produce milk only after giving birth. To keep up the supply they are kept in a constant cycle of pregnancies and forced to produce much more milk than is natural.

Increasingly, dairy cattle are kept in 'zero grazing' conditions, whereby they are packed together in sheds with concrete floors and move about outside only in 'loafing yards'.

Soon after birth, calves are taken away from their mothers, causing great distress for both. Some female calves join the dairy herd, others are killed for pet or baby food, or so that parts of their stomach can be used to make rennet (an ingredient used in cheese). The males are regarded as 'waste by-products' as there is limited demand for the 'low quality' beef for which some are reared. 'Surplus' calves are shot or may be transported to veal farms on the continent.



Even cows who are not zero grazed spend several months each year in winter housing. The sheds are typically dirty, crowded and damp, which causes the cows to go lame. Because their udders are so large, they cannot stand or walk properly. Many suffer from mastitis - a very painful infection, causing swollen, weeping udders. Dairy cows are worn out by the time they are five years old, and are sent to slaughter.

BEEF - WHO'S IN YOUR BURGER?

You might believe that cattle have a nice, happy life out in the fields, but over the winter months they are kept in dismal sheds, standing in their own excrement and urine. Nearly all animals show signs of foot injury caused by standing on concrete floors.

Cattle are often de-horned - a painful procedure - to prevent them from injuring each other in the confined, stressful conditions of the sheds and during transport. Male beef calves are often painfully castrated by fitting a tight rubber ring over their testes.





LAMB - WHO'S IN YOUR CHOP?

Sheep and lambs left in fields are forced to stand out in rain, snow or scorching heat. They have nowhere else to go, no shelter and frequently not even enough water to drink. Each year, more than 2 million newborn lambs die within a few days of birth - from disease, exposure or malnutrition.

Sheep suffer lameness, bug infestation, rotting teeth, blindness and viral and bacterial infections, caused by the stress on their bodies. 'Preventive' drugs for a wide range of parasites have to be given, either by injection, pouring the drugs down the throat or submerging the animals in a chemical 'sheep dip'.



FISH - WHO HAVE YOU BATTERED?

Fish, like humans and other animals, can experience pain and suffering, as they have a brain and nervous system and pain receptors all over their bodies.



When hauled up from the deep, fish undergo excruciating decompression. Fish caught in nets will die of crushing or suffocation, or by having their bellies sliced open on the decks of the ships.

Fish on farms are reared in dirty, crowded, underwater pens. They are given antibiotics and pesticides to try to control painful lice.



DOES FREE-RANGE MEAN CRUELTY-FREE?

'Free-range' animals may have a slightly better life than those who are intensively reared, but they are still slaughtered at an early age, and in the same way as factory farmed animals.

Free-range chickens are often kept in crowded barns, with barely any room to move. There might be openings only on one side of the barn, so it may be difficult for the ones furthest away to get out.

You may have seen the metal arks in fields that the free-range pigs are given for shelter. Often they suffer from foot problems, because of the wet, muddy conditions in which they are kept.

Free-range pigs and chickens have been bred for meat and not hardiness and, therefore, cannot easily cope with the heat, the cold or the disease bugs found outside.



How are they killed?



Modern abattoirs run at high speeds to kill as many animals as possible in the shortest possible time. Therefore, it is almost impossible for the animals' welfare to be properly considered. Traumatized animals are often prodded and beaten to hurry them along. Sheer fear can cause them to shake uncontrollably.



Before their throats are cut, animals are stunned in an attempt to minimise the pain and shock caused by the knife. To stun cattle, a pistol that fires a retractable bolt into the brain is used. Pigs, sheep and lambs are stunned using tongs, which fire an electric current through the brain. Live chickens are shackled upside down and lowered into an electrified tank of water. Because of the speed of the killing lines, animals are often stunned badly and so are conscious when the blade is used. Some scientists believe, in any case, that 'stunning' does not stop the pain but simply 'freezes' the animal.



Livestock markets and transportation

Many animals are sent to markets where farmers and dealers bid for them. Most handlers have little sympathy or concern for the animals, and routinely slap, kick and beat them, as they are loaded and unloaded and moved around the market. Even in the height of the summer, animals at markets are rarely given any water to drink. From market, they will be transported to another farm for further fattening or will be sent for slaughter.



Animal diseases

Farmed animals suffer from injuries and diseases, caused and spread by overcrowding and stress. They include foot and mouth, salmonella, E-coli, campylobacter, mastitis, foot rot, lameness and scrapie. In recent years, diseases have been found in farmed animals that threaten both people and animals. These include bird flu and BSE. Farmed animals are fed drugs, including antibiotics, to keep them 'healthy'. People ingest traces of these drugs when they eat animal flesh, or animal products such as milk and eggs.



PROTECTING THE PLANET

Farmed animals are a main source of methane emissions - one of the major gases contributing to global warming. Methane is produced by bacteria in the stomachs of sheep, cattle and goats, and is farted and belched out by the animals. Farm supplies, animal feed and the animals themselves are transported great distances, producing carbon dioxide and nitrous oxide. Heat and electricity used by slaughterhouses and farms further increase energy demand, which is currently met by carbon-emitting power stations. A plant-based diet has a much smaller 'carbon footprint'.



A quarter of the Earth's land area is wasted as pasture for livestock. Wildlife habitats and fast-shrinking rainforests are often cut down for cattle pasture or to grow crops for animal feed. One of the most popular crops grown worldwide is the soya bean, of which 90% is turned into animal feed.

Farmers spread animal manure and other farm waste on to the land as fertiliser. This runs into nearby streams and rivers causing water pollution and wildlife destruction.



water needed for:

grain

beef

The world is suffering a global water shortage. Animal farming uses vast quantities of water and is making the situation worse. It takes 900 litres of water to produce 1kg of wheat compared with 100,000 litres to produce 1kg of beef.

Many of the world's fish species have been driven to the brink of extinction because of over-fishing. Dolphins, whales, turtles and sea birds are also frequently killed when they get caught up in discarded fishing tackle and drift nets.



wild

farmed

People who think eating farmed fish is a solution to the problem of over-fishing in the oceans are misguided. Around five tons of wild-caught fish are killed and used as feed to produce one ton of farmed fish.

FEED THE WORLD

The human population is on the increase and around the world millions of people are dying of hunger. Soon, world food production will not be able to keep up with the demands of a Western meat-eating diet - which is now being adopted by developing countries.



A third of the world's food crop is fed to animals.



Veggie/vegan:

Meat:

We can feed up to 10 times as many people by using the available land to feed people directly, rather than devoting it to fattening up animals.

MEAT →



VEGGIE →



A vegetarian diet uses one fifth of the land used for a typical Western meat-based diet.

Animals use up most of the energy and nutrients they eat in the day-to-day working of their bodies. Only by cutting back on global meat consumption will we ever be able to feed everyone in the world.

HEALTHY LIVING

Two of the most detailed comparisons of the health of vegetarians and meat-eaters (The Oxford Study and The China Study) concluded that vegetarians are less likely to suffer from various cancers, diabetes, heart disease and obesity - and, therefore, have a longer life expectancy.

A balanced vegetarian diet is low in fat and cholesterol and high in nutrients, which will boost your energy and fitness.

If you don't like the thought of eating genetically modified (GM) foods, then meat is not for you. Over half of the GM crops grown around the world are used for animal feed.

Vegetarian foods don't contain any of the chemical pollutants such as PCBs, mercury and dioxins commonly found in many fish.



The background is a collage of various food items and animals. At the top left, there's a glass of milk and some cheese. Below that, a fish is visible. In the center, there's a large image of a lion. To the right, there are walnuts and other nuts. At the bottom, there's a pig and a cow. The entire background has a brick-like texture.

Q:

You need to drink milk and eat other dairy products to get enough calcium

A:

Calcium is found in many plant foods. If you eat a balanced and varied diet, you will consume all the calcium your body requires. Those who consume large amounts of meat and dairy products, which are rich in protein, often suffer from osteoporosis (weak bones caused by a lack of calcium). This is because too much protein makes the blood more acidic and the body tries to neutralise this by taking calcium from the bones into the bloodstream.

Q:

You need to eat fish for essential fatty acids

A:

Fish is not the only source of essential fatty acids. Vegetarians can meet their requirements by consuming plant sources such as soybeans (including soya milk and tofu), walnuts, rapeseed oil, flaxseed and dark green vegetables such as spinach.

Q:

We are carnivores so it is natural for us to eat meat

A:

We are omnivores, which means we can eat a wide range of foods, including meat and vegetable foods. However, our bodies have never properly adapted to a meaty diet. Carnivores such as lions and tigers eat only meat, and they have sharp front teeth for biting through thick animal skin and powerful jaws for breaking bones. They also have intestinal tracts a quarter the length of ours, so that rapidly-decaying meat can pass through quickly. We don't have any of these things!

Q:

What would happen to all the animals if we don't eat them?

A:

Farmers mass-produce animals so that humans can eat them. As more and more people become vegetarian, there will be less demand for meat products, the numbers of animals being farmed will decrease gradually, and eventually animals will no longer be raised for food. This means that there will be more room for natural habitats and wildlife.











VEGAN NUTRITION



A balanced and varied plant-based diet contains everything the body needs to stay fit and healthy. People often assume that they are getting all their nutrients just because they eat animal products, but that may not be the case. Whether vegan or not, everyone should make sure they eat a proper well-planned diet—a wide variety of different foods—to get all the protein, carbohydrate, fat, vitamins and minerals they need.

GOOD VEGAN SOURCES INCLUDE:

Protein	Important for growth and development	Soya products, beans, peas, cereals, rice, bread, pasta, seeds and nuts.	
Calcium	For healthy teeth and bones	Sesame seeds, tahini (spread made from sesame seeds), tofu, leafy green vegetables (such as spinach and broccoli), wholemeal bread, beans and potatoes.	
Iron	Important for healthy blood	Green leafy vegetables, baked beans, chocolate, kidney beans, tofu, lentils, wholemeal bread, pumpkin seeds and sunflower seeds are all good sources. Vitamin C helps to absorb iron.	
Zinc	For healthy skin	Wholemeal bread, brown rice, lentils, pumpkin seeds and sesame seeds, nuts and mushrooms.	
Vitamin B12	Helps maintain healthy blood and nerve function	Lots of foods are now fortified with B12, such as yeast extract (Marmite), soya milks, non-dairy margarines and some cereals.	
Vitamin C	Fights infections	A variety of fruits and vegetables, especially citrus, kiwi fruit, blackcurrants, leafy green vegetables (cabbage, broccoli, spinach) and green peppers.	
Vitamin D	Helps absorb calcium. For healthy bones and teeth	Most people obtain plenty from sunlight on their skin in the summer. Foods such as cereals, soya milks and non-dairy margarine are fortified with vitamin D.	
Essential Fatty Acids	Reported to be important for brain development	Flaxseed oil, rapeseed oil, walnuts, dark green vegetables such as spinach, and soya products.	



THE VEGAN FOOD PYRAMID

The pyramid shows what types of food we should eat and in what quantities. For example, we don't need much fat, but we do need lots of fruit, vegetables and carbohydrates.

ANIMAL-FREE MUNCHING

Vegetarians and vegans don't miss out on anything. You can get vegan versions of all your favourite meals, such as burgers, sausages, pies, pasta, pizza, curry, chilli, lasagne, shepherd's pie and a whole lot more.



©Goodlife

Vegan foods that are high in protein include pulses such as beans, lentils, chickpeas and peanuts, and foods made from soya beans such as tofu, veggie burgers, veggie mince and soya milk.

It's really easy to make vegan versions of your favourite meals, such as vegan bangers and mash, veggie burger and chips, Chinese stir-fry with noodles and Indian or Thai curry with rice. Soya mince is a great substitute for meat mince and can be used in the same way in spaghetti Bolognese, shepherd's pie, chilli con carne or Mexican tacos.

©Redwoods Foods



Tofu is soya bean curd. Its high protein content makes it an ideal nutritional substitute for meat, fish and dairy products. It is also rich in calcium, iron and B vitamins. Tofu can be found in the supermarket chiller cabinet and is available in plain, smoked or marinated varieties. It is ideal for veggie kebabs, stir-fries, and all sorts of Chinese and Thai dishes.



Vegan brands of ready meals to look out for in the supermarket and health food shops include Linda McCartney, Vbites, Cauldron, Frys's Goodlife, Quorn (vegan) and Redwoods. Most supermarkets also have their own range of vegan products.



There are also lots of delicious vegan dairy-free versions of foods such as margarine, milk, yoghurt, cheese, mayonnaise, cream and ice cream available from health food shops and some supermarkets.



EATING OUT

Indian, Thai and Chinese restaurants usually have a good selection of vegan dishes. It's easy to eat Italian vegan food - try a delicious vegan pizza with extra toppings or some roasted vegetables on top of pasta with a basic tomato sauce, or spice it up with chilli and garlic.

If you fancy something quick you can always grab a pitta stuffed with falafel, salad and hummus from the kebab shop or a baked potato loaded with baked beans from a cafe. There are also a growing number of vegetarian and vegan restaurants, and most places have at least one vegan option.



ANIMAL INGREDIENTS TO AVOID

Some things clearly come from an animal but not everything is so obvious. When you eat out or buy prepared food, always make sure you check there are no hidden animal ingredients.



Ingredients to beware of



Animal-free alternatives



Suet, dripping and lard = solid fat from kidneys of cattle or sheep.

Vegetable suet.

E120/cochineal = red food colouring made from crushed insects.

Try to avoid products with lots of E numbers as many are not good for you and some are made from animals.

Rennet = derived from calves' stomachs and used to harden some cheeses.

Soya cheeses.

Gelatine = made from boiled animal bones, skin and ligaments Found in many products including sweets, ice cream and some yoghurts.

Agar agar, carrageenan, or pectin.

Lactose, caseine and whey = milk derivatives.

Choose dairy-free versions of the products you want to buy.



RECIPES FOR LIFE

CRUNCHY NUT BURGER

Serves 4

INGREDIENTS:

225g mixed ground nuts
half cup wholemeal flour
1 onion, very finely chopped
1 carrot, grated
3 heaped tablespoons finely chopped, cooked greens, e.g. spinach or cabbage
2 tsps chopped parsley
1 tbsp sunflower seeds
2 tbsp sunflower oil
1/2 tsp mixed herbs
black pepper
1 tbsp soya sauce
water to bind



METHOD:

- 1) Mix all ingredients together in a large bowl.
- 2) Divide into 8 burgers.
- 3) Place on a greased baking tray.
- 4) Bake at Gas 5 / 190°C for about 12 minutes, then turn and bake for a further 12 minutes, until nicely browned.



energy in:

energy out:

Rearing cattle for beef is highly energy inefficient. Beef production uses about 3 times as much energy as the food energy it produces ... in other words ... 2/3 of the energy is wasted.

SO EAT A VEGGIE BURGER HELP REDUCE GLOBAL WARMING!

SHEPHERD'S PIE

Serves 4

INGREDIENTS:

1 onion
2 cloves garlic
225g frozen veggie mince
1 tin of chopped tomatoes
1 tsp mixed herbs
salt and pepper
pinch of sugar
1 tbsp of tomato purée
1 tsp of yeast extract
1 vegetable stock cube
1 cup of water
50g frozen peas
about 6 medium potatoes
3 tbsp margarine
about 4 tbsp soya milk



METHOD:

- 1) Chop the onion and garlic and fry in a little oil until softened.
- 2) Stir in the frozen veggie mince. Add water gradually until the mince is soft. Add chopped tomatoes, tomato purée, peas, herbs, yeast extract, sugar, salt and pepper and simmer for about 20 minutes.
- 3) Peel the potatoes and quarter them. Boil for about 15 minutes until soft.
- 4) Mash the potatoes with the margarine and soya milk.
- 5) Pour soya mixture into an ovenproof dish, and place mashed potato on top. Smooth down with a fork.
- 6) Cook in the oven for about 20 minutes at Gas 7 / 220°C until the top has browned.



TOFU STIR-FRY

Serves 4

INGREDIENTS:

2 tbsp sunflower or sesame oil
1 medium onion, thinly sliced and chopped
100g mushrooms, sliced
1 carrot, cut into thin strips
1 red or yellow pepper, deseeded and diced
100g broccoli, broken into small pieces
75g mangetout, halved diagonally
8 baby corn
125g beansprouts
450g tofu, cubed
boiled rice or noodles

Sauce:

2 tbsp sugar
2 tbsp wine vinegar
225ml vegetable stock
1 tsp tomato purée
1 tbsp cornflour

METHOD:

- 1) Heat the sunflower (or sesame oil) in a wok or large, heavy-based frying pan until it is almost smoking. Fry the tofu in the wok until it is crisp and then remove and keep to one side.
- 2) Reduce the heat slightly, add the onion, broccoli, mushrooms, carrot, pepper, mangetout and baby corn and stir-fry for 3-4 minutes.
- 3) Add the beansprouts and tofu to the wok and cook for 2 minutes, stirring gently but thoroughly.
- 4) To make the sauce, combine all the sugar, vinegar, vegetable stock, tomato purée and cornflour, stirring well to mix. Add to the wok, bring to the boil and cook, stirring until the sauce thickens. Continue to cook for 1 minute. Serve with rice or noodles.



STRAWBERRY TRIFLE

Serves 8

INGREDIENTS:

Trifle base:

300ml white self-raising flour
2 tsp baking powder
100ml sunflower oil
175g sugar
180ml water



Trifle topping:

1 punnet of strawberries
1 banana
1 bar of plain chocolate
1 85g packet of strawberry jelly mix crystals
1 525g carton of Alpro custard



METHOD:

Base:

- 1) Mix the water, sugar and oil in a pan and heat gently, stirring until sugar dissolves. Leave to cool.
- 2) Add dry ingredients and fold into the mixture.
- 3) Pour into sponge tin and bake for 30 minutes at 180°C / Gas 4.



Topping:

When cool, cut the sponge cake into small blocks and arrange in the bottom of the bowl. Wash and prepare the strawberries. Place a layer of strawberries over the sponge. Prepare jelly, following the instructions on packet, and pour over strawberries and sponge. Leave to cool and then place in fridge until jelly is set. Once set, slice the banana and arrange on top of the jelly and then cover with custard. Use a vegetable peeler to grate chocolate swirls and sprinkle over the top.

FIRST STEPS TO GOING VEGAN



1) Know the facts. This booklet is a great start, but if you would like more help, contact us or visit our website:

www.animalaid.org.uk

We have lots of recipes for you to try.



2) Replace animal products in your diet with plant-based alternatives. Not everyone goes completely vegan overnight. You can do it gradually. Why not cut down on the amount of animal products you eat over several weeks or months. You could try doing a sponsored vegan week (see our website for a sponsor form).



3) Talk to your friends and family about you going vegan. Explain to them why you want to do it.



4) Make sure you are catered for. If you don't make your own meals at home, show whoever does the cooking a copy of this booklet and suggest some vegan versions of your favourite meals for them to make. There's a fantastic range of prepared convenience vegan foods in the supermarkets these days - veggie burgers, sausages, pizzas, lasagne and pies, which you can heat up and have instead of the meat. If your school canteen doesn't have enough decent vegan meals, ask them to provide some more.



5) Spread the vegan word. Now you're vegan, why not see if you can persuade your friends and family to try some vegan meals, too. We can provide you with leaflets, booklets, recipes, posters and veggie pledge forms.



DAIRY



**I AM WHAT YOU SEE
I'VE GOT NO BODIES INSIDE ME
ALL OF ME IS ME
I WILL NOT EAT NOBODY ELSE
SO I AM WHAT YOU SEE
I DO NOT PLAN TO EAT DEAD SHEEP
I WILL NOT EAT A HEN
I'M SO PROUD OF WHAT I AM
SO I WILL SAY AGAIN
I'VE GOT NO BODIES INSIDE ME
ALL OF ME IS ME
I WILL NOT EAT NOBODY ELSE
SO I AM WHAT YOU SEE**

-BENJAMIN ZEPHANIAH

MEAT

For more info on going vegan contact us at
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