



Compassionate shopping

The everyday decisions you make relating to food, clothing, sport and entertainment can create positive change not only for animals, but also for you and your environment.

When it comes to shopping, there are now so many alternatives to products that cause suffering that it may only be a case of switching brands.

In fact, we can use our own consumer power to determine the kinds of products that go on sale in the shops.

In this way, we help break our culture's dependence on animal exploitation.

This mini-guide will help you to make animal-friendly choices when shopping in the high street. Its handy size means that you can carry it around with you and refer to it when out shopping for clothing, cosmetics and toiletries or grabbing a bite to eat. We hope you enjoy reading the guide.

What we do...

Animal Aid campaigns peacefully against all animal cruelty. Our main campaigns are animal experiments, animal farming and animals used for entertainment. We also promote a cruelty-free lifestyle.

In addition to producing a wide range of educational leaflets, posters, booklets and films, Animal Aid has a large national supporter base and a thriving education department. We deliver around 400 talks in schools and colleges every year.

We also have a large online shop selling vegan, cruelty-free products: animalaidshop.org.uk

Visit animalaid.org.uk or email info@animalaid.org.uk for more information about our work.

Your guide to easy cruelty-free high street shopping

Revised & updated 2022



Cosmetics, animal testing and the leaping bunny logo

The law surrounding animal experiments can be confusing – some legislation bans animal testing of certain products, whilst other legislation allows animal testing to be carried out for exactly the same products.

As a result, it is good to know there are reliable sources that tell us which products are cruelty-free and vegan. A really useful symbol to look out for is the leaping bunny logo, but remember that some brands, like Lush, never test on animals but don't carry the leaping bunny logo.



LUSH do not test on animals and they only buy raw materials from companies that are not involved in using, or commissioning, the use of animals for testing. All of their products are suitable for vegetarians and their vegan products are clearly marked.



Naturewatch Foundation's Compassionate Shopping Guide: compassionateshoppingguide.org allows you to filter products to find those that are vegan. Many of these products can be found in high-street stores such as Superdrug.

Animal ingredients to avoid in cosmetics

- Tallow - animal fat
- Lanolin - a grease extracted from wool
- Keratin - from hair, horn, hoof and feathers
- Gelatine - from animal bones, skin and hide
- Elastin - from meat
- Shellac - from crushed insects
- Cochineal (carmine) - from crushed beetles
- Beeswax - wax secreted by and taken from bees

Cruelty-free companies

The logos below include some companies that don't have the Leaping Bunny logo but their cosmetics and toiletries have not been tested on animals. There are so many brands that don't test on animals that we couldn't list them all, but here are some you may recognise.

And beware – just because a product hasn't been tested on animals, it doesn't mean that it is vegan, so check the ingredients or look for a vegan label.



own brand products



own brand products



own brand products



own brand products



own brand products



own brand products



eyes lips face



at WILKO



own brand products



Action!

Only buy toiletries and cosmetics that haven't been tested on animals



Charity shops

Did you know that some charities fund or support animal experiments?

Those who do include the British Heart Foundation and Cancer Research UK. Both of these charities have funded or supported experiments on animals.

Thankfully, many of the charities that you might see on the high street don't fund or support animal testing. These include:



The charities mentioned below, in green, aren't usually on the high street but they also do not fund or support animal experiments:

Breast Cancer UK, Dementia UK, Macmillan Cancer Support, Teenage Cancer Trust.

For a full list of charities that do and don't fund or support animal testing and for information about the experiments that are conducted, go to: victimsofcharity.org

Action!

Only support charity shops that don't fund or support animal experiments.



Clothing, shoes & accessories

'Fur is worn by beautiful animals and ugly people', goes the saying. Let animals keep their skins and fur, and choose substitute materials instead.

Most high street shops and online retailers sell non-leather shoes, boots and bags, and the alternatives are so realistic that it's virtually impossible to tell the difference.

In the UK, rabbits are kept in tiny, cramped conditions in order to be killed for their meat and fur. Around the world, beavers, racoons, foxes, mink, rabbits and even cats and dogs continue to be killed for the fashion industry.

Watch out for clothing that contains fur, leather, angora, sheepskin, silk, wool, merino wool, mohair and cashmere. They are all taken from animals and cause terrible suffering.

If you buy clothing with a fur trim, make sure it is fake (known as faux). If it is not clear, then don't buy it.



Raccoon dogs are bred and killed for their fur

How do you know if it's real or faux?

- Faux fur is likely to be attached to mesh, whereas real fur will – unsurprisingly – be attached to skin.
- The tip of each faux fur hair will normally be blunt while real fur tapers to a fine point.

Action!

Boycott shops that sell real fur:
furfreeretailer.com

Food

The very best way to help animals is to stop eating them.

These days, we are spoilt for choice when we want to grab a cruelty-free bite to eat. Most high streets have shops that sell plant-based snacks and meals. Even the big fast food chains now offer plant-based options.

Below are just a few places that you might recognise when out and about that offer a vegan snack or ready meal.

And of course, Chinese, Italian, Indian and Thai foods are often vegan-friendly.



Boots cosmetics & toiletries are not certified cruelty-free but they do sell vegan sandwiches and snacks

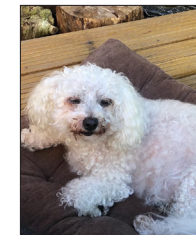
There are lots of different vegan logos to look out for but these are the most common:



Pet shops

Adopt – don't shop!

Rescue centres are full of animals needing homes. If you are looking to take on an animal, please avoid breeders, pet shops and private ads.



Halle - rescued dog

Useful advice

- Rather than buying a companion animal give a home to an animal from a sanctuary.
- Never buy exotic animals such as parrots or reptiles.
- Always have your animals neutered or spayed to prevent unwanted babies being born.
- Ask yourself: How long will they live? Do I have the money and the time to look after them properly? Who will look after them if I go away?

Take action and make a difference today!

Go vegan. Download our pack:
animalaid.org.uk/veganpack

Volunteer at an animal rescue centre, a wildlife rehabilitation centre or sanctuary

Order a free action pack on the issues covered in this guide:
animalaid.org.uk/free-action-packs

If you decide to make just one positive change to your life today, it will make a better world for animals tomorrow. Thank you for caring.

