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***“The livestock sector emerges as one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global.” United Nations***



### **VEGAN FOR THE ANIMALS**

Living vegan means that - in your name - animals won't experience a terrifying death in the slaughterhouse, calves won't be separated from their mothers to bring you your daily pinta and male chicks won't be gassed as by-products of the egg industry.



### **VEGAN FOR THE PLANET**

Going vegan means that you will have a smaller eco-footprint. Your vegan diet will have less impact on the rainforests, reduce greenhouse gas emissions and ease worldwide water shortages. People will need to eat plant protein direct if we are to feed a growing world population.



### **VEGAN FOR YOUR HEALTH**

A well-balanced vegan diet is among the healthiest of diets. It is typically high in fruit and veg and low in saturated fats. Protein, calcium and iron are easily provided.

### **A VEGAN DIET IS TASTY AND NUTRITIOUS**

Vegans eat a variety of delicious foods including spicy chickpea curry, burritos with refried beans and salsa, and even chocolate fudge cake!

### **CHECK IT OUT!**

Our website contains a wealth of information: from mouth-watering recipes and vegan nutrition to where to purchase vegan shoes. Email us at [info@vegansociety.com](mailto:info@vegansociety.com) or ring us on **0121 523 1730** for a free vegan starter pack today.