

Vegan Pledge

Thinking about going vegan?

Want support and information to help you make the switch?

Take the Vegan Society's Vegan Pledge

and try out being vegan for a week, two weeks or a month with one-to-one support and guidance

The Vegan Pledge offers you:

- a free Vegan Pledge Pack with recipes, nutrition information and tips on where to buy food and eat out
- your own vegan e-mentor to answer any questions you may have and give you personalised tips

Sign up at:

www.vegansociety.com/veganpledge

or chat to us on Facebook:

[facebook.com/TheVeganPledge](https://www.facebook.com/TheVeganPledge)

or to request a pledge pack through the post, phone us on:

0121 523 1735/6

The Vegan Society

Donald Watson House
21 Hylton Street, Hockley
Birmingham, B18 6HJ, UK

0121 523 1735/6
0845 458 8244
www.vegansociety.com
info@vegansociety.com

