



2022 Issue 1

The Vegan

The Vegan Society magazine



OMARI MCQUEEN

Superstar chef and entrepreneur

VEGAN PARTY FOOD

For the whole family

VEGAN SOCIETY'S HISTORY

Our progress so far

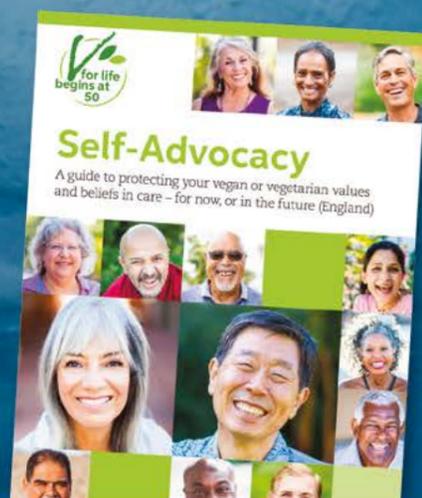
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EDITOR'S LETTER



Welcome to the first edition of 2022! This year we're kicking off with a bang, with an interview with superstar chef and entrepreneur Omari McQueen. Omari's passion for delicious, inclusive food is truly inspiring. We've also included a few recipes from his new book *Vegan Family Recipes* for you to get stuck into. Let me know if you end up trying any of them out!

In this edition we also have a brief illustrated history of The Vegan Society. Our volunteer archivist Alice Wibberley has done a fantastic job trawling through documents, news reports, letters and more to put together a timeline of our organisation's progress. We have

included an infographic on page 20, illustrated by the talented Stef Johnson.

Our reviews are particularly exciting this time around. Darren Chan shares his thoughts on *Antiracism in Animal Advocacy*, a collection of essays edited by Jasmin Singer, while Woody River reviews David Hartley's vegan-themed collection of short stories, *Fauna*.

As ever, read on for our membership updates, events, newly registered trademarked products and more. Please do get in touch with your views at editor@vegansociety.com for a chance to win our next Star Letter prize.

Elena Orde, Editor

Elena

CONTENTS

03	Highlights Essential updates on Vegan Society news	24	Membership Letters, discounts and news
06	In the news The Vegan Society in the press	27	Nutrition Veganuary and beyond
08	Omari McQueen Superstar chef and entrepreneur	30	Reviews Two exciting new books
13	Recipes From Omari's <i>Vegan Family Recipes</i>	32	Volunteers Volunteer Hub plus Volunteer of the Season
18	Shoparound New products to look out for	35	Events What's happening across the UK
20	History The history and milestones of The Vegan Society	36	Buy Online Spotlight on VEG 1



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FROM THE CEO

I hope that this magazine finds you well. For many people, the start of the year is an opportunity to embrace change and new beginnings – something which definitely



rings true for The Vegan Society at present. Those of you who have been members of the organisation for some time will know that I am a returning member of staff, as I held the position of Head of Business Development for several years before heading up the organisation as CEO until early 2020. I am honoured to have been offered the position of Interim CEO while we roll out the recruitment process to fill the position permanently.

I would like to take this opportunity to thank Louise Davies for all of her fantastic work over the past few years as Head of Campaigns, Policy and Research, and then also as Interim CEO. Louise's drive, commitment and enthusiasm will be missed, and we all wish her the best for the future.

The first magazine of the year is usually accompanied by our Annual Review, a publication which outlines our organisation's highlights over the last 12 months. This year, following feedback from our last members' survey, we are taking a slightly different approach and will be distributing an impact report, accompanied by our financial report, in the coming weeks.

You can find information about this year's Annual General Meeting on page 25. This year, if appropriate, we will hold a hybrid event with an in-person meeting in Glasgow and an option to participate by video link. Please do get involved and have your say on the direction of the organisation.

George Gill, Interim CEO

Sustainable printing

The Vegan Society cares deeply about the future of our planet and all those we share it with. We are committed to operating as a responsible, sustainable organisation which means we are conscious of the social, economic and environmental impact in all that we do. With this in mind, we are very pleased to announce that we are now working with Seacourt to print and distribute *The Vegan*.

Seacourt are the UK's leading environmental printing company and work closely with their clients to ensure that all material is produced with the lightest environmental footprint possible. In fact:

- Their presses are 100% free from water, alcohol and harmful chemicals
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As a result, they are **Net Positive** (beyond carbon neutral including the entire supply chain). Every time they produce a piece of print, they take responsibility for more carbon than they are generating – what they call **Planet Positive Printing**.

We hope you enjoy reading this issue, knowing that it has been produced in line with ethical, sustainable principles.



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HIGHLIGHTS



The wonderful Chris Packham speaking at our event at COP26

COP26

The Vegan Society was present in Glasgow throughout the COP26 climate summit. The team had one main aim – to ensure that the environmental impact of animal agriculture was not left out of the conversation. We used a number of tactics to get this crucial topic on the agenda, from media interviews to advertising in newspapers, online and in key locations throughout Glasgow, as well as outreach stalls, policy events and networking at the conference itself.

We put on a festival during the conference at the Flying Duck, a wonderful vegan venue in the heart of the city, featuring comedy, music and panel discussions. The event sold out, with a notable highlight being an appearance from vegan and naturalist Chris Packham.

Chris was interviewed onstage by journalist John Robb, saying, "There's a lot more energy and ability at fringe events like this than at the main event where they've built themselves into ideas of rigidity. If they don't achieve anything in there, we will achieve things out here. We will hold them to account."

Chris left the crowd unified and energised, parting with the words, "Being vegan isn't a one-stop shop to ethical eating. It's a very significant step in the right direction but we still have work to do."

Veganuary

We were very proud to partner once again with the fantastic Veganuary campaign this January. Using our social platforms, website and media influence we encouraged the public to get involved and try out a vegan diet for the month. January

is a great time of year to reflect on positive changes and to play a part in creating the kind of future we want to see.

Veganuary inspired and supported more than half a million people to try a vegan diet in 2021, and while we're still waiting for the final figures for 2022, we're confident that this year was an incredible success.

Vegan Education Network

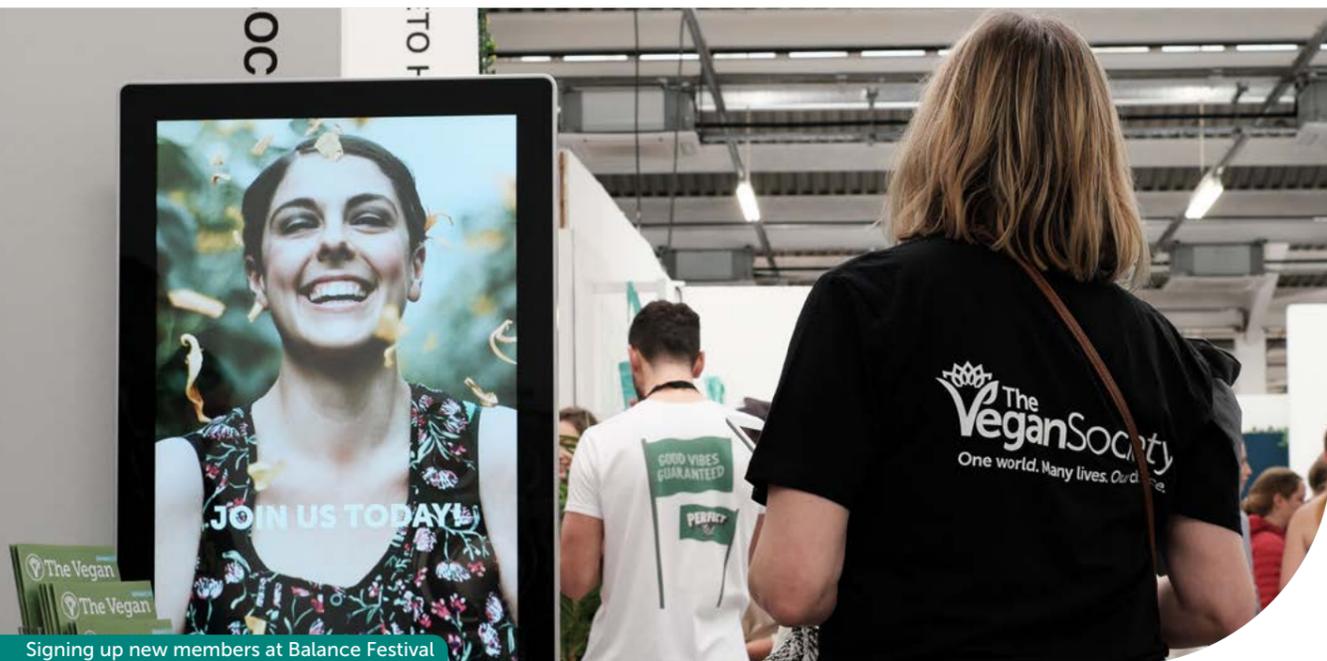
We have recently launched the Vegan Education Network – a collection of voluntary professionals who have a shared interest in promoting vegan-inclusive practices throughout all of the key stages in education.

Members of this diverse Network include enthusiastic vegan headteachers, educators and child psychologists alongside vegan authors, Forest School teachers and those who work to include plant-based provisions on school menus.

Our approach to change in this area is two-pronged. Firstly, we will support those who work in all areas of education by creating practical and innovative resources. Secondly, we will empower and support vegan parents, children and young people in education when asking for vegan inclusion.

Those in the Network will draw from each other's shared experiences to come up with tangible solutions to the most common issues regarding a lack of vegan-inclusive thinking in education. In doing so, we seek to become a respected voice of authority in education.

If you are interested in joining or supporting our work in this area, email education@vegansociety.com.



Signing up new members at Balance Festival

Work to support older vegans

At our last Annual General Meeting, members of The Vegan Society voted in favour of the organisation starting a project to review our work supporting older vegans. Since then, we have set up a working group to pool ideas and create a plan to establish the needs of the older vegan community. We have completed a survey amongst our older audience, which highlighted some areas of focus for the future. We're excited to continue this work and will keep our members informed along the way.

If you have any insights or ideas to share at this stage, please email them to communications@vegansociety.com or get in touch via 0121 523 1730.

VEG 1 donation

In 2021 The Vegan Society donated almost 10,000 pots of our multivitamin VEG 1 to charities, food banks and others struggling during the pandemic.

Several donations were made to food banks, including Mutual Aid Vegan Food Bank and Food for Scotland. Religious organisations such as Sikh Relief also accepted several pots. Sikh Relief work in Europe, North America and India to create change for Sikhs, many of whom follow a vegan diet.

Donations were made to university student societies, including the University of Oxford, as well as Vegetarian for Life – the charity for older vegans and vegetarians.



We also made some international donations, including one to an animal hospital and rescue based in Northern India. The organisation's workers, who are predominantly vegan, were struggling in the midst of the pandemic.

Kaya Gromocki, Volunteering and Engagement Officer, ran the project. She says, "We still have several boxes left to donate and would like to hear from any organisations who would benefit from our help." Please email volunteering@vegansociety.com or call 0121 523 1730 if you have any donation suggestions.

Balance Festival

The Vegan Society was excited to attend Balance Festival in November. Balance Festival is a three-day health and wellness event which took place at Truman Brewery in East London.

Our team shared a stand at the festival with Vegan Trademark holder One Planet Pizza, where our new membership video was on display. The pull of free slices of delicious vegan pizza ensured festival-goers gravitated towards us!

It was a pleasure to see that many of the attendees were on a journey towards veganism and to be able to offer guidance to them. We also raised awareness of The Vegan Society by talking about our work in campaigns, research, reports and advocacy. Dietitian Andrea Rymer was on hand to answer any nutrition-related questions.

Market insight reports

Throughout 2021 we produced three original, data-driven market insight reports for the following industries: cosmetics and toiletries, food and drink, and fashion. The reports cover the respective industries in detail, including information such as the latest product launches, proposed legislation changes and insights into our Vegan Trademark registrations.

We also cover potential barriers to purchase, labelling preferences and consumer understanding of animal-derived ingredients. Each report is unique, but highlights the growing demand for vegan-verified products across multiple categories, helping us to remove animals from industry supply chains.

The reports have proved popular in the media with large numbers of write-ups, television and radio slots, including a live TV interview with BBC World News.

So far, the reports have been UK focused, but we aim to roll these out internationally throughout 2022. All reports are free to download on our website.

Nutrition outreach

Dietitian Heather Russell presented a bone health webinar with the Royal Osteoporosis Society via an online platform known as MyNutriWeb, which is aimed at supporting continuing professional development needs for health and nutrition professionals. The event attracted over 1000 registrations.

Dietitian Andrea Rymer taught a vegan cooking practical at Birmingham City University to dietetic students, teaching them about vegan nutrition and practical tips for managing

undernutrition. Students gave some positive feedback about what they enjoyed about the session including 'learning about nutrition support for vegans' and 'using silken tofu – was never sure what to do with it'.

Over the past few years, we've been working to improve vegan nutrition in prisons from both rights and dietetic perspectives. Andrea gave a talk to prison catering managers about how to provide a nutritionally adequate menu for vegan prisoners.

Andrea also gave a talk on how vegan offerings can help with reaching sustainability targets in hospital settings via a food services study day event held by a British Dietetic Association specialist group.



Dietitian Heather Russell sharing her expertise



Dietitian Andrea Rymer answering questions about nutrition

IN THE NEWS



COP-out

Our aim, in the run up to and during COP26, was to get the harm caused by animal agriculture higher on the agenda. One way we achieved this was by submitting pieces about animal agriculture to relevant outlets such as the London Economic and The Ecologist. We also distributed press releases about COP26 announcement and updates. We kicked off COP26 with our Interim CEO Louise Davies appearing on BBC World TV before being invited on to the Daily Mail's The Andrew Pierce Show podcast.

We also attempted to catch the attention of Prime Minister Boris Johnson with humorous adverts on billboards, bicycles, buses and in the Scottish Metro during the two-week conference – suggesting Boris visit Glasgow's Buchanan Galleries where The Vegan Society had a stand encouraging people to try a vegan diet for a week. While Boris didn't make an appearance, the story was picked up by several outlets including politics.co.uk, The Vegan Kind News and Plant Powered Planet.

Our time in Scotland ended with Tim Thorpe from our Campaigns Team appearing on GB News to discuss what we called 'slow and uninspiring' targets set at COP26, referencing a lack of commitment to reducing methane levels.

77kg for 77 years

One of the highlights of the last couple of months was seeing the impressive 73-year-old Jane Thurnell-Read, one of our Vegan and Thriving 77 challengers, talking about her attempt to deadlift 77kg on both BBC Spotlight and BBC Devon. To celebrate the society's 77th year, we asked our supporters to take on a unique activity based around the number 77 – for

example they could walk 77,000 steps, complete 77 press ups each day, cycle 77 km or swim 77 laps of the pool. The challenge was fully open to interpretation, but we were so impressed by Jane's contribution – which she completed with a week to spare!

Meanwhile, professional boxer and vegan Jamal LeDoux was a total knock-out on the Bloody Vegans Podcast. Jamal was invited on to discuss his efforts during our Vegan and Thriving challenge as well as his boxing plans for 2022.

Trademark power

Interest and excitement around the Vegan Trademark continue to grow each week. We managed to secure over 200 media mentions for the Vegan Trademark in October alone thanks to companies such as Cadbury's launching a vegan version of its famous Dairy Milk bar and high street giant H&M registering new make-up products with us. Meanwhile, November ended with the founder of Vegan Trademark holder Jack Berry going on BBC Lancashire's Breakfast Show to discuss their new bee-free honey alternative.

Festive survey

We completed a survey in the run-up to the festive period which asked respondents to describe their 2021 Christmas dinner plans. Results revealed that an impressive 20% of Brits planned to enjoy some kind of vegan meal or dish during the festive period – a stat that was picked up by the Metro newspaper, The Vegan Kind news, Public Sector Catering and Restaurant Industry News as well as Global Radio and BBC Radio Stoke.

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MEET OMARI MCQUEEN

The 13-year-old superstar chef shares his desire to bring people together

Tell us about your vegan story, Omari.

When I was seven years old my mum was sick. I wanted to research what could get her back on her feet and feeling better. I found out about veganism and also saw the way animals were treated for food and clothes, and I didn't like the way that was happening. So I decided to become vegan.

So you were interested in health as well as the animals?

Yes. My dad was busy going to work, and he taught me and my older brother how to do bits of cooking. My older brother stopped because he didn't want to do it anymore. So I started cooking in the kitchen by myself. And my brother said I was doing an amazing job and he decided to film me and put it on YouTube. And that's how it started.

I found out about veganism and also saw the way animals were treated for food and clothes, and I didn't like the way that was happening. So I decided to become vegan.

And what happened after that?

After that I created my company Dipalicious making different dips. I ran a pop-up restaurant in Boxpark in London for a week. I've had my BBC show *What's Cooking Omari?* and my recipe books *Omari McQueen's Best Bites* and now *Vegan Family Cookbook*.

What have you enjoyed the most?

Out of everything, I've enjoyed the restaurant the most, as it's the first restaurant I've ever had. I loved that I got to bring people together through food without harming animals.



Omari and his mum



“

I love working with my family. It's so much fun!

The TV show was really fun. The best part of it was that I got to include my family in it. They got to be involved with everything.

Has there been anything that's been a bit trickier?

Writing the books has been difficult. I have dyslexia and I don't really know how to spell. It's a learning difficulty so I find spelling and reading and writing hard.

My mum home schools me, so she teaches me how to spell and how to read and write. And when I wrote mistakes in my book she would check it for me, and if the spelling was wrong, she would teach me how to spell better.

Do you enjoy being home schooled?

It's really amazing! I get to learn a lot more. When I was at school, whenever I was learning in class and they had something on the board, it would change much quicker than it does at home. My mum actually asks us when we're finished with what's on the board, whereas at school it would change too quickly and you wouldn't be able to remember what was up on there.

The new recipe book is all about encouraging people to eat together. Why is that so important to you?

It's mostly about bringing people together and vegan people cannot eat meat. So the people who do eat meat, they can eat vegan food no matter what. And I just wanted to bring people together without harming animals. So the people who eat meat, they can start being convinced to go vegan.

The new book looks so fun and colourful – how much are you involved in how it looks?

The book is all about party food, so I wanted it to have a party theme. There are photos of me and my family wearing party hats and with confetti. I love working with my family. It's so much fun.

What do your friends think about all of your achievements?

They think it's amazing. I convinced two of my friends to go vegan, just by telling them what I know – like cow's milk is for cows. And the rest of them, they don't want to go vegan but they're proud of what I'm doing.

What is your favourite recipe from the upcoming book?

That would have to be my chocolate cookie dough cups. It's one of my favourite party foods, I just put a vegan twist on it. I asked all my family what their favourite party foods were and if they weren't vegan I would just give them a vegan twist.

How do you go about veganising a recipe?

On a Friday, me and my dad do this thing where my dad picks something that's not vegan and I try to make it vegan. I take out all of the animal products and replace them.

Your book also mentions being environmentally friendly. Is that something that's important to you?

Yes. I wish people knew about all the plastic in the sea and the way animals are being harmed by it. And I wish people knew that veganism isn't that we just sit down and eat grass and salad, because that's what some people say.

And you're also interested in teaching people about nutrition.

Yes, I do Top Tips Tuesday on my YouTube channel. I tell you different facts about fruits and vegetables, why you should eat them and why they're good for your body. One of my favourites that I've done was all about guava.

What are your plans for the future?

I'm going to open a chain of restaurants all around the world. And I also want a bus restaurant so me and my dad can ride around the world and sell my dips, snacks and meals. And I also want my kids' ready meals in stores and my dips in stores as well.

Follow Omari's adventures [@omarimcqueen](#) on Instagram and [Omari Goes Wild](#) on YouTube, and check out some recipes from his *Vegan Family Favourites* over the page!

Images by Haarala Hamilton Photography



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VEGAN FAMILY FAVOURITES

Crowd-pleasing party food from
Omari McQueen





ACKEE AND HEARTS OF PALM PLANTAIN CUPS (Image on page 13)

Preparation time: 45 minutes Cooking time: 40 minutes

Ingredients

- 1 tin hearts of palm, drained
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp thyme
- 2–3 sheets dried seaweed
- Vegetable oil
- 1 red onion, chopped
- 3 garlic cloves, diced
- 1 red pepper, chopped
- 1 green pepper, chopped
- 2 spring onions, chopped
- 3 tomatoes, chopped
- 1 tsp all-purpose seasoning
- 1 Scotch bonnet, chopped (if you'd like it less spicy, only use half and do not include the seeds)
- 1 tin ackee
- 2 large green plantain

Directions

Prepare your hearts of palm by pulling them apart. Place them in a mixing bowl along with ½ tsp salt, ½ tsp black pepper, ½ tsp thyme and 2–3 sheets dried seaweed, then pour in enough water to cover the shredded hearts of palm. Leave to marinate for 30 minutes or overnight if you have time.

Preheat the oven to 170°C/325°F/Gas Mark 3. Meanwhile, heat 2 tbsp vegetable oil in a deep frying pan and add the red onion and garlic. Sauté until golden. Then add the red and green pepper and cook for 5 minutes, stirring occasionally.

Add the spring onion, tomatoes, all-purpose seasoning, Scotch bonnet and remaining salt, black pepper and thyme, and keep cooking for another 5 minutes until soft.

Add the drained ackee and the hearts of palm mixture to the pan, mixing everything together. Continue cooking for another 5 minutes.

Peel the plantains and cut them into 3 large pieces. Place them into a pan with a generous amount of hot oil, making sure to fry on each side until golden brown. Once done, remove them from the pan and add them to a bowl. While they are still hot, mash them with a fork and shape them into cups in an oiled cupcake tray. Bake them in the oven for around 20 minutes.

Once cooked and cooled, remove them from the moulds and fill them with the ackee and hearts of palm filling. Tuck in!

Did you know? Ackee is the national fruit of Jamaica. It makes a great vegan scrambled egg!



MAPLE SYRUP AND LEMON KEBABS

Preparation time: 15 minutes Cooking time: 20 minutes

Ingredients

- 1 block extra-firm tofu, cut into chunks
- 2 courgettes, cut into chunks
- 200 g chestnut mushrooms, halved
- 1 red pepper, chopped
- 1 green pepper, chopped
- 1 yellow pepper, chopped
- 1 red onion, diced
- 240 ml soy sauce
- 2 tbsp maple syrup
- 2 tbsp olive oil
- 2 tbsp jerk marinade (or only 1 tbsp if you prefer it less spicy)
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp garlic powder
- 1 lemon, juiced

Directions

Place the tofu, courgettes, mushrooms and peppers in a large bowl. In a separate bowl, add the red onion, soy sauce, maple syrup, olive oil, jerk marinade, salt, black pepper and garlic powder and mix together. Then pour the mixture into the large bowl of vegetables and mix, making sure to coat everything well.

Cover the bowl with cling film and place in the fridge for a minimum of 2 hours, stirring occasionally to allow the tofu and vegetables to soak up all the flavours.

Thread the tofu and vegetables onto skewers (don't throw away the leftover marinade!) and cook on your BBQ or under the grill on a medium setting, making sure to char all the sides. It should take around 10 minutes to cook them all over. Make sure you flip them halfway through.

While the skewers are cooking, place the reserved marinade and lemon juice in a saucepan on medium heat and reduce until it becomes a nice thick glaze.

Remove the skewers from the BBQ or grill, and place them on a nice serving dish. Drizzle with the glaze and a squeeze of lemon juice, then tuck in.





BURRITOS

Preparation time: 20 minutes Cooking time: 25 minutes

Ingredients

- Vegetable oil for frying
- 1 red onion, chopped
- 3 garlic cloves, minced
- 2 spring onions, chopped
- 1 tin black beans, drained
- ½ tsp black pepper
- ½ tsp salt
- 1 tsp all-purpose seasoning
- 1 tsp cumin
- 2 ripe plantains, cut diagonally into 1 cm thick slices
- 1 baby gem lettuce, cut into quarters
- 1 pack tortillas
- 2 pouches 500 g cooked pilau or brown rice

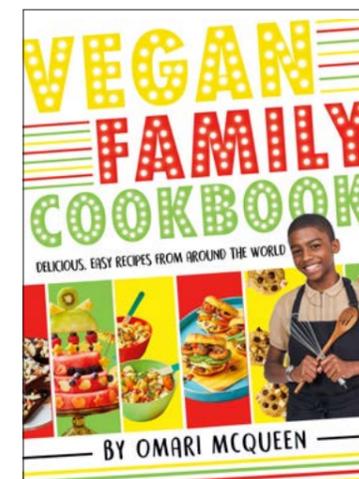
Directions

Heat 1 tbsp vegetable oil in a large frying pan and sauté the red onion for 5 minutes. Add the garlic and spring onions and cook for a further 2–3 minutes. Add the black beans, pepper, salt, all-purpose seasoning and cumin, mix well and continue cooking for another 5 minutes then set aside.

In a separate pan, heat 1 tbsp of vegetable oil and add the sliced plantain. Cook on a medium to low heat for 5 minutes, then flip and cook the other side for 5 minutes until nice and golden. Set aside.

In the same pan, quickly fry the quartered baby gem until just slightly charred.

Now to build your burrito! Place the tortilla on a flat surface, add the rice in the middle, then the charred baby gem, the sliced plantain and finish with your favourite sauce. Now fold one long side on top of the filling, then one short side into the middle and roll it up. Seal your burrito in a hot pan for a minute or two. Tuck in!



Vegan Family Cookbook by Omari McQueen is published by Scholastic £12.99. Food photography by Tim Atkins, design by Aimee Stuart

SHOPAROUND

Shop with confidence for products registered with the trusted Vegan Trademark



AirSnax Puffed Chickpea Snack

Airsnax is a filling snack, perfect for those on-the-go hunger cravings. They're available in four flavours: Salted, Black Pepper, Salt and Vinegar and Sweet Chilli. By combining the lightness of puffed chickpeas, green peas and yellow peas with various toppings, Airsnax have created a satisfyingly sweet-savoury-crunchy snack. Available in 30 g bags, they are Vegan Trademark Certified, gluten-free, a source of protein and high in fibre. Available at airsnax.com.

AquaWipes Biodegradable Wipes

Aqua Wipes are 100% biodegradable vegan baby wipes. Paediatrician-tested, they are hypoallergenic, formulated with 99.6% purified water, soothing organic aloe vera extract and a mild, coconut derived cleansing agent. They contain no plastic and degrade in just 15 days when composted due to being made from 100% natural fibres. They are free from parabens, SLS, alcohol and perfume, and dermatologically developed for the NHS to use in special care baby, maternity and neonatal units. You can trust this purchase is good for your child and the environment. Available at Boots, Superdrug, Ocado and Amazon.



Dr Agon Gaming Supplement*

The first-ever gaming supplement created by gamers for gamers, Doctor Agon has created a Vegan Trademark certified personalised supplement that aims to support your gaming experience, with ingredients recommended by Ayurvedic medicine as well as KSM-66 Ashwagandha (a full-spectrum extract, with the highest concentration of all major root extracts). It is available as a sachet in three flavours (Dragon Blood, Mystic Pineapple and Apple Blaze) that you can enjoy mixed with water at room temperature, like tea or as a popsicle. Available at doctoragon.com.



EXS Condoms

Did you know most condoms are not vegan? They are often made from latex, the processing of which frequently uses casein (a milk derivative). They also commonly involve animal testing. Ensure your sexual health products are free from animal ingredients and testing with EXS condoms, who have been supplying the NHS for nearly 30 years and launched into retail in 2019. With a range of Vegan Trademark certified products, EXS has a condom for everyone. Featured are two of the bestselling EXS products; EXS Nano Thin 12-pack (the thinnest condom in their vegan range) and EXS Ribbed and Dotted 12-pack. Available at exscondoms.com.



Jack Berry Vegan Honee Products

No BEE Vegan HONEE® is a honey alternative 'made by humans for humans'. It resembles natural honey in taste, scent and liquidity. Registered with The Vegan Trademark, we've done the work for you to ensure there are no animal products or testing involved, so you can get on with enjoying this perfect alternative to honey. Step up your kitchen game with NOT THE BEES! – No BEE Vegan HONEE® and Mustard Dressing which combines the real taste of honey with mustard to make a delicious and versatile dressing. Available at jack-berry.com.

Made By Coopers' Superfood Firming Serum

Made By Coopers' Superfood Firming Serum contains a complex blend of bio-active plant oils which aim to nourish, firm and regenerate cells for a bright, youthful and glowing complexion. The ingredients, which include pomegranate, broccoli, baobab, hemp and passionflower oils, boosted with botanical active extracts, work together to moisturise dry skin. The serum has a silicone-like feel with no greasiness, making it a great option for a daily moisturiser. Check out the rest of Made By Coopers' aromatherapy range as everything, from essential oil blends to candles, is registered with The Vegan Trademark. Available at madebycoopers.com.



Milky Way Magic Stars Original and Popping Candy

Been missing the taste of classic chocolates? Well, embrace the nostalgia because for the first time ever, MilkyWay Magic Stars are available as dairy-free, gluten-free vegan bars – and they're certified by the Vegan Trademark. Get your hands on the original bar and a new popping candy version! Available in two sizes; 25 g and 85 g, and with shooting stars embossed across them, the fun of MilkyWay Stars is still there. Available at ASDA and Tesco.

Organically Epic Brightening Antioxidant Toothpaste

Certified organic and vegan, Organically Epic's Brightening Antioxidant Toothpaste contains cranberry and xylitol as well as peppermint and tea tree to freshen breath, and charcoal and papain to brighten teeth. Gentle enough for sensitive teeth and gums, and made with sustainable ingredients and packaging, this toothpaste is as kind to your teeth as it is to the planet. When you purchase from Organically Epic, you're safe in the knowledge that their products do not contain animal derivatives and have not been tested on animals – a dental dream! Available at organicallyepic.uk.



* Check with your healthcare professional before taking a new supplement, especially if you have health concerns or are already taking a daily supplement.

A BRIEF HISTORY OF THE VEGAN SOCIETY



5 Nov 1944

Donald Watson and five others meet at the Attic Club, London, to discuss 'non-dairy vegetarianism'. The Vegan Society is formed.



May 1945

Veganism is defined, in part, in issue 3 of *The Vegan News* as "The practice of living on fruits, nuts, vegetables, grains, and other wholesome non-animal products."



June 1945

The Vegan Society corresponds with the Ministry of Food, asking for special rations for vegans. This request is denied.



1947

The first paid member of staff is appointed to the society. Allan Henderson took the role of full-time secretary, on a salary of £250 per year.



1949/50

A new definition of veganism is coined by Leslie J Cross: "[t]he principle of the emancipation of animals from exploitation by man".

Dec 1943

Donald Watson, a member of the Vegetarian Society, gives talks to the society about the unethical nature of consuming dairy.

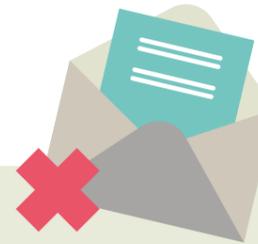


24 Nov 1944

The first issue of *The Vegan News* is published. This quarterly publication later became *The Vegan*.

Summer 1946

The first recipe book with 'vegan' in its title is published – *Vegan Recipes*, written by Fay K Henderson.



Summer 1954

The *Vegan Trade List* is published, featuring restaurants and shops selling vegan products.



Mid 1972

Vegan Mothers and Children, a pamphlet composed of articles written by ten mothers describing their experiences, is published.



Jan 1976

The Vegan Society produces a promotional film for the BBC series 'Open Door'. *A Better Future for All Life* is aired on the BBC. After the programme finished at 11:25pm, the office phone rang continually until 1:15am. The next days' post had to be delivered by a van as it was too heavy to be delivered on foot.



Winter 1965

The Vegan reports that The Vegan Society has members in over 20 countries. It is noted that members in USSR-controlled countries are unable to send money abroad, so "they have been 'adopted' by members over here who generously pay their sub fees."

August 1964

The society is registered as a charity.



Spring 1962

The Vegan Society distributes badges to its members.

Mid 1979

The Vegan Society acquires premises in Leatherhead, Surrey. Located near the society's headquarters, it would function as an office and living quarters for an assistant secretary.



27 Feb 1990

The Vegan Trademark is launched.



June 1990

The Vegan Society relocates to a new office on Battle Road, St Leonards on Sea, in Sussex.



27 Sept 1994

The Vegan Society's second publicly released promotional film, *Truth or Dairy*, is launched. It premieres in a London West End theatre, followed by a Q&A with an expert panel including poet Benjamin Zephaniah.



1 Nov 1994

World Vegan Day is celebrated for the first time, in celebration of the 50th anniversary of The Vegan Society.



1985

The Vegan Society acquires a new office at George Street, Oxford.

Autumn 1988

The definition of veganism is updated, as voted on at the 1988 AGM. The new definition begins: "Veganism is a philosophy and way of living which seeks to exclude – as far as is possible and practicable – all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose."

1997

The first *Vegan Passport* is produced, with information about the vegan diet in 38 languages.



Sept 2005

The Vegan Society is successful in its challenge to Nestlé for claiming that milk was essential for healthy bones. As a result of The Vegan Society's challenge, the Advertising Standards Authority ruled that Nestlé had breached guidelines on honesty, truthfulness, and substantiation. 13 years later, Nestlé goes on to become a client of the Vegan Trademark.



2005

VEG 1, The Vegan Society's nutritional supplement, is first produced.



2010

The Vegan Society produces a new film, *Making the Connection*. The proposal stated that the new film "will have a cutting edge, contemporary documentary style approach ... similar to *Louis Theroux's Weird Weekends*."

2016

The first *How Many Vegans* survey is conducted with Ipsos MORI. These surveys have shown a rise in the vegan population in Britain from about 0.25% in 2014 to over 1% in 2018.



2015

The Campaigns Team is established and the Catering for Everyone campaign launched. In just the next five years, the team go on to launch Grow Green, Plate Up for the Planet, Vegan and Thriving, Future Normal and more.



2014

The charity rebrands, updating the logo and refreshing the website.

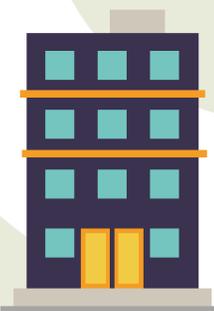
2016

The All-Party Parliamentary Group on Vegetarianism and Veganism is formed, with The Vegan Society as a founding member.



1 Nov 2018

The Vegan Society launches the VeGuide app, aimed at those wanting support in transitioning to a vegan lifestyle. By December 16,000 people have downloaded it.



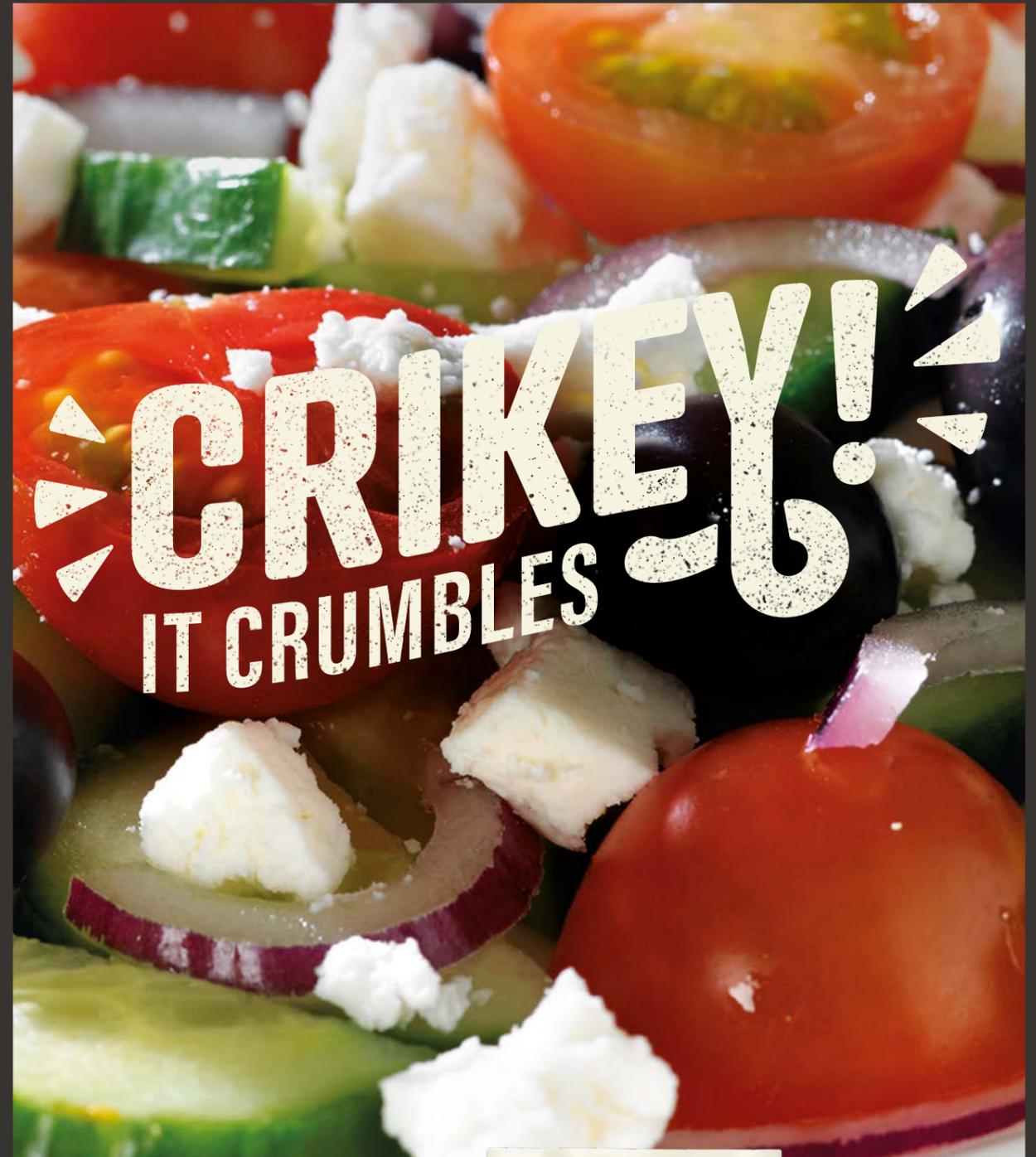
Sept 2018

The Vegan Society relocates to Ludgate Hill, Birmingham. This is the society's current location.

Present day

The Vegan Society employs over 70 members of staff and is continually breaking ground in its mission to promote veganism and support those who follow a vegan lifestyle. Thank you for all of your support. Just imagine where the next decades will take us!

Research by Alice Wibberley
Design and illustrations by Stef Johnson



Our dairy-free cheese toasts, grills, melts, crumbles, stretches, grates, bakes and bubbles. In fact, it does everything regular cheese does, except come from a cow.

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MEMBERSHIP

Letters

Lockdown cooking

During lockdown (yes it has taken me ages to get around to writing!) I found myself with more time to cook so I really appreciate the great recipes in each edition.

My workplace asked teammates across all our offices to submit their own creations to make a lockdown cookbook. I was pleased to note around one third were vegetarian – and most of these vegan or with easy substitutes to make vegan – not bad for an organisation with colleagues in France, Germany and China! I borrowed Tiff Williams' Southern Fried Oyster Mushrooms (2020 issue 4) and added my own BBQ pulled 'pork' with jackfruit (pulled jork?) and some spicy wedges.

We had a professional chef judge the book and award meal kits to his favourite three. I was pleased to see my vegan concoction announced as one of the top three, further raising the vegan message within my organisation. - Alex

Star Letter

Sheffield's vegan scene

Ey up! Welcome to Sheffield's mushrooming vegan food scene. Sheffield is a city of tree-huggers and we love our vegan nosh. The classic and reliably delicious fare from Moon Blue Cafe serves a menu which changes daily in a beautiful listed building. We have finger-licking junk food with a twist from Church Temple of Fun and Make No Bones, again in tourist-worthy venues. There are fabulous vegan fry-ups at Dana Café, and Gaard sells all-round amazing sandwiches and cakes.

There are so many wonderful takeaways too. Today's spotlight is on my local jewel in the crown, Gypsy's Brew. This cute vintage van burst through the sadness as lockdown was lifting, giving a focal point for daily walks through Bole Hill Park on Friday, Saturday and Sunday. They have award-winning coffee, the tastiest and sparkliest hot chocolate (with a squirt of edible gold) and other unusual cold drinks, all from B Corp companies or local purveyors where possible. Non-vegans are offered a discount to try plant milk. There are sausage and mushroom rolls, but my heart has been stolen by the wonderful sweet treats.

Last weekend I was able to get to Gypsy's Brew before local sugar magicians The Suited Bakers' doughnuts sold out. Success, with my crème brûlée doughnut in one hand and my oat milk decaf latte in the other I was so excited. I found a bench overlooking the beautiful Rivelin and Loxley valleys. Biting through the caramelised sugar topping, soft pillowy dough and into the juicy vanilla filling I was in a happy moment. A man passing by stopped and said to me "You look like you are really enjoying that". Happy days!

- Diane Bradshaw



Congratulations to Diane, who has won this issue's Star Letter prize from Mr Lee's Noodles. We love Diane's idea of shouting out your local vegan businesses, so please do take inspiration from her and take the opportunity to highlight your favourite vegan-friendly spots.

Our next Star Letter prize is a special bundle from One Planet Pizza. Please do get in touch at editor@vegansociety.com for a chance of winning!

New membership video

In November, we released a new video encouraging viewers to sign up as members. It now takes centre stage on our new look membership page on the website and you may also have spotted it on social media. Good Heart Animal Sanctuary kindly provided the footage of sanctuary animals in the video.

Discounts

In return for becoming a member of The Vegan Society and supporting our work and campaigns, we offer 10% off our multivitamin VEG 1 (now in plastic-free packaging) and over 100 third-party discounts. These include 10% off at Holland and Barrett and 50% off *Vegan Food and Living* magazine.

This new year you could:

- Treat yourself or a friend to a beautiful vegan-themed piece of handmade, recycled ethical jewellery from Fire and Hope Jewellery with 20% off.
- Choose bamboo products and cut your carbon emissions with 15% off at The Cheeky Panda.
- Stock up on comforting healthy vegan snacks with 15% off at Great Stuff Organic Ltd.

All member discounts can be found in the members' area of our website at vegansociety.com/my-account/shop-discounts. Please contact us if you have any problems accessing your account.

Do you have any ideas on how we can improve the discount list? Contact us at membership@vegansociety.com or on 01215231730.

Newsletter

Have you signed up for our monthly Members' Newsletter yet? The newsletter allows our members to keep updated with society campaigns, research, media news, member-exclusive competitions and discounts. Recent member-exclusive competitions

have featured a wonderful Happy Carrot Skincare Minis Set and a Cheeky Panda bundle. Members can still access the remaining days of an exclusive 90-day free subscription to Films for Change. Contact membership@vegansociety.com if you would like to sign up for the Members' Newsletter.

We value your feedback

Don't hesitate to get in touch with the membership team with your comments on how you have found the last year of membership with us and any suggestions you have for improving the membership experience.

*Stephen Sanders and Harriet Macintosh,
Supporter Services*

AGM 2022

The AGM of The Vegan Society will be held on Saturday 21 May 2022 from 1pm–5pm at the Music Studio of the Glasgow Royal Concert Hall. It will be a hybrid AGM with the opportunity to attend online or in person (if permitted). To register your interest in attending the physical AGM in Glasgow, please email membership@vegansociety.com

Election of Council members

Applications for membership of the governing Council (board of directors) of The Vegan Society are invited by Tuesday 1 March. The role is voluntary but reasonable expenses can be claimed. Successful candidates will join those automatically continuing on Council: Salim Akbar, David Gore, Mellissa Morgan, Jenifer Vinell and Stephen Walsh.

The most important qualities for trustees are commitment, enthusiasm and the ability to consider issues thoughtfully, communicate effectively and work well with others. To ensure effectiveness and diversity, members from a wide range of backgrounds and with a broad base of skills and experience are sought. Experience in conflict management, governance reviews, successfully managing expanding organisations, policy development, charity law and audit or risk management are particularly welcome.

Currently the time commitment amounts to a monthly online meeting, usually lasting three hours. However, this may change if it's deemed sensible to return to office meetings which would be less frequent but longer. Training would be approximately 1.5 days per year. Emails may at times take a few hours per week, particularly in the approach to a Council meeting or AGM.

Candidates must have been full members of the society for at least a year and be aged 16 or over on the date of appointment. Candidates should support the society's objectives and mission and be committed to a vegan lifestyle.

For a candidate pack or further information about becoming a trustee, please contact the Council Secretary Stephen Walsh, (council.secretary@vegansociety.com) by email or by post (Donald Watson House, 34–35 Ludgate Hill, Birmingham B3 1EH).

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† UK's No.1 women's supplement brand.

*Nielsen GB ScanTrack Total Coverage Value and Unit Retail Sales 52 w/e 9 October 2021. To verify contact Vitabiotics Ltd, 1 Apsley Way, London, NW2 7HF.



VEGANUARY AND BEYOND



Veganuary is the perfect opportunity to adopt a more compassionate lifestyle, which often begins with dietary changes. For some this is unimaginable due to fear of missing out on their favourite foods. Resistance to change is one of the world's biggest problems, and although veganism is not just about what's on our plates, what better way to sway non-vegans than through their stomachs?

Cheese

Vegan cheese often has a bad reputation, failing to meet the taste bud expectations of many dairy cheese fanatics. Do you remember a food you used to hate as a child that you have now grown to love? (Mine was olives.) Our taste preferences do change!

Many vegan cheeses are based on coconut oil and seasonings. Although rich in calcium and protein, it is also full of salt and saturated fat – hardly a recommended dietary staple. This means that nutritionally, cheese doesn't need to be a key part of your diet. However, someone really missing cheese could try making their own vegan alternative. An artisan style vegan cheese can be made using blended cashew nuts, water and a thickening agent. Add seasoning such as smoked paprika for a smokey variety, chilli peppers for some heat or chives for an oniony flavour. Check out the recipe on the next page for some inspiration.

Tofu

Most people who didn't grow up eating tofu have no idea what to do with it. The most common tofu found in western diets is silken (ambient) or firm (refrigerated). Silken tofu is soft, perfect for blending with other ingredients for a creamy texture to use in both sweet and savoury dishes. Firm tofu has a spongier texture and absorbs flavours well. It is often packed in a water solution, so it is important to press your tofu before marinating and cooking to avoid diluting its flavour.

Tofu is a fabulous protein-dense alternative to meat, low in saturated fat, rich in calcium (if calcium-set) and so versatile. Why not introduce a tofu braised steak to your non-vegan friends at your next dinner party or serve tofu scramble at your next brunch meet up?

Legumes

Legumes (peas, beans and lentils) are quality sources of protein. For someone unfamiliar, their preparation can feel overwhelming. Time saving ideas include soaking dried varieties overnight, cooking them using a pressure cooker or preparing in large batches and freezing for future meals.

Red split lentils don't require soaking, and are a rich source of iron, protein and zinc, like many legumes. They are great for thickening sauces, making simple dahl recipes and adding to soups or stews. You can also use tinned varieties of most legumes for convenience – tinned chickpea water (known as aquafaba) can also be as an egg replacer in recipes. It can be stored in ice cube trays to defrost and use when needed, not wasting a single drop.

Sprouting legumes can also be a great way to add them to meals without the bother of cooking. Simple instructions can be found online or included in shop-bought kits.

Take home tips

- Change the narrative by sharing well prepared, delicious vegan meals
- Remember – being an effective advocate for veganism can simply be planting a seed

For more information on vegan health and nutrition, including tasty recipes, visit vegansociety.com/nutrition.

Turn over for a delicious recipe to try in Veganuary and beyond.



Macaroni cheese is a classic favourite, and with so many unwilling to commit to the vegan pledge for fear of missing out on cheese, this is the perfect dish to sway them!



MOCKARONI CHEESE WITH CAULIFLOWER

serves 4

Macaroni cheese is a classic favourite, and with so many unwilling to commit to the vegan pledge for fear of missing out on cheese, this is the perfect dish to sway them!

Ingredients

- 300 g macaroni
- ½ head of cauliflower

For the sauce

- 1 medium carrot, finely chopped
- 60 g unsalted cashews
- 1 tbsp rapeseed oil
- 1 small onion, diced
- ½ leek, diced
- 1–2 cloves of garlic
- 500 ml water
- 150 ml aquafaba
- 1 tbsp coconut oil
- 3 tbsp corn flour
- 2 tbsp nutritional yeast flakes
- 1 bunch of chives, finely chopped – leave some aside for garnish
- Salt and pepper to taste

For the topping

- 40 g unsalted cashews, crushed
- 30 g breadcrumbs
- ½ tbsp nutritional yeast flakes

Directions

Place carrot and 60 g cashews in a pot, cover with water and bring to boil. Cook for 20 minutes until soft. Heat the rapeseed oil and sauté onions, leeks and garlic in a pan until soft. Separate cauliflower into florets. Boil macaroni and cauliflower separately, until al dente. Drain carrots and cashews, reserving water. Add carrots, cashews, aquafaba, corn flour, coconut oil and nutritional yeast flakes to a blender, blend until a smooth creamy texture. Add reserved water as needed, season with salt and pepper. Combine mixture with the onions, leek, garlic and chives and mix well. Combine the cauliflower and macaroni and coat with the creamy sauce mixture. Place in a casserole dish. Combine crushed cashews, breadcrumbs and nutritional yeast flakes and sprinkle over the macaroni and cauliflower mix. Place in a preheated oven at 180°C for 10–15 minutes until topping has browned. Sprinkle with remaining chopped chives and serve with a side of your choice, such as rocket and sundried tomatoes.

Recipe provides

kcal 491 **fat** 16 g **sat fat** 4.6 g **carbohydrates** 65 g **sugar** 8.5 g **fibre** 8.5 g **protein** 18 g **salt** 0.74 g

by Andrea Rymer, Dietitian

Photography by Hannah Hossack-Lodge domesticgothess.com

ERASMIA KYRIAKOU

Easy Enough Even For The Beginner by Erasmia Kyriakou from the vegan cafe, Hungry Cat Cafe, is the new vegan cookbook filled with 60 mouth-watering recipes to suit every occasion.

The book is available now on Amazon or in the cafe.

See all the dishes on Instagram @dilliciously_vegan

Easy Recipe from the book, Enjoy

Pecan Nuts, Yogurt & Syrup Tofu Serves 2

Ingredients
 350–400 g Firm Tofu
 2–4 Tbsp Maple or Golden Syrup
 2–4 Tbsp Soy Yogurt
 Pecan or Mixed Nuts to sprinkle on top

Marinade
 1 Tbsp Dark Soy Sauce
 2 Tbsp Bbq Sauce
 2 Tbsp Vegetable Oil

Method
 Mix marinade ingredient into a bowl. Cut tofu into 1–2cm thick slices. Coat the tofu into the marinade. In a non-stick pan on med to high heat, place the tofu in the pan and cook for 2 min on each side. Plate up the tofu, then put a dollop of yogurt, drizzle with syrup and sprinkle the nuts on top.

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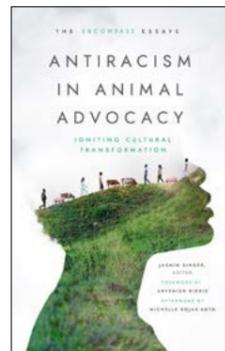
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REVIEWS



Antiracism in Animal Advocacy: Igniting Cultural Transformation by Jasmin Singer (editor), Aryenish Birdie (foreword), and Michelle Rojas-Soto (afterword) reviewed by Darren Chang (PhD candidate, University of Sydney)



In 2020 Encompass, a US-based non-profit organisation dedicated to pursuing racial equity in the global animal advocacy movement, hosted their inaugural Foundational Diversity, Equity and Inclusion Institute.

This book is formed of contributions from animal advocates who participated in that training. Each chapter contains a personal story shared by advocates of diverse racial identities, detailing their lived

experiences in confronting white supremacy in vegan and animal movements.

Together, this collection of powerful essays makes a compelling argument that the cause to liberate animals cannot succeed if animal advocates fail to challenge other forms of oppression perpetuated by our own movement, with racism being the main focus here. Racism within the animal advocacy movement is pervasive, from the educational materials we use for outreach and campaigns to the demographic representation within the membership and leadership of our organisations. The authors argue that supporting, listening to, and following the leadership of advocates who are Black, Indigenous and people of the global majority (BIPGM) is both morally necessary for those committed to fighting against injustice and strategically more effective when creating change for animals across diverse cultures and communities.

As a long-time vegan animal advocate who has felt marginalised in this movement due to my racial identity, I felt both validated and empowered as I read this book. I wish there could have been some critical discussions about how the non-profit industry may be foundationally white supremacist in its structures and functions, and whether we may need to imagine alternative ways to mobilise our communities and movements. Nonetheless, given our current dependency on non-profit organisations, this book

is essential for those wanting to make our movement more racially equitable and inclusive.

Fauna by David Hartley reviewed by Woody River (www.woodyriver.com)



As its title suggests, the 12 short stories in Fauna are linked thematically by their main subjects – animals – but startle the reader with new myths, inversions of familiar situations or reinventions for a technologically advanced readership.

Opening with 'Broadcast of the Foxes', fear and human paranoia is explored through a hunt in which foxes become the hunters and humans become the prey.

The bleak, almost apocalyptic setting with 'no cars', 'no life' and ultimately no help as the prolonged, torturous situation reaches its terrifying climax, is somewhat reminiscent of Beckett, a connection further enhanced by the short sentences, spare prose and use of repetition.

Other literary nods abound: the three horses of the past, present and future in 'A Time Before Horses' inevitably evoke the ghosts in Dickens' *A Christmas Carol* but without the salvation offered to Scrooge, while Kafka's influence is apparent in several stories, most notably 'Betamorphosis' which reverses and updates the central idea of Kafka's famous novella *Metamorphosis* by having a cockroach turn into a human action figure.

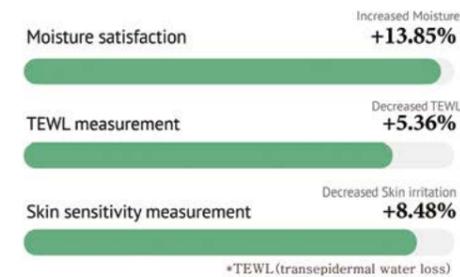
It is refreshing to read stories which explore the very real concerns regarding human interaction with, and abuse of, animals, but there are a few grating issues. Proofreading errors prove to be rather distracting, and some of the stories, such as 'Flock', which has the last dodo as its narrator, never develop beyond an extended monologue.

The most compelling story, 'Shooting an Elephant', depicts an elephant constructed from a troupe of acrobats inside a huge arena which recreates an African savannah. Flirting with magical realism in places, Hartley grounds the tale with constant reminders of staging, mime and simulation, which makes the protagonist's thirst for pain, bloodshed and dominance even more shocking.

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VOLUNTEER HUB

Kaya Gromocki
Volunteering and Engagement Officer



In this issue I would like to introduce some of our research volunteers. They are a team of ten volunteers who support Vegan Society staff across a huge range of areas.

Being an evidence-based educational charity means that research is a fundamental part of our work. If you would like to see a wonderful example of how volunteer researchers have

contributed, then check out page 20 to see the research of Archivist Volunteer Alice Wibberley brought to life in the form of an infographic. Some of you may remember Alice from issue 1 2020 when she was featured as our Volunteer of the Season. Since then, she has been working on researching a history of The Vegan Society which has culminated in this beautiful illustration.

If you would like to contribute to this continuing research, we are recruiting for an Archiving Volunteer to come to our office in Birmingham on a weekly basis to look after our collection of historical Vegan Society materials (Covid-19 guidance permitting). For more details and to apply, please check our website.



Flo Porter

I studied criminology at university and want to pursue a career in social research that addresses the experiences of underrepresented and oppressed identities. Since joining the volunteer research team in August this year, I've worked on various projects including research into statistics on

the rise of vegan families and compiling information on university vegan societies, and I'm currently summarising research related to vegan food for companion animals.

As a vegan of five years, researching with The Vegan Society means I can contribute towards a cause that I'm passionate about whilst connecting with fellow vegans outside of my full-time hospitality role. By exploring a wide range of topics related to veganism, this role reminds me why I love research.



Nicholas Tuck

I've been a volunteer with The Vegan Society for just over one month. I have recently completed my first task, which related to the grants programme and how to encourage applications from economically developing countries. Its international aspect aligned closely with my belief that the

society's mission to promote a vegan lifestyle should continue to expand globally. I believe this is particularly important since Brexit.

My 'day job' is as an accountant for a non-profit company. I seek, together with colleagues who are also vegan, to promote our beliefs when shaping the policies within our organisation. I am also just starting my dissertation for my international law masters, which will be focused on a vegan-related topic.

I've loved virtually meeting my wonderful fellow researchers and seeing some of the beautiful animals they share their lives with.

In my spare time I love vegan cooking (another greedy vegan!) and walking in the Malvern Hills.



Liv Ruffle

I became a research volunteer for The Vegan Society in the summer, just as I was coming to the end of university. I based my MSc dissertation on a topic from a health-economics perspective, exploring the relationship between plant-based diets and cardiovascular disease prevention. Being part of the

volunteering team at The Vegan Society is a fantastic opportunity to continue researching – something I really enjoy – whilst contributing to a field of study I care so much about.

In my spare time, I like keeping busy. I love socialising with friends and family, cooking and staying active. Volunteering is flexible and very rewarding; I can comfortably dedicate time to an incredible cause, learn new things and help raise awareness – alongside having a healthy, balanced approach to my other interests and commitments. It's a privilege to volunteer within The Vegan Society and I'm excited to be part of the movement's future progress.



Stefan Bicanic

I'm currently based in Dublin and work in finance while also studying business.

This involves writing a thesis involving vegan demographics. I spend a lot of time reading non-fiction (such as philosophy and psychology), and I enjoy taking long walks while listening to music.

Since joining The Vegan Society in

July, I've been completing various tasks, usually collating information, researching trends and assisting with data entry.

This experience has been very rewarding as I'm more in touch with other people who have similar worldviews and I always feel my time is well spent, knowing this will have a broader positive effect on other people and attitudes toward animals. It can also be very insightful and a great reminder that there are many people out there who want to make a positive change.



Volunteer Alice Wibberley sorting through the archives

VOLUNTEER OF THE SEASON

Introducing **Emma Pearce**, a vegan events organiser who got involved in our COP26 planning.



Tell us about yourself

I'm a vegan events organiser based in Cork, Ireland. I own a small business that has a passion for sustainability – Positively Eventful. I'm currently studying for an Events Management postgraduate degree. My university encourages their students to do internships and volunteer work. That can be tough when the majority of opportunities do not align with the causes I believe in – such as human and animal rights, and preserving the earth. This is why I chose to volunteer remotely with The Vegan Society.

What type of volunteering have you done with us so far and what might you do in the future?

I volunteered for six weeks supporting the Events Manager in The Vegan Society's mission to get veganism included in the conversation during COP26, the global climate conference that took place in November in Glasgow. Our focus was to promote the Plate Up for The Planet campaign and support The Vegan Society in organising educational and fun events and activities, sharing the impact that animal agriculture has on the environment and the many benefits of transitioning to a plant-based agriculture system.

I decided to stick around after the role ended as my current schedule means volunteering is still possible. I asked if I could help out with the Community Network in any way as I am an activist at heart, so I'm working on a task for that at

the moment and no doubt they'll find some fun vegan events tasks to keep me busy in the future. Volunteering is good for the soul – we all need meaning in our lives and it can be a fantastic way to provide that!

What are your plans for the future?

Hopefully, next year my postgrad will complement my events experience and open up new possibilities as I'd love to contribute to an organisation that has similar values to me. Working in a group will be a nice change after working as a sole trader. It is time for the people of Ireland and beyond to have fun at events without harming animals, people and the planet. I need to get back to organising live events and will be starting with a charity fundraiser for a local animal sanctuary. That's definitely something to look forward to.

Is there anything else you would like to tell us?

As a vegan for almost a decade, I have to mention it was one of the best decisions I've made in my life, along with adopting animals and swapping driving for cycling. It opened up this whole new world for me, improving all aspects of my life. It also improved the lives of others because my choices make a difference, from what I wear affecting those who made the clothes to what I eat affecting the animals and the farmers. Good luck to anyone on their vegan journey.

EVENTS

Covid-19 disclaimer: the following information is accurate at the time of printing. Please refer to the website for each event for the latest updates and always follow government advice.

LABL Vegan Fair

Saturday 26 March (10am–5pm)

St George's Hall, St George's Place, Liverpool L1 1JJ
labl.org.uk

Irish Vegan Festival

Sunday 10 April (10am–5pm)

Europa Hotel, Great Victoria Street, Belfast BT2 7AP
facebook.com/events/918714158712358

Scottish Vegan Festival

Sunday 8 May (10am–5pm)

O2 Academy Edinburgh, 11 New Market Road, Edinburgh EH14 1RJ
facebook.com/events/176619664628901

Morecambe Vegan Festival

Sunday 5 June (10:30am–4pm)

The Platform, Station Buildings, Marine Road Central, Morecambe LA4 4DB
facebook.com/events/2505064676279356

West Yorkshire Vegan Festival

Sunday 3 July (10:30am–5pm)

Huddersfield Town Hall, Ramsden Street, Huddersfield HD1 2TA
facebook.com/events/2571752389585670

Vegan Kids Festival

Friday 22 – Sunday 24 July

Moonacre Partyfield, Dorchester Road, Sturminster Marshall, Dorset BH21 4EU
vegankidsfestival.co.uk



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