

If you are interested in taking the first steps on your vegan journey

visit vegansociety.com where you can sign up to our free newsletter. You can also download VeGuide, our free easy-to-use app to guide you through the first 30 days of your vegan journey.




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The Vegan Society,
Donald Watson House,
21 Hylton Street,
Birmingham, B18 6HJ

+44 (0)121 523 1730
info@vegansociety.com
vegansociety.com

 [TheOriginalVeganSociety](https://www.instagram.com/TheOriginalVeganSociety)

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



Animal Sanctuary Photography

Sheep photograph taken at Goodheart Farm Animal Sanctuary, Worcestershire.
Pigs photograph taken at Farm Animal Sanctuary, by Saoirse Clohessy.

Veganism: Past, Present and Future

Celebrating 80 years of The Vegan Society

Visit the free interactive exhibition
in the Library of Birmingham
from 17 May–23 August



Activities
for children!

The exhibition runs from Saturday 17 May–
Saturday 23 August in The Gallery, Floor 3 of the
Library of Birmingham, Centenary Square,
Birmingham B1 2ND. The library is open every
day from 11am–5pm, except Sundays and Bank
Holiday Mondays.

Veganism: Past, Present and Future

Did you know that The Vegan Society was founded 80 years ago?

At this free interactive exhibition, you can discover how veganism has grown from fringe movement to a mainstream lifestyle – a story closely intertwined with Birmingham's history.

Find out how the vegan community expanded from a handful of individuals with a common goal, to millions worldwide. Learn how the word 'vegan' was created, and how early vegans ate during wartime rationing.

On Saturdays between 2:00 and 4:30 during the live exhibition window, come along and explore what a vegan future could look like using Virtual Reality headsets. Vegan Society representatives will be available to assist. Please note that VR headset use is available to those aged 13 and over.

You can also find fun activities for children including a food facts treasure hunt and lift the flap information panels.



Donald Watson
Co-Founder of The Vegan Society

About The Vegan Society

Beginning life as an offshoot of The Vegetarian Society, The Vegan Society was founded in 1944 by a group of individuals who wanted to make the next step in their ethical journey.

The society has grown from a few volunteers with a shared mission, to a dedicated workforce with over 70 members of staff including experts in a whole range of fields.

As well as educating individuals and organisations on the many benefits of a vegan lifestyle, The Vegan Society is the go-to resource for information on all aspects of veganism.

Our Dietitians are experts in vegan nutrition, helping everyone to make the most of a vegan diet. We share the message that a balanced vegan diet can support healthy living for people of all ages, and at every stage of life.

We have a dedicated team of researchers who support our mission to provide the latest evidence-based information.

Did you know that veganism is a protected belief? Our Rights expert supports vegans to claim their rights in education, employment, hospitals and as consumers of other goods and services.

You may be familiar with the sunflower mark that appears on the labels of food, household items, clothing and more. This is the Vegan Trademark. Our Trademark Team is responsible for registering products as suitable for vegans. A product registered with the Vegan Trademark has not been tested on animals by the company or on its behalf and does not contain any animal-based ingredients.



Vegan in Birmingham

Check out these city-centre options for vegan food:

- **Alterna (alternamarket.co.uk)**

Plant-based food shop and bakery
25 Caroline Street, B3 1UE
Open Wed–Fri 07:00–17:00, Sat–Sun 08:00–17:00

- **BA-HA (baha-vegan.co.uk)**

Street food pop-up based at The Rainbow pub
160 High Street, Digbeth, B12 0LD
Open Tue–Fri 16:00–21:00, Sat 12:00–21:00, Sun 12:00–20:00

- **Falafel Vegan Munch (@falafelmunch)**

Takeaway or sit-in, serving falafel, hummus, juices and more
68 Digbeth St, B5 6DH
Open Mon–Sat 11:00–20:00, Sun 12:00–20:00

- **Land (land.restaurant)**

Fine dining restaurant – booking required
30 Great Western Arcade, B2 5HU
Open Wed 18:00–19:30, Thur 12:00–13:00,
18:00–19:30, Fri–Sat 12:00–13:00, 17:00–21:00

- **Vegan Dhaba (vegandhaba.co.uk)**

Indian street food – takeaway or eat in
Ground floor front, 19–21 Pitsford St, B18 6LJ
Open Tue–Thur 12:00–9:45, Fri–Sat 12:00–10:00,
Sun 12:00–19:00

- Visit happycow.net for further suggestions

Please note that the above information is correct at the time of printing. The Vegan Society has not checked menus, ingredients or cooking practices.