



2022 Issue 4

The Vegan

The Vegan Society magazine

WORLD VEGAN MONTH

Introducing Be AnimalKind

VEGAN PASTA

Comforting recipes from Clémence Catz

LAB GROWN MEAT

Should vegans support it?

Write your will for free today



As **V for Life** is all too aware, there are many challenges to maintaining a vegan diet into later life – especially when your lifestyle or diet is dependent on someone else providing for you.

From ethical investments, through to protecting what you might end up eating if you get dementia, it can be important to have your affairs in order.

But did you know more than half of UK adults don't have a will?

Although no one has to create a will, doing so ensures that your wishes will be carried out. Without a will, the state will decide where your money goes – which can result in a drawn out and expensive process for your loved ones.

If this sounds like you, then don't worry.

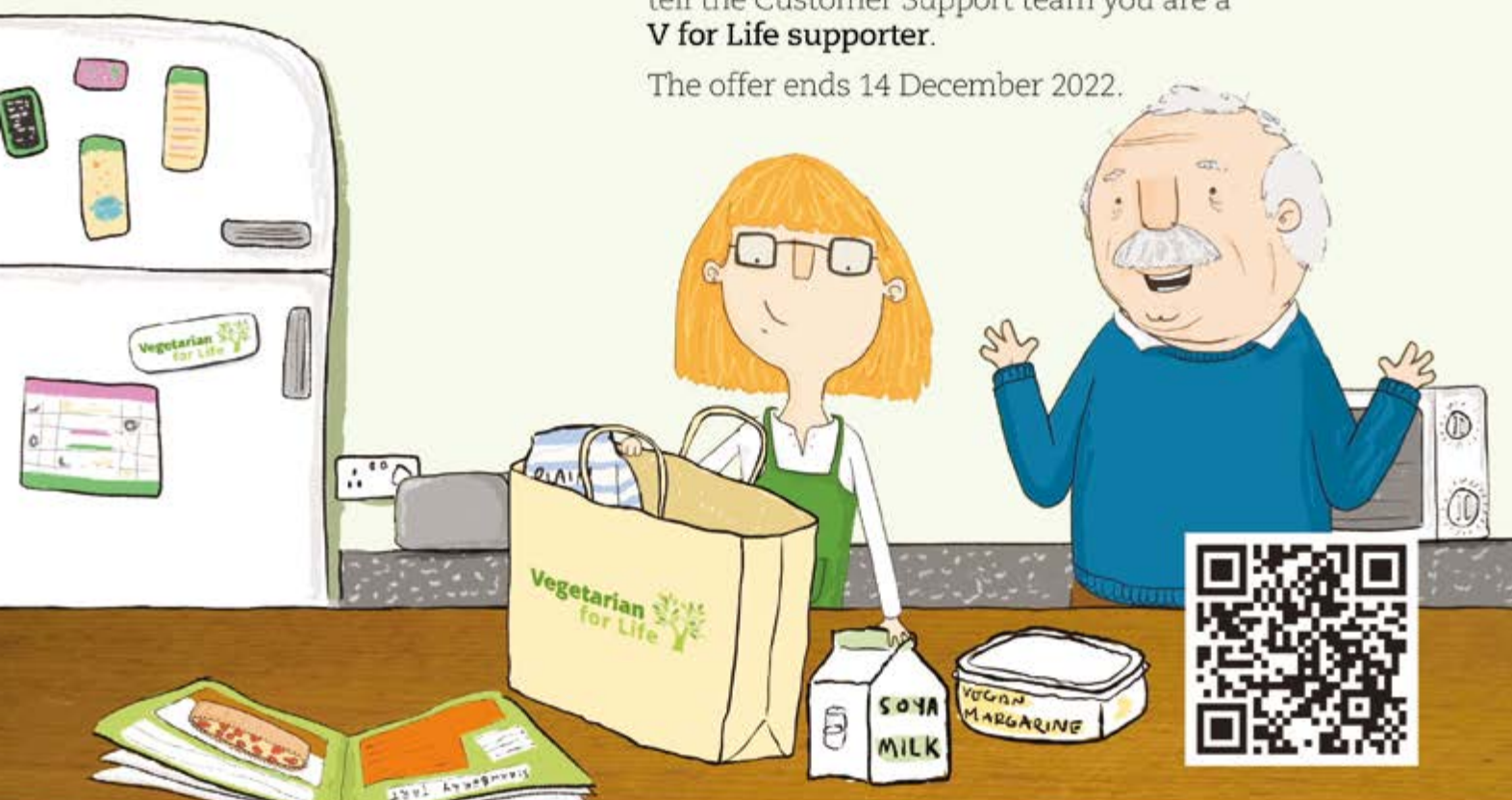
We're offering you the chance to **write your will for free in 30 minutes** from the comfort of your own home. Vegetarian for Life has teamed up with Farewill, the **largest will writer in the UK**, to give you all the professional support that you need.

Naturally, we hope that you will include V for Life in your will, but you don't have to. If you decide that you can make such a generous gesture, you will be supporting people on their vegan journey for generations to come.

To **write your will free of charge** (normally £90) visit farewill.com/vfl-vs

Alternatively, you can **write your will over the phone** with Farewill. Just call them on **020 8050 2686**, and tell the Customer Support team you are a **V for Life supporter**.

The offer ends 14 December 2022.



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EDITOR'S LETTER



Happy World Vegan Month! On 1 November – World Vegan Day – we are launching Be AnimalKind. Previously known as Future Normal, Be AnimalKind is all about encouraging non-vegan animal lovers to reconsider their relationships with other animals and to make more compassionate choices. With a focus this year on highlighting heart-

warming stories of ex-farmed animal care, you can get a taster of this on page 6.

I am excited to introduce you to Deep Dive – our new regular feature in which an expert explores a thought-provoking or controversial vegan topic. In our first instalment,

researcher Chris Bryant shares his thoughts on the fascinating topic of cultivated, or lab-grown, meat and asks whether vegans should welcome these technological developments.

Asha Swann explores how to keep our cultural food traditions alive after going vegan, while researcher Alex Huntley considers how to remember non-human animals killed in war.

For those looking to make some comforting meals as autumn becomes winter, we have included three delicious recipes from the new title *Vegan Pasta* by Clémence Catz.

Please do get in touch at editor@vegansociety.com to share your thoughts on any of the pieces included in this edition. You could be in with a chance of winning our next Star Letter prize!

Elena Orde, Editor

Elena

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FROM THE CEO



I hope this edition of our magazine finds you well, and I would like to wish each of you a happy World Vegan Month. This time of year is one for celebration of the vegan movement, as well as reflection on how far we have come and what is yet to be achieved.

The Future Normal campaign, following extensive research with our target audience, has been rebranded as Be AnimalKind. You can read more about the campaign relaunch and World Vegan Month activities on page 6.

The Vegan Trademark is over 30 years old. This World Vegan Month, we are celebrating decades of trusted vegan labelling and sharing with you the history of the

trademark. We are all proud of the work the team puts in to make veganism more accessible to all and understood by businesses and individuals.

We are well aware that these are financially difficult times for many people, and for this reason we plan to further expand our Live Vegan for Less campaign in 2023. Live Vegan for Less helps vegans and those wishing to go vegan to create affordable, nutritionally balanced meals. We will back up this work with a research project to help us identify areas of focus and discern where we can be of the most help to the vegan community.

And finally, a huge thank you to all of our members for continuing to support The Vegan Society. Your contributions are greatly appreciated and allow us to continue our vital work to further veganism for the good of animals, people and the planet.

Steve Hamon, 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 work 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

- They use inks that are vegan and free from volatile organic compounds
- They are powered by 100% renewable energy
- They send zero waste to landfill

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



#OneLittleSwitch

Plate Up for the Planet is our revolutionary campaign which encourages people to go vegan for the good of the environment.

Our research has found that one perceived barrier to veganism is people's lack of knowledge in how to replace animal products in their favourite meals. We have created #OneLittleSwitch to address this issue, as we ask people to swap out animal products for vegan options which are less resource intensive to produce.

The #OneLittleSwitch eBook is available to download at plateupfortheplanet.org and features seven brand-new and delicious plant-based recipes including a speedy gnocchi bake and chocolate porridge. Each recipe comes with its own carbon label, showing the difference that an individual can make by choosing the vegan option.

Alongside the brand-new eBook, we have also shared a whole host of incredible new videos on our social media channels, including a mini documentary and some fantastic short recipe films.

Every journey towards veganism starts with a single step – and we are here to help support every step of the way. Please share #OneLittleSwitch far and wide, and help us to reach more people than ever.

Research Day

In September we ran our research conference at the University of Manchester. This event brought together academics and professionals for a fascinating day of discussion and insight on a number of cutting-edge topics.

Chair of The Vegan Society Research Advisory Committee Dr Richard Twine presented on the search for better data on the link between animal agriculture and the climate emergency. Reporting from research in a forthcoming book on the climate crisis, Richard delved into the sociological and scientific basis of claims made around various percentage figures for the contribution of animal agriculture.

Attendees also heard the latest research on vegan sources of omega-3 fats and iodine, hosted by experts Elena Holmes, Elizabeth Everleigh and Vegan Society dietitian Chantal Tomlinson.

Dr Melanie Flynn presented on some of the ways veganism might influence a nonspeciesist criminology. Melanie argued that constructing nonhuman animals as victims of crime might support vegan advocacy and policy change. We also heard from experts in market research, alternative proteins, animals and the ethics of war and more.

Visit vegansociety.com/research to find recordings of our keynote presentations, alongside the latest research news and articles.





VEG 1 Baby and Toddler to be launched imminently

VEG 1 Baby and Toddler

An exciting new product is joining the VEG 1 range very soon. Designed especially for vegan children aged between six months and four years, VEG 1 Baby and Toddler has been developed with the expert insight of a paediatric dietitian. Containing essential nutrients to support healthy development, the liquid multivitamin includes vitamins B12, A, C and D, as well as selenium and iodine.

Affordability remains at the heart of our brand, with the new product due to retail at just £8.50 for a five-month supply. Make sure you're subscribed to our members' newsletter to hear further product updates over the coming months.

The Vegan Pod

Have you been listening to The Vegan Pod? Each episode of our podcast features experts in different areas of veganism delving into a new topic each month.

Our August episode tied in with the Commonwealth Games and looked at the nutritional requirements of vegan athletes. Featuring duathlete Lisa Gawthorne and boxer Jamal LeDoux, host Rachel New asked a number of questions about how they get the most out of their plant-based diets.

September's podcast focused on the rise of vegan fashion, asking whether plant-based clothing is the way forward to a better planet for all.



Education Officer Laura Chepner

As ever, we featured your comments – so ensure you're following our social media channels for the chance to have your comment included in the next episode. You can also email podcast@vegansociety.com with your questions and suggestions.

You can find The Vegan Pod on Podbean and iTunes.

In the news

Our Education Officer Laura Chepner appeared on *The Jeremy Vine Show* to discuss Hayward Heath's council's decision to shift to plant-based meals in its schools and hospitals, in response to the climate crisis.

Laura said, "Hayward Heath has thought progressively and made a bold move to acknowledge that we're facing an existential threat and are providing a solution. Most politicians are ignoring the climate crisis, and so I really do commend them for taking action that other councils should be following suit."

Thank you to everyone who signed our petition asking for the government to require schools to provide a vegan meal option every day. We received over 26,000 signatures in total and a response from the government. This response stated that the government recognises the importance of plant-based foods from a cultural and environmental point of view but continues to leave the inclusion of vegan meals to each school's discretion based on demand from parents and children.

The best of the blogs

For National Allotment Week, to tie in with our Grow Green campaign, we ran a series of blogs championing the efforts of vegan allotment holders. With topics such as urban community growing, permaculture and how rescue chickens can be brilliant allotment companions, you're sure to find something which inspires you to get growing.

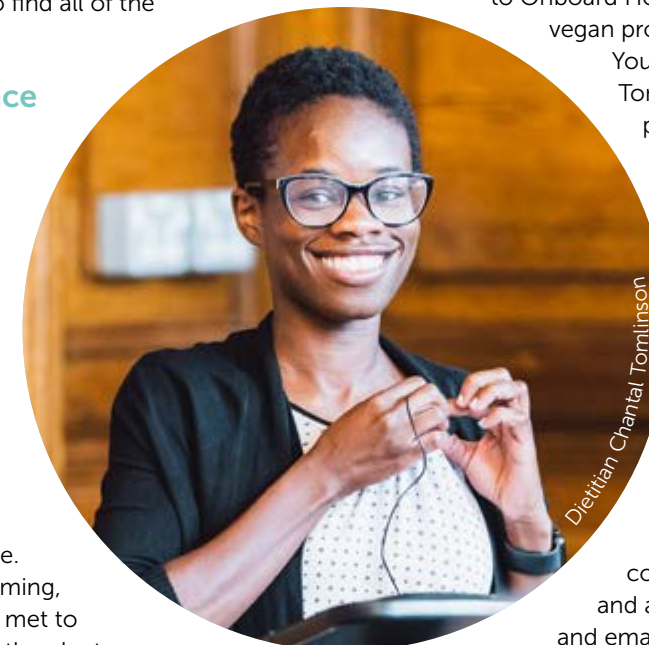
We also shared Najah Raya's article on her thoughts on the festival of Eid al-Adha as a vegan Muslim. The Trademark Team shared their favourite plastic-free cosmetics to tie in with Zero Waste Week in July.

Visit vegansociety.com/blog to find all of the above and more.

Plant-Based Food Alliance

The Vegan Society is a founding member of the Plant-Based Food Alliance UK, a coalition of organisations which exists to influence change to a more sustainable, healthy and secure food system.

In July our Policy Team attended a historic meeting at the House of Lords, organised by the Plant-Based Food Alliance. The meeting was hosted by Baroness Jenkin and Marisa Heath, CEO of the Alliance. Over 50 representatives from farming, industry, government and NGOs met to discuss and debate the direction the plant-



Dietitian Chantal Tomlinson

based sector is taking and what is needed to progress it further. Points of discussion included the diversification of farming systems to increase raw materials for vegan products and new manufacturing methods to generate innovation opportunities at the intersection of farming, retail and food service.

Nutrition highlights

The Nutrition Team delivered a session on practical kitchen skills to Birmingham City University students in July. We also provided nutrition information as part of a response to Onboard Hospitality magazine on improving vegan provision in airlines.

You can hear Dietitian Chantal Tomlinson on the Simply Vegan podcast, which is run by *Vegan Food and Living* magazine.

Chantal covered tips for those following a gluten-free diet, as well as delving into the topic of supplementation.

We would also like to take this opportunity to acknowledge the sterling work of Heather Russell, The Vegan Society's first employed dietitian, who has now left the charity. Heather developed the nutrition service's resources, wrote countless articles, gave many talks and answered your queries via phone and email. Thank you, Heather, for your work over the last six years!



Senior representatives from Oatly, Upfield and Green Alliance at the PBFA's event

BE ANIMALKIND

In 2020 we launched Future Normal – our campaign that encourages non-vegan animal lovers to reflect on their attitudes towards different species. Following extensive audience testing we are very excited to say that Future Normal has a new name...

Be AnimalKind

Surveys showed that our target audience responded particularly well to a name which more clearly described the message and values of the campaign. The heart of this project is still the same – we are working to connect with people and, through sharing thought-provoking, heart-warming and eye-opening videos, stories, articles and more, inspire a kinder and more respectful attitude towards animals. All animals – not just those we consider a part of our families and share our homes with.

World Vegan Month

And what better time to share the reinvigorated campaign than World Vegan Month, kicking off on World Vegan Day on 1 November?

Throughout the whole month of November, you can follow the campaign on social media as we share plenty of exciting new videos, stories and articles. You can get involved by:

- Engaging with our posts on social media – every share, like and comment helps!
- Sharing your own stories of connection with animals.
- Visiting vegansociety.com/donate/BeAnimalKind and donating to Be AnimalKind. Read more about donations on page 24.

Storytelling

This year we are sharing the stories of animals rescued from exploitative industries. We know that cows, chickens and pigs are just as intelligent, loving, unique and funny as cats and dogs – and we are bringing this fact to life through sharing stories from those who have experiences of caring for ex-farmed animals.

Turn over to meet some of our storytellers!

We know that cows, chickens and pigs are just as intelligent, loving, unique and funny as cats and dogs and we are bringing this fact to life through sharing stories

Volunteer Anji with rescued cows Rosie (foreground) and Ella (background)



Anji and Regan, one of Matilda's piglets

Eddie

I was a foster child. I grew up in Essex in a council house. We looked after a myna bird, dogs, geese and ducks. We always had animals around. We didn't eat the animals we looked after, but we were a working-class meat-eating family. I was brought up thinking that you had to eat meat to be healthy.

When I was older, I met more likeminded people. I was invited to play music at Friend Farm Animal Sanctuary fundraising festival (friendfarmanimalsanctuary.org). I ended up co-running the yearly festival with a collective of vegan volunteers. I was at the sanctuary so often, working and helping out there and living there for periods of time. That's when my awakening happened. Going vegan was, for me, a spiritual awakening.

I have a son, Dylan, who is four years old. He spends a lot of time at the sanctuary. My partner Layla and I raised him vegan from birth. He has a choice that I didn't have – about whether to eat animals or not. He sees the animals at the sanctuary as part of our family. He helps to look after them. When we feed them or build fences or whatever needs doing, he comes along with his little wheelbarrow. Dylan's very outspoken about being vegan. It's upset him in the past to see the meat aisle in the supermarket.

It's the best thing in the world to see my son interacting with animals, having a humane approach to them. I love seeing that he has opportunities that I didn't have.

All of the animals have different personalities, just like humans do. Being around animals has shown me the way the world should be – autonomous and free. All sentient beings deserve to be free. I resonate with the goats' personalities because they're feral and wild, and that's how I feel.

For me, veganism isn't about me and it's not just about veganism. It's part of a wider view – anti-transphobia, anti-homophobia, anti-racism, anti-speciesism. That's how I live my life.

Marika (pictured on front cover with Daisy the chicken)

I've always been an animal lover. When I was younger, I remember rescuing little mice and birds. It wasn't until I was 34 that I learned about all the different types of animal exploitation and went vegan.

Shortly afterwards I adopted some ex-battery hens. When we went to pick them up, I was in shock. They were so pale they looked like little ghosts, and the parts of them that were not pale were raw. They were so frightened, and I was frightened as well, thinking they weren't going to accept me.

I had to be very cautious and gentle with them. They were scared of everything, and they were so weak. The difference

between then and now is huge – now they spend their time relaxing and having dust baths and following me about the garden and house everywhere.

They all have very different personalities. Bluebell is the head of the flock. She's lovely, and very happy to be picked up. She's like a soft, nurturing grandmother.

Violet was the most afraid at first, but she's really blossomed. She will start coming up to you and telling you about her day. Her personality is like a giddy little girl. She's very talkative and she has a feisty streak to her.

Iris is very aware and observant and elegant. But she's also very loud – sometimes she does a big 'hee-haw' sound like a donkey!

And then there's Daisy, who is very eccentric. I picture her as a bit of a hippy. She always puts the cats in line – because she's last in the pecking order with the other hens, she bosses the other animals around. Daisy just does her own thing.

At this stage I feel like I've been adopted as one of their flock. I love seeing them sunbathing and stretching their wings. It makes me feel really warm, as I know they wouldn't have been able to do those things in the cages they were in, or even if they were farmed as free-range hens.

Sepi

I was always very close to animals. In my mid 20s I went vegan, after realising what happens in the dairy industry. Soon afterwards I decided that I needed to do more for the animals. I was working as a conveyancer in Portsmouth, and I quit my job and moved to rural Ireland to open a sanctuary.

Maggie the lamb is the youngest animal at the sanctuary. Maggie was born prematurely in April this year. Her mother couldn't look after her. I was driving past a farm one day when I heard a cry. I went and asked the farmer what it was, and he said Maggie was going to be used as food. I asked if I could take her away. She was only a day old and very hungry. It was cold outside, and she was in a shed with no door, in a small box. On the way home we bought nappies at the supermarket, and I raised her in the house by bottle feeding her.

Maggie first stepped outside in June. She's incredibly intelligent, and now she goes in and out of the house when she feels like it. She comes to me when I call her name.

I recently adopted another sheep, an older sheep who was injured. Maggie and she have bonded, and they are a great support for each other.

The best thing about running a sanctuary is the sense of peace. In Buddhism they say the only way to find peace is to help others and I think that's what I've found. It is in our nature to nurture.

Anji

I've been volunteering at Surge Sanctuary (surgesanctuary.org) since July 2021. One animal I feel a particular connection to is Matilda. She

is a pig who escaped from a farm when heavily pregnant to give birth to her nine babies in nearby woodland. She was discovered by a dog walker and unfortunately taken back to the farm with her babies. After campaigning, we managed to secure her release to the sanctuary.

Matilda is such an amazing mother. Eight of her babies survived and they can be a real handful! Her patience with them knows no bounds. She has taught them everything about how to be a pig despite never having been allowed to behave like one herself. She had a nose ring when she escaped and this would have prevented her from rooting. It was possible that since the nose ring was designed to cause her pain when she attempted to root, she would always be too frightened to try. She was so brave when it was removed, immediately rooting and teaching the piglets to do the same.

Matilda was very trusting of everybody at the sanctuary from the day she arrived. She loves belly rubs and also loves treats of any type. Giving the piglets (who are now as big as she is) treats always causes chaos as they all scramble to get them at once. The best way to ensure they all get some is to throw a big bucket of treats onto the floor. Matilda will not take it from the floor. She likes to be hand fed so I always try to sneak her treats when she is alone. She is very close to her babies and they still all sleep in a piggy huddle.

Matilda is an example of the perfect mother. She saved her piglets' lives with her bravery and will go on to save the lives of many other pigs as her story spreads and helps people to realise why they should go vegan.



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It is in our nature to nurture

A HISTORY OF THE VEGAN TRADEMARK

As part of our World Vegan Month celebrations, we are looking back on over 30 years of the Vegan Trademark

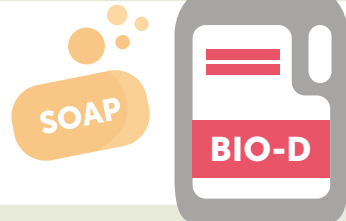
1990

The Vegan Trademark is launched



1992

Food giants Suma and Rakusen's begin working with us



1990

Our oldest continuous Trademark holder, Bio-D, registers their washing powder and soaps



1997

First skincare brand, Green People, join the product lineup



1998

Brewery Samuel Smiths registers our first ales, stouts and lagers



1999

Freerangers becomes the first footwear company to register products



2002

The Trademark Team make the switch to digital processing



2002

Original Source begins registering their toiletries



2016

10,000 products registered



2013

Major British supermarket ASDA come onboard

2010

Major German drugstore Dirk Rossmann registers products



2007

German supermarket dm-drogerie markt register

2006

Global brand LUSH begins registering (what is now over 2000) products



2005

Ultra Glow Cosmetics becomes the first makeup brand to be registered with the Vegan Trademark



2018

- 20,000 products registered
- Global cosmetic brand The Body Shop starts work to register its entire product range as vegan by 2023
- First energy supplier, Ecotricity, registers electricity and gas supply



2019

- 30,000 products registered
- First vegan alternative testing options, VeganSure, get registered
- Wilko becomes a trademark holder



2020

- 40,000 products registered
- Asda George register clothing and accessories



2021

- Burger King is the first fast-food chain to register products
- 50,000 products registered



2022

- 60,000 products registered
- First violin, flooring, paracetamol, packaging company (Smurfit Kappa) and personal pleasure toys get registered
- Morrisons becomes a trademark holder, as to international supermarkets Lidl and Kaufland



2017

Forest Green Rovers become the first (and only to date) football club to register with the Vegan Trademark — serving only vegan food to players and fans



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and
Toddler

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KEEPING CULTURE IN VEGAN CUISINE

Asha Swann explores how veganising dishes can link us to our heritage



Food is a celebration for Afia Amoako. Known online through her blog as The Canadian African and her Instagram as @eatwithafia, she's spent several years trying to bring West African dishes into the mainstream food culture. Afia creates recipes authentic to her family's roots in Ghana without compromising her vegan morals.

Afia's blog is all about making African dishes accessible, especially for people whose only experience of African food are meaty dishes like oxtail. While there are many cultural dishes that contain meat or dairy, Afia wants people to know that Africa is not a monolith: there are countless ethnic groups who pride themselves on creating flavourful dishes from indigenous ingredients. Afia spent many years between Ghana, Tanzania and South Africa, and her recipes represent a celebration of cultural ties across the continent. She's ready to make vegan African dishes mainstream: a recognition that veganism isn't just kale salads from Whole Foods – it's a celebration of culture through food that has included meat-free ingredients such as beans, grains and spices for centuries.

"When I say mainstream, it's just an acknowledgement that there's cuisine from that part of the world that can be an option for everyone," Afia says.

Balancing identities

With over 50 countries in the continent of Africa, it's important to remember that each one comes with a different set of dishes, languages, customs and traditions that have

established cultures spanning thousands of years. One of Afia's most popular recipes, a vegan Ghanaian palm nut soup, is just one example of a cultural dish that usually contains meat, but still tastes delicious with aromatic veggies and a rich selection of spices. Even though Afia's vegan Ghanaian palm nut soup doesn't contain beef or pork, she still created the recipe using celebrated West African ingredients, like dawa dawa, palm nut cream and prekese. The veganised soup also goes perfectly with fufu or omotuo, just like the traditional meat version. Afia says cultural dishes have a core identity: for some dishes, the core identity isn't meat, it's spices and flavourings.

But Afia isn't the only one balancing her cultural identity with her vegan lifestyle. Chantal Tomlinson, a dietitian at The Vegan Society, is a Jamaican vegan who finds that authenticity in a dish comes from preparation and flavours. In Jamaica, where recipes like jerk chicken are exceptionally popular, the star of the dish isn't necessarily the chicken itself, but rather the technique of all the flavours melding together.

"Foods are often described as 'jerk' because a jerk rub or seasoning has been used, however in the truest sense, food described as 'jerk' has been slow cooked in a jerk pan," Chantal explains.

Chantal focuses on using these spices and cooking methods whenever possible to ensure that the core identity of the dish is kept. She once veganised curried mutton, a dish commonly made with goat or lamb, by substituting animal products with a soy/mushroom equivalent.



Chantal's vegan curried 'mutton'

"It was amazing!" she says. "I cooked it for vegans and non-vegans, and everyone loved it. One thing that really helped was that the texture of the meat-alternative was spot on."

A symbol of unity

Both Afia and Chantal see their cultural dishes as a symbol of unity, bringing together people from all over the world.

"Food is a major part of any big occasion," Chantal says. "Wherever people are gathered, there will be food."

It was in Tanzania, where Afia lived for four years, that she really began to value the community that food creates. "There is a mix of both Bantu African communities and South Indian and Middle Eastern groups that have been there for thousands of years," she says. "And you can see that through the food."

Common Indian dishes like samosa and rice pilau have long been part of Tanzanian culture. Wali wa nazi, a fragrant rice dish made of coconut milk and salt, is exceptionally similar to nasi lemak, a staple dish in Malaysia. Dishes originally coming from the Middle East can also be found across Tanzania, where over 30 percent of the population is Muslim. During the holy month of Ramadan, a fast is broken every evening with a celebratory meal called iftar, where Middle Eastern dishes and traditional Tanzanian foods easily mingle. It was during her years in Tanzania that a teenage Afia began to realise just how much family traditions and cultural moments are created over a hot meal.

"I find that food truly provides the opportunity to tell African stories," she says. "Together, sharing food brings so many conversational opportunities to learn something new, and it makes eating fun and enjoyable and amazing."

Busting misconceptions

In the Caribbean, it's common to make dishes using animal products around the holidays. But Chantal says that

the idea that Jamaican food can't be vegan-friendly is a misconception.

"Although Jamaican cuisine has many dishes where meat or fish are the main components, there are also many options that are naturally vegan," she explains. "Some dishes can easily be made vegan by simply removing the meat component and others require some creativity in how the meat is replaced."

Instead, Chantal focuses on the many plant-based Jamaican options like rice and peas, fried plantain, roast breadfruit, boiled and fried dumplings and steamed cabbage.

Meanwhile in West Africa, Afia explains that beans and grains are core components that can often be more accessible than animal products.

"Meat was seen as a form of luxury," she says. "My mom grew up in a household where her mother and grandmother were not fans of animal-based proteins."

Instead, Afia was raised on the belief that vegetables, beans, grains and spices are all incredibly versatile options to make authentic West African foods.

"When we were living in the village, all we got was greens and vegetables and look at us, we're still healthy and happy," she says.

When it comes to fancy family meals like Easter Sunday, dishes in both Chantal and Afia's family households serve both vegan and non-vegan options. With flavourful, veggie-filled renditions of classic recipes, both African and Caribbean culture is abundant in the way that Chantal and Afia create vegan cuisine.



Follow Afia on Instagram @eatwithafia



“

Food truly provides the opportunity to tell African stories



New products

100% plastic free packaging

Bio-D's range is 100% Vegan
Cruelty-free
and certified B Corp

Shop online at biod.co.uk or through independent retailers nationwide

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If you sign up to support The Vegan Society via our special link and complete 3 shops by the end of the year, Give as you Live will donate £10 to us - PLUS 100% of whatever you earn by shopping!



- 1** Sign up for FREE and select The Vegan Society as your chosen charity
- 2** When you shop, use Give as you Live Online to visit your chosen retailer
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NON-HUMAN ANIMALS IN WAR

As Remembrance Day approaches, how should we remember the non-humans who have been killed in war?



The purple poppy was created to highlight nonhuman animals killed in war



It's almost that time of year again. Social media and TV talk shows are awash with often less-than-civil debates about which poppy to wear, whether to wear one at all and the most appropriate way to remember those who died in war.

What I hope to do is shine a light on the forgotten victims of war without romanticising armed

conflict or arguing that there is a right or wrong way to remember the dead.

Modern warfare

Non-human animals have always been victims of modern warfare. During the First World War, an estimated 16 million animals were 'enlisted' including horses, donkeys, mules, pigeons, dogs and camels. According to the Animals in War Memorial Fund, eight million horses died during the First World War due to direct fire but also starvation, thirst, exhaustion and disease. An estimated 484,143 enlisted in the British armed forces alone are thought to have died during the war.

The First World War represented a turning point in the nature of warfare – with the domination of modern weaponry and vehicles, animals were used less frequently in the conflicts which followed. However, animals are still used by many militaries around the world, including the UK's. Horses are used for largely ceremonial functions, and dogs are routinely used in combat roles.

Even if the scale of animal exploitation in war has declined,

domestic, farmed, free-living and zoo animals are still frequently caught up in the violence of modern warfare. During the Bosnian War in 1992, the city of Sarajevo became a warzone, including the city's zoo. After the fighting concluded, there was only one animal – a bear – left alive, surrounded by dead lions, tigers, leopards, pumas, bears, wolves, giraffes, buffalos and more. With the zoo staff having fled, many had starved, and others had been shot. A similar situation happened during the Iraq War where zoo animals were killed for food or released from their enclosures by retreating Iraqi soldiers to slow the US advance.

After-effects

The effects of war on animals are felt often long after the conflict has drawn to an end. Landmines pose a particular threat to free-living animals, most notably elephants who have been maimed and killed by landmines in Southern Africa, Thailand and Sri Lanka.

Clearly, war has a profound impact on all kinds of animals. If we believe that humans are worthy of remembrance, then surely so are other animals. This mentality is perfectly reasonable, but we should think critically about how we choose to remember these animals. The animals used in war were exploited and continue to be exploited by humans. These animals were unwilling participants in the violence of humans. Instead of remembering these animals as brave heroes, we must remember their use as a historic injustice and strive towards a world where all animals can live a life free from exploitation and violence.

By Alex Huntley, Research Assistant

VEGAN PASTA

Three delicious recipes by
Clémence Catz



Serves 4

CONCHIGLIONI WITH WATERCRESS RICOTTA

Soaking time: 3–4 hours **Prep time:** 20 minutes **Cooking time:** 15 minutes

Ingredients

- 2 shallots
- 1 clove garlic
- 1 large bunch of watercress
- 120 g cashew nuts, soaked for 3–4 hours in abundant cold water
- 140 g silken tofu
- 1 tbsp lemon juice
- 2 tbsp olive oil
- 250 g large conchiglioni
- Salt, pepper

Variation

For a thicker ricotta, you can swap the silken tofu for firm tofu, adding a little water if necessary (not more than 50 ml) as you blend.

Conchiglioni are large pasta shells that can be stuffed. In this recipe, the plant-based ricotta is made with cashew nuts and tofu, with a little watercress for a piquant touch. It's a lovely contrast of flavours and is a pretty colour. You can swap the conchiglioni for cannelloni and prepare them in advance: all you have to do before serving is to reheat them gently in the oven with a drizzle of olive oil.

Directions

Peel and finely chop the degermed garlic and shallots, then brown them in a saucepan in 1 tablespoon of the olive oil.

Cut the stems off the watercress, wash the leaves, wipe dry with a clean tea towel and put them in the saucepan. Cook for 2 minutes. Set aside.

Rinse the cashew nuts and blend with the tofu, lemon juice, remaining olive oil, ½ teaspoon of salt and a few turns of a pepper mill until still slightly lumpy. Add the watercress and blend in batches to a cream that's not too smooth (it should have the texture of dairy ricotta).

Cook the pasta in a generous amount of boiling water following the instructions on the packet. Drain well and stuff each conchiglioni with the watercress ricotta. Serve immediately.



CONCHIGLIETTE AND CARAMELISED SHALLOTS GRATIN

Serves
4–6

Prep time: 30 minutes Cooking time: 30 minutes

Ingredients

8 shallots
2 tbsp olive oil
2 pinches of brown caster sugar
1 pinch of fleur de sel or sea salt flakes
300 g conchigliette (regular or semi-wholegrain pasta)
300 g silken tofu
150 g firm tofu
1 heaped tsp mustard
Salt, pepper

This simple dish, which evokes childhood memories, is a great way to use up leftover pasta (about 700 g of cooked pasta). The combination of firm and silken tofu gives the dish a creamy yet satisfying texture, while the caramelised shallots make it totally irresistible. Pair it with a nice crisp salad for a complete, protein-packed meal, and don't forget that it reheats beautifully the next day.

Directions

Peel and finely chop the shallots and sauté in olive oil in a small pan for 2 to 3 minutes. Add the sugar and salt. Mix, cover and leave to caramelise over a very low heat for about 10 minutes. Set aside.

Preheat the oven to 180°C (gas mark 4).

To cook the pasta, follow the instructions on the packet. Drain and tip into a large bowl. In the meantime, mix the silken tofu with the mustard and season with salt and pepper. Coarsely mash the firm tofu with a fork; don't over mash as the texture should be irregular. Mix the silken tofu cream with the firm tofu and shallots, then with the pasta. Transfer to a casserole dish or individual ramekins and bake for 20 minutes. Serve immediately.



SKILLET LASAGNE, ROASTED TOMATOES AND WHITE BEAN BÉCHAMEL

Serves
4–6

Prep time: 20 minutes Cooking time: 1 hour and 20 minutes

Ingredients

1 kg ripe tomatoes, not too large
3 tbsp olive oil
1 clove garlic
½ tsp raw cane sugar
2 tsp herbes de Provence
Salt, pepper
10 lasagne sheets
1 tbsp sunflower seeds
A few fresh basil leaves

For the béchamel sauce

200 g cooked white beans
1 tbsp lemon juice
2 tsp malted yeast
1 pinch of garlic powder
1 pinch of nutmeg
90 ml vegetable stock
Salt, pepper

Never heard of 'skillet lasagne'? The pasta and sauce are baked in a frying pan, which saves on washing up and involves fewer steps. This super creamy variation takes a little time to prepare, but it's absolutely delicious.

Directions

Preheat the oven to 180°C (gas mark 4).

Peel, degerm and finely chop the garlic. Wash the tomatoes, cut them in half and place in a cast-iron frying pan cut side up, pressing them together tightly and overlapping them. Sprinkle with the garlic, sugar and 1 teaspoon of the herbes de Provence. Add salt and pepper and drizzle with 2 tablespoons of olive oil. Put the frying pan on a rack in the oven and cook for about 1 hour, or until the tomatoes are very soft. You can press on them lightly so they release some juice.

In the meantime, prepare the béchamel sauce. Rinse and drain the white beans. Put them in a blender with all of the other sauce ingredients and blend until smooth.

Break the lasagne sheets into different-sized pieces.

Take the frying pan out of the oven, insert the lasagne sheets between the layers of tomato and pour the béchamel sauce over everything. Drizzle with the remaining olive oil and add a little more herbes de Provence and the sunflower seeds.

Increase the oven temperature to 200°C (gas mark 6) and put the lasagne in the oven for about 20 minutes. The sauce should be creamy and the lasagne sheets tender. Top with a few fresh basil leaves and serve immediately.



SHOPAROUND

Shop with confidence for products registered with the trusted Vegan Trademark



Fort Skincare

Fort is a brand-new skincare business based in the UK, creating a range of high-performance skincare products for men. All products are 100% natural and vegan, but this doesn't prevent them from creating revolutionary performance products that help you to look and feel your best. All of Fort Skincare's formulas are developed in the UK, and they plant one tree for every product purchased. Available at fort-men.co.uk.

Floral Street Sunflower Pop

Inspired by Van Gogh's Sunflowers, this citrus, fruity fragrance from Floral Street blends fresh mandarin with sustainably sourced Calabrian bergamot, vegan honey accord and a pop of bellini accord. Floral Street handcraft this fragrance in the UK, and not only is it Vegan Trademark certified, but it also uses sustainably sourced ingredients. Available at floralstreet.com.



Vatika Naturals Shampoo Bars

Who doesn't love a natural, vegan and eco-friendly hair product? Vatika Naturals' shampoo bars are packaged in 100% recyclable paper and are made of 94% natural origin ingredients. Vatika Naturals' range of shampoo bars is also paraben and sulphate free. The range includes shampoo bars in charcoal, moringa and aloe. Available at dabur.co.uk.



Tofoo Garlic & Herb and Sweet Chilli Nuggets

The Tofoo Co. has launched two new Tofoo Nugget products: Garlic & Herb and Sweet Chilli. As an easy-to-prepare and tasty introduction to tofu, you can quickly put these nuggets in the oven and enjoy them with an accompaniment of your choice – perfect for a quick, mid-week meal. The nuggets contain whole chunks of handmade tofu, coated in a crispy crumb. Available at Tesco.



Squirrel Sisters Peanut Raspberry Snack Bar

If you like the sound of this new Peanut Raspberry snack bar from Squirrel Sisters, you'll love the fact that they've just launched in Boots! The bar, which contains no added sugar, is gluten-free and registered with the Vegan Trademark. Squirrel Sisters is (as the name suggests!) a sister duo, who founded their own company in 2015 to produce fruity vegan snacks. Available in Boots and at squirrelsisters.com.

Terry's Chocolate Orange Plant Based Bar

Terry's Chocolate Orange is back with a brand-new, fully plant-based offering: a 100g chocolate orange bar registered with the Vegan Trademark. Using rice syrup as a dairy alternative and real orange oil, this specially developed recipe does not compromise on flavour. Available at Sainsbury's, Ocado, Booker Retail Partners, Tesco Ireland and selected IC stores.



Native Snacks Pr*wn Crackers

Native's vegan Pr*wn crackers are a great alternative to prawn crackers... finally! Light and crunchy, they're a perfect accompaniment to a meal or with dips and sauces. Available in two flavours: Original Prawn Flavour and Sweet Chilli, these snacks use 100% natural ingredients and are made in the UK. Available at Asda, Ocado, Amazon, Cook, Wholefoods, Planet Organic, The Vegan Kind, Gorillas and wearenativesnacks.com.

Gü PlantZillionaire

Gü's best-selling Zillionaire cheesecake is now available as a vegan treat! Fans of chocolate and indulgent caramel desserts will love this new pud. With layers of iconic sprinkles, chocolate ganache, caramel cheesecake, caramel sauce and a crumbly biscuit base, this treat is gluten-free and registered with the Vegan Trademark. Available at Tesco and Sainsbury's.



CELEBRATING GIVING TUESDAY WITH OUR BE ANIMALKIND CAMPAIGN

Following our main story on Be AnimalKind (page 6), The Vegan Society is launching our Be AnimalKind donation appeal this giving season and we need your help to make it a success! We can make the world of difference for animals. Will you Be AnimalKind?

Giving Tuesday (29 November 2022) is a global generosity movement encouraging everyone to give what they can to causes they care about before, and long after, the Tuesday has passed. We've chosen to highlight Be AnimalKind throughout the holidays as this campaign sits close to our hearts and is a pivotal reason why so many of us choose a vegan lifestyle. We know we can create a kinder future, together, for all animals. And it starts here.

With our Be AnimalKind campaign, we aim to provide a space where individuals can learn, reflect and rediscover how amazing our relationship with all animals can be – and how to create that change in their everyday lives. It's evident that not all animals are treated as equally as our beloved animal companions, and we wish to help people to make the connection. Just like the animals we share our homes with,

farmed animals are sentient individuals worthy of respect, kindness, empathy and love.

Your donations will help us widen the reach of Be AnimalKind.

With increased funds we will be able to strengthen this impactful campaign by sharing it with as many people as possible, encouraging them to sign up to our Be AnimalKind newsletter and take those next steps toward a vegan lifestyle.

We would be grateful for the support in changing the narrative and driving a shift in values towards a more peaceful future for all animals this holiday season, and beyond!

Please visit vegansociety.com/donate/BeAnimalKind for donations to Be AnimalKind. Get in touch with fundraising@vegansociety.com or call us at +44(0)121 507 9987 – our friendly team is always happy to help!



BE ANIMALKIND

Help The Vegan Society build a compassionate, peaceful, and loving future for all animals this festive season and encourage others to Be AnimalKind. With your help, we can reach people all over the world and influence long lasting behaviour change to create a kinder future.

vegansociety.com/donate/BeAnimalKind

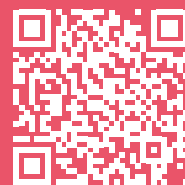
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Photo: Arthur's Acres Sanctuary.



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REVIEWS



Habibi: a 'heavy scan' menu delivering big portions

The End of Medicine, documentary review by
Chandni Bhudia and Sachin Shah



Directed by Alex Lockwood, *The End of Medicine* is a documentary film which explores the impact of our treatment of animals and the subsequent emergence of diseases.

Dr Priyumvada Naik explains that while doctors have reduced prescribing antibiotics over the last 5–10 years, there is no control over antibiotic use in factory farms. Simply put, the more we use antibiotics, the

more likely it is for bacteria to develop resistance to them. This puts all of us at great risk.

Throughout the documentary, a large and diverse range of individuals including farmers, doctors, activists and scientists share their accounts, be it through data and scientific research or lived experiences. The film highlights the widespread discrimination East and South East Asians around the world have experienced since the outbreak of Covid-19.

The film draws attention to the negative health impacts on those who work in factory farms or live nearby factory farms. These are often people of colour, as the industry tends to place their farms in communities of marginalised populations.

The documentary tackles the assumption that what is needed is small-scale farms rather than factory farms. Experts explain that 'backyard' farms historically played a role in outbreaks such as swine flu, concluding that what is instead needed is a shift to plant-based diets.

The End of Medicine highlights the fact that we can make changes on an individual level, but a lot more work is required at a national level such as through policy change.

Habibi (New Brighton, Wirral), restaurant review
by Ursula Watson

Habibi is situated in the eclectic Victorian quarter of New Brighton on the Wirral. It has a large outdoor seating area which takes centre stage amongst the vibrant and bustling atmosphere here. Despite its capacity, it is usually full at the weekends and bookings are needed. This is testament to the food provided exclusively by Forked Up Vegan – a company creating Asian cuisine which started take away deliveries in lockdown.

Starters include edamame beans, cucumber slinky and wasabi peanuts. For mains, there are three bao buns to choose from. Jarg Peking Duck is the most popular and for very good reason. It is deliciously flavoursome with spring onion, cucumber, five spice and hoisin sauce. My choice was the combination bowl, which includes a little bit of everything from gyoza, duck bao bun, spring rolls, deep fried tofu, rice and katsu curry. The bowl is beautifully presented with Japanese pickles, red cabbage and carrot serving as a flower arrangement. Be warned this is a 'heavy scan' menu and delivers big portions.

If you still have room, the desserts range from the sorbet-filled deep fried bao buns, sugary crisp in each bite, to mochi balls in three different flavours. I recommend the strawberry lemonade mocktail which is just sweet enough and a coffee with squirty cream.

There is a welcoming atmosphere with friendly and attentive staff, and they are happy to adapt any item to gluten-free if possible. I suggest taking non-vegan friends. As Habibi themselves proclaim, you don't need to be vegan to enjoy their food – you just need to be hungry!

MEMBERSHIP

Letters

Star Letter

Thank you for the article on 'vystopia' [Issue 3, 2022] which I found very interesting, reassuring and empowering. I am the only vegan in my family, work colleagues and close circle of friends and find it easy to feel isolated and extremely sad about the eating habits of my companions. However, the article made me reflect on the importance of taking positive action, even if it seems very insignificant.

I would like to share two recent examples from my own life. The first was that a colleague made a vegan cake using egg replacer so that I could share it. She was so impressed with the result that she now uses this in all her baking instead of eggs. The second is a conversation with my mum during which she tried to convince me that eating Herdwick lamb is not cruel because the lambs stay with their mothers until they are two! I asked her if she would have found it easier for her children to be taken and killed when they were teenagers and had had more time to bond, rather than when they were babies.

I realise now that instead of grieving I need to be more confident in explaining my views to others. We do not know what small ripples we produce but these all help to turn the tide and mean that our compassionate lifestyle will become embraced as the only humane way of living in the future.

- Bethan Wallis, West Yorkshire

Congratulations to Bethan, who has won an OROMA Body wash and OKA Body Polish from Naturally Tribal Skincare. Next issue's Star Letter winner will receive a gift pack from Soapnuts including a body balm and lip balm. Send your letters to editor@vegansociety.com or our usual postal address.

Membership News

Events

We will be at VegFest Olympia London (london.vegfest.co.uk) from 11–13 November, if you would like to come and say hello.

Life Membership offer

We are pleased to inform you that our free Life Membership offer (vegansociety.com/join) has been extended to Additional Members with over 30 years of membership. You can also claim one third off Life Membership if you are 65 or over. As part of these offers, we offer our exclusive Life Member badge on request!

Discounts

If you've not already done so, please register at vegansociety.com/register to get access to your exclusive member discounts. Treat yourself to a bergamot, ylang and rose skin salve from Soapnuts with 15% off, layer up with a hoodie from Delicious California with 10% off or make your home more sustainable with The Cheeky Panda bamboo household products with 10% off. And with the nights drawing in, why not take advantage of the 90-day trial of Films for Change, which is devoted to documentaries that inform, inspire and educate.

World Vegan Day

This World Vegan Day on 1 November why not purchase a gift membership (vegansociety.com/get-involved/join/gift-membership) for a colleague, friend or loved one? There are welcome packs with resources for those interested in becoming vegan or for those who are already vegan. Our youth membership is available for just £12.

We value your feedback

Contact us by email at membership@vegansociety.com, on the phone on 0121 523 1730 or write to us at Donald Watson House, 34–35 Ludgate Hill, Birmingham, B3 1EH.

Stephen, Harriet and Jemma, the Supporter Services Team

Annual General Meeting 2023

The 2023 AGM will be held at 1pm on Saturday 20 May. We will provide online access but will also have a physical venue in central Birmingham if appropriate.

Election of Council members

Applications for membership of the governing Council (board of directors) of The Vegan Society are invited by Wednesday 1 March. The role is voluntary but reasonable expenses can be claimed. Successful candidates will join those automatically continuing on Council: Paula Feehan, Donald Lee, Chris

McLaren, Mellissa Morgan, Peter Smith, Amber Vincent-Prior and Jenifer Vinell (vegansociety.com/society/whos-involved/council-trustees).

Key qualities for all 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 finance/accounting, audit/risk management, charity law or acting as Treasurer are particularly welcome.

Currently, the time commitment is monthly meetings 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 (vegansociety.com/society/strategy/our-vision-and-mission) and be committed to a vegan lifestyle.

Members' proposals

We welcome members' proposals to the AGM. These should:

- Be proposed and seconded by full members
 - Not exceed 300 words, including any supporting material
 - Propose a single form of action (not be a composite proposal nor simply a statement of opinion)
- Proposals must be submitted by Friday 6 January.

For a candidate pack or further information about becoming a trustee or submitting a proposal, please contact the CEO (ceo@vegansociety.com) or Council Secretary (council.secretary@vegansociety.com) by email or by post (Donald Watson House, 34–35 Ludgate Hill, Birmingham B3 1EH). Visit vegansociety.com/candidate-pack to download the candidate pack.



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FOCUS ON FIBRE



How much do you know about fibre? Fibre is a natural component of plants; animal products have none. The fibre content of plant-strong diets can have positive effects on blood sugar and cholesterol levels, blood pressure and obesity, as well as helping to prevent colorectal cancer.

What is fibre and where do we find it?

Fibre is the type of carbohydrate that doesn't get broken down in the body and so passes through your gut into your large intestine or colon. It's found naturally in foods like wholegrains, beans, nuts, fruit and vegetables and is sometimes added to food or drinks.

There are different types of fibre: insoluble, soluble, prebiotic and resistant starch. They all have different roles in the body, from affecting how quickly we absorb certain nutrients like sugar to influencing the number and type of bacteria we have in the gut. The key is to have a variety of fibre-containing foods as they will all have a mix of the different fibre types. For vegans who eat a variety of whole-plant foods, getting enough fibre isn't a concern.

However, a diet rich in refined carbohydrates and ultra-processed foods such as vegan pizzas, burgers, chips and cakes will be limited in fibre content. When purchasing products, look for foods high in fibre (6g per 100g) or for foods that are considered a source of fibre (3g or more per 100g).

What does fibre do?

- Fibre aids digestion and helps you to have healthy, regular bowel movements. This helps to prevent constipation where people find it difficult to poo or go to the toilet less often than usual.
- Foods such as oats and barley have a type of fibre known as beta-glucan which may help with reducing cholesterol and blood sugar levels.
- The research on the gut microbiome (bacteria that live in the gut) is growing and there is some evidence to show that fibre is important for helping to increase the 'good' bacteria in our gut and overall gut health. There is also some evidence that shows that a healthy gut is beneficial for supporting the immune system.
- Fibre is helpful for creating a feeling of fullness after meals which can help prevent overeating. This can help to get to and maintain a healthy weight.

How much do we need?

It is recommended that children from the age of two aim for 15g per day whilst primary school children should aim for 20g per day and secondary school aged children 25g per day. Adults are recommended to have 30g of fibre daily. This advice should be adapted according to your medical history and how well you manage with a high amount of fibre. If you need to increase the fibre content of your diet, please do so gradually to avoid issues like bloating and gas. Please note that it can take some time for your body to adjust to a higher amount of fibre. For gut health, it's also important to drink plenty of fluids (around 6–8 glasses/1500–2000ml daily for adults) and be physically active.

Top tips for getting enough fibre daily:

- Choose fibre-rich foods from a variety of sources such as wholegrains, nuts and seeds, beans and pulses such as kidney beans and chickpeas.
- Add beans, pulses and lentils to soups, sauces and curries.
- Aim for at least five portions of fruit and vegetables daily. It's even better if you have more! Note that fresh, dried, and frozen all count too (be mindful that 80g of fresh fruit and veg is one portion and 3 tbsp of dried fruit is a portion).

- Add fruit, nuts and seeds to your cereal/porridge.
 - Add chia seeds or flaxseeds (linseeds) to your yoghurt or smoothie.
 - Swap staple items like bread, pasta and flours from white to wholegrain/wholemeal.
- Please speak to your GP about a possible referral to a dietitian if you have any concerns with your gut or diet and increasing your fibre intake.

**BEAN AND JACKFRUIT CHILLI** *serves 4*

Check out this tasty bean and jackfruit chilli and rice recipe packed with fibre from the kidney beans, jackfruit, sweetcorn and wholegrain rice!

Ingredients

200 g uncooked wholegrain rice (50 g uncooked rice, 150 g cooked per person)
 1 x 400 g young green jackfruit in water
 2 tbsp vegetable (rapeseed) oil
 1 red onion (finely chopped)
 3 cloves garlic (finely chopped)
 1 tsp cumin
 2 tsp paprika
 1 tsp chilli powder
 1 tbsp cocoa powder
 1 tbsp tomato puree
 2 x 400 g can kidney beans
 1 x 150 g sweetcorn in water
 1 x low salt stock cube
 200 ml passata
 2 tsp brown sugar
 Small pinch salt
 Black pepper to taste

Directions

In a medium pan, cook your rice in boiling water.
 Drain the tin of jackfruit and rinse in water. Then using your fingers, separate the pieces so it resembles shreds. You can use a knife to slice any larger pieces.
 On a medium heat, heat the oil and sauté the onion and garlic along with the jackfruit for 7 minutes.
 Add the spices, cocoa powder and tomato puree and mix until combined. Then add the beans and sweetcorn, mix and heat for 5 minutes.
 Add the stock cube to 200ml boiling water and add to the pan along with the passata and sugar.
 Leave to simmer for about 15 minutes and add a small pinch of salt and black pepper to taste.
 Once the rice is cooked, serve and enjoy! Fresh chilli slices, lime wedges and fresh coriander make a great accompaniment.

Nutritional information per portion

kcal 454 **fat** 9 g **sat fat** 1 g **carbohydrates** 68 g **sugar** 12 g **fibre** 17 g **protein** 16 g **salt** 0.31 g

Article and recipe by Chantal Tomlinson, dietitian

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Deep dive

SHOULD VEGANS SUPPORT CULTIVATED MEAT?



Never mind jetpacks and self-driving cars. As a vegan researcher, for me one of the most exciting technological developments of the 21st century is cultivated meat.

Grown from animal cells outside of the animal's body, cultivated meat is real animal meat which does not require animal slaughter. It is produced by taking a muscle biopsy from a live animal, growing the cells in a culture medium, developing those cells into muscle fibres and ultimately producing real edible animal meat.

Vegans appear to be largely undecided on what to think of cultivated meat. There is some trepidation, some excitement and plenty of downright confusion. Questions of consumer acceptance and technological feasibility aside, should vegans support cultivated meat?

"Cultivated meat still uses some animals"

The first vegan objection against cultivated meat is the strongest – cultivated meat still uses some animals. This objection might refer to two different components of cultivated meat.

First, and most importantly, the culture medium (the liquid in which cells are grown) currently comes from animals. Foetal bovine serum (FBS) – derived from blood extracted from pregnant cows sent to slaughter – has been used in cultivated meat prototyping, and is used in the only currently-available cultivated meat products in Singapore.

Obviously, this is a disaster for animal welfare. Not only does this require killing of cows during pregnancy, but it also actually uses animals in greater quantities than conventional meat. The cultivated hamburger unveiled in London in 2013 was not made from slaughtered animal muscles – but the FBS it took to produce it entailed the slaughter of at least 10 cows.

Clearly, this is not acceptable to vegans. Fortunately,

it is also not acceptable to the industry. Aside from completely undermining all of the potential environmental and animal welfare benefits of cultivated meat, the use of FBS is also prohibitively expensive.

For this reason, the industry is racing to ditch FBS, and some companies have already achieved FBS-free production. In the long term, all commercially viable

cultivated meat products will have to be FBS-free, and companies which do not implement further research and development to remove FBS from the process will simply not be competitive.

The second use of animal ingredients in cultivated meat is the cells. While this process is not animal-free, a small biopsy is of course far less intrusive than the alternative way of obtaining meat (animal slaughter). Cultivated meat producers claim that the biopsy required to take cell samples from live animals is pain-free, but even if this is true, some vegans will still object to the non-consensual use of animals in any case. Fortunately, the solution again lies in further research and development.

Cultivated meat researchers are developing cell banks, where cell lines can be frozen, and then used for reproduction on a continuous basis without the use of additional animals. One such project is in Norway – Dr. Gareth Sullivan's 'Frozen Farmyard' aims to increase access to cell lines for food-relevant animals.

Cultivated meat has used – and still uses – materials taken from animals. In the case of cells, the impact on animals is far lower than conventional meat, but in the case of FBS, it is actually higher. However, in both cases, the solution lies in more research – further technological development can replace the use of FBS and live animal cells, meaning that cultivated meat of the future will not require any ongoing animal use.

“Corporations who make cultivated meat are primarily concerned about profits, not animals”

The second common objection to cultivated meat that some vegans hold is that cultivated meat companies are not concerned about animal welfare – they are only concerned about making a profit.

First, it is not clear that this is the case. In fact, many of the industry’s leaders are, themselves, vegan. Uma Valeti, the CEO and co-founder of Upside Foods (formerly Memphis Meats) is vegan. Josh Tetrick, the CEO of JUST (formerly Hampton Creek) is vegan. Ido Savir, the CEO of Israeli cultivated meat company Supermeat, is vegan. It should come as no surprise that many of the people who are leading the cultivated meat industry are, in fact, motivated to replace meat for reasons more than just financial.

Second, this objection focuses primarily on the motivations of cultivated meat producers, and – somewhat ironically – fails to consider the impact on animals. Vegans who would object to cultivated meat on the grounds that the industry is profit-focused rather than animal-focused are showing themselves to be purity-focused rather than animal-focused. The end result is the same – failing to help animals.

Finally, when we think about people’s potential reasons for going vegan, it should become clear that their motivations are the means rather than the end. For the pragmatic vegan, caring about animals is not the goal – it is simply a tool (one of many) to stop the act of exploiting animals for food.

Who cares what vegans think, anyway?

From a moral perspective, there

really is nothing to gain by encouraging vegans to eat cultivated meat. The major benefits of eating cultivated meat relate to not eating conventional meat – avoiding animal slaughter and minimising environmental impact. Of course, vegans already don’t eat conventional meat, so these benefits do not apply. It might be good for the planet to get people to cycle to work – but not if they already walk to work.

Second, from a business perspective, vegans make up a tiny fraction of the total market. While the proportion of vegans has been growing in recent years, we still make up just a small fraction of the UK population. Most Brits still eat meat – it is a far better strategy for cultivated meat producers to focus on this segment.

And finally, from a marketing perspective, cultivated meat must try its utmost to avoid being categorised as a ‘vegan product’. Some evidence suggests that cultivated meat can appeal to meat-eating consumers who have not embraced plant-based products. But being labelled as another vegan meat alternative would seriously limit the appeal of cultivated meat to meat-eaters, and thus limit its ability to displace demand for conventional meat.

Cultivated meat presents great opportunities for achieving vegans’ goals, but there are significant hurdles to be overcome. Vegans should critically examine the relevant ethical questions around cultivated meat but should also be aware of the limits of vegans’ perspectives. At the end of the day, cultivated meat is not for us – it is for meat-eaters.

By Chris Bryant, PhD and member of The Vegan Society’s Researcher Network

“

Vegans should critically examine the relevant ethical questions around cultivated meat but should also be aware of the limits of vegans’ perspectives.

While The Vegan Society welcomes the reduction in animal suffering and environmental benefits of cultivated meat, we do not consider it a vegan product.



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VOLUNTEER HUB



This month we are recruiting for several exciting roles. Why not take a look below and see if any of them are for you?

Japanese Translation Volunteer

We are looking for a Japanese translation volunteer. Our Japanese Vegan Trademark agents tell us that the main problem they want to address is a lack of reliable information about veganism and the vegan product market available in Japanese. Without visible vegan products and information about veganism, potential vegans are finding it difficult to make the transition. This is where a volunteer with English to Japanese translation and research skills will help us to make a difference.

Outreach Programme Office Volunteer

This role is centred on the practicalities of running our outreach programme. A volunteer will spend their time packing and arranging postage for leaflet requests. The role includes booking orders out through our online courier company and will develop to include resolving issues with them directly. It's a great opportunity for someone local to Birmingham to come meet us in person and spend time in The Vegan Society HQ.

Editorial Magazine Volunteer

Natalie, our current Magazine Volunteer, is leaving to go travelling. Thank you so much Natalie for your time and hard work! We're now looking for a new volunteer to join us. This role will involve copywriting, copyediting and proofing articles and pieces for the magazine. In addition to this there will also be some research-based tasks, and communication with potential collaborators to help source contributors.

New volunteer on board!

We've recently recruited a Data Science Volunteer. This is because The Vegan Society shares data with members, supporters and other stakeholders to help illustrate the animal rights, health and environmental arguments for going vegan and to demonstrate the impacts of our work. Our skilled volunteer will help us to do this with the creation of bespoke data visualisation and analysis as well as content creation, including dashboards, graphs, maps and summary statistics.

The Community Network

We're always on the lookout for new volunteers to join the Community Network, and with two roles available, we have some flexibility in when, how and where you get involved.

We're currently looking for more Advocates to support our Organisers in Aylesbury, Blackburn, Eastbourne, Ely, Glastonbury, Guildford, Hull, Kidderminster, Southampton, St Austell and West Norwood. If you live nearby to these towns there's already a friendly and welcoming community for you to join.

We'd also like to find new Organisers for Belfast, Birmingham, Bristol, Cardiff, Edinburgh, Exeter, Glasgow, Leeds, Liverpool, Manchester, Newcastle, Norwich, Nottingham, Plymouth and York.

However, ultimately where you live is not a barrier to getting involved at some level, so don't let that put you off! If you have some time on your hands to get more active for The Vegan Society and become part of our local community efforts, then we hope you will find this a very inspiring and fulfilling role. Email communitynetwork@vegansociety.com or find out more and apply through our website.

VOLUNTEER OF THE SEASON

Dr Lee Hawkins came on board as a remote volunteer during the pandemic and has been supporting us diligently for the past two years.



You hold two volunteer roles for The Vegan Society. Could you tell us what you do?

I started volunteering with The Vegan Society as a proofreader and have completed tasks large and small over the last couple of years. I like the fact that there are different sizes of tasks so I can choose which ones I can fit in alongside other commitments. For the last year or so, I've also taken on web research tasks. These are generally larger pieces of work and leverage my research and IT background. It's great to use my existing skills to improve the society's web presence while also learning lots of new skills along the way!

What is the most interesting task you have done for The Vegan Society?

Proofreading the massive *Planting Value in the Food System* report was a challenge but it was also very rewarding to see such an important and high-quality reference piece being published by the society. On the web research side, I really enjoyed looking into the environmental aspects of websites and how we can make the society's website 'greener'. This was an area I'd never even thought about in my IT career before and so provided plenty of learning opportunities.

What does veganism mean to you, and what is the vegan scene like where you live in Australia?

Veganism is simply part of who I am and feels like the most natural and aligned way to live. We live in a small beachside

community that has no vegan places, but there are many vegans around us, so we have our own little community within a community. In our closest city of Geelong, we're lucky to have an amazing vegan cafe called Faceplant – you could say we're regulars there!

You have previously travelled a lot for work. Can you tell us more about this and what it was like being vegan?

I travelled all around the world for many years in my job in the IT industry, often making longer holidays out of these business trips. It's always been possible to track down vegan food, although it is much easier now with apps like HappyCow. I've literally enjoyed hundreds of different vegan places on my travels and some of the best have often been in the most unexpected places. Regular trips to the Czech Republic and China were highlights in terms of vegan delights, the latter being a real surprise with some truly memorable dishes in stunning locations.

Tell us about your companion animal.

We've been sharing our lives with our Maltese/Shih Tzu, Lola, for just over a year. We rescued her as a six-year-old from a local animal welfare service and she's settled into life on the beach with us very well. Although we know nothing about her history and previous food preferences, she's loved our home-made vegan dog food from day one. Her favourite food in the whole world appears to be sweet potato!

EVENTS

Liverpool Vegan Fair

Saturday 12 November (11am–5pm)

The Old Police Station, 80 Lark Lane, Liverpool, L17 8UU

labl.org.uk

Vegfest London

Saturday 12 November (10am–6pm) – Sunday 13 November (10am–5pm)

Grand Hall, Olympia London, Hammersmith Road, London W14 8UX

london.vegfest.co.uk

Walton Vegan Market

Saturday 19 November (9:30am–3:30pm)

Outside the Heart Shopping Centre, New Zealand Ave, Walton-on-Thames, KT12 1GH

ethicalveganevents.com

Norwich Vegans Christmas Market

Sunday 20 November (10am–4pm)

The Forum, Millennium Plain, Norwich, NR2 1TF

facebook.com/events/743134457124023

Newbury Vegan Christmas Market

Sunday 20 November (10am–3pm)

Market Place, Newbury, RG14 5AA

veganfairs.co.uk

Southend Christmas Vegan Fair

Saturday 3 December (10am–5pm)

Project 49, Alexandra Street, Southend-on-Sea, Essex, SS1 1BW

facebook.com/events/1292233197941957

Wokingham Christmas Vegan Market

Sunday 11 December (11am–3pm)

Wokingham Town Hall, RG40 1AS

sparkleveganevents.com

Walton Vegan Market

Saturday 17 December (9:30am–3:30pm)

Outside the Heart Shopping Centre, New Zealand Ave, Walton-on-Thames, KT12 1GH

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SLAY

Natalie Swinburne interviews Rebecca Cappelli about her new documentary

SLAY

THE FILM THAT GETS UNDER FASHION'S SKIN

What was your inspiration for making SLAY?

The documentary *The True Cost* did a great job of highlighting the harms of the fast fashion industry. It kick-started a lot of positive work and conversations around the treatment of workers and the impact fashion has on the planet. I found there was a blind spot with animals becoming simply invisible and ignored – *SLAY* aims to change that by showing the interwoven harms of the skin industries on both people and the planet.

Can you give us a brief overview of the fashion industry and how it exploits animals?

Fashion is a massive industry that is worth trillions of dollars and employs millions of people. It is also very powerful in the media and our culture at large. Fashion skins 2.5 billion animals every year and there are many species that fall victim to the industry including kangaroos, foxes, mink, lynx, crocodiles, ostriches, cows, sheep and other farmed animals. *SLAY* focuses on fur, leather and wool as these are the most used globally.

The exploitation of non-human animals varies according to the industry. Overall, they are bred for the purpose of being exploited and eventually slaughtered – they suffer immensely.

The environmental impact of the fashion industry and its workers' rights have been highlighted in the film – can you elaborate more on this?

SLAY covers the environmental cost of leather from deforestation and biodiversity loss in Brazil to water pollution in India. Also, the devastating effects on workers' health and local communities including the plight of immigrant workers

in Italian tanneries who are behind the prestigious label 'Made in Italy'.

SLAY endorses the Collective Fashion Justice concept of a 'total ethics fashion system', one which values the life of all non-human animals, humans and the planet. The wellbeing of all three are interconnected and cannot be separated.

Have you always understood the darker side of fashion or was there something that triggered change in your buying behaviour?

I wouldn't say I was a hardcore fashionista but I always liked fashion and I was a compulsive buyer at a point in my life, buying six pairs of luxury shoes at a private sale for instance. I would wear a lot of animal leather, fur, wool and cashmere. It had never occurred to me my behavior was harming anyone as animals disappear into fashion objects in a very disturbing way. It was mindless and I wish I had known sooner. I made *SLAY* for people like my past self, who would care if only they knew.

My dog was rescued from the dog meat and cheap fur trade in China. This opened me up to animal individuality and I owe my awakening and compassion to him.

What do you hope that the film achieves once released?

We hope three things: non-human animals become part of the ethical and sustainable fashion conversation, *SLAY* can accelerate the adoption of sustainable animal-free materials and that ultimately we have a cultural shift away from the idea that skins are a material.

Watch *SLAY* for free on waterbear.com

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
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