

DEFEND ANIMALS



# VEGAN

## HOW, WHY & WHAT NEXT?



## FOR HELP GOING VEGAN

[CHALLENGE22.COM](https://challenge22.com)

# WHY...

BELOW ARE **IMPORTANT DOCUMENTARIES** TO WATCH  
TO UNDERSTAND **WHY** YOU SHOULD BE VEGAN

## ETHICS



-  **LAND OF HOPE & GLORY**  [LANDOFHOPEANDGLORY.ORG](http://LANDOFHOPEANDGLORY.ORG)
-  **DOMINION**  [DOMINIONMOVEMENT.COM/WATCH](http://DOMINIONMOVEMENT.COM/WATCH)
-  **VIOLATED**  [VIMEO.COM/JOEYCARBSTRONG](http://VIMEO.COM/JOEYCARBSTRONG)

## ENVIRONMENT



-  **COWSPIRACY** [NETFLIX](http://NETFLIX) OR [COWSPIRACY.COM](http://COWSPIRACY.COM)

FOR ENVIRONMENT  
RESOURCES

HAVE A READ OF THE  
FACTS PAGE ON [COWSPIRACY.COM](http://COWSPIRACY.COM)

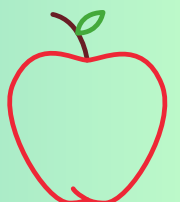
## HEALTH



-  **WHAT THE HEALTH** [NETFLIX](http://NETFLIX) OR [WHATTHEHEALTHFILM.COM](http://WHATTHEHEALTHFILM.COM)
-  **GAME CHANGERS** [NETFLIX](http://NETFLIX) OR [GAMECHANGERSMOVIE.COM](http://GAMECHANGERSMOVIE.COM)

FOR NUTRITION  
SCIENCE,  
FACTS & RESOURCES

VISIT  
[NUTRITIONFACTS.ORG](http://NUTRITIONFACTS.ORG)





# HOW...



**FIND VEGAN RESTAURANTS  
NEAR YOU**



**WHERE TO EAT**

**IN THE UK**



**UBER EATS, DELIVEROO & JUSTEAT**

FIND VEGAN RESTAURANTS & VEGAN OPTIONS - SEARCH 'VEGAN'

**FANCY NAUGHTY FOOD?**

**SUBWAY**

VEGAN OPTIONS

**PIZZA HUT**

VEGAN OPTIONS

**KFC**

VEGAN BURGER

**GREGGS**

VEGAN OPTIONS

**PLANT KITCHEN**

BY M&S

**BURGER KING**

PLANT-BASED  
BURGER

**SIT IN AT A RESTAURANT**

**F&B'S**

VEGAN OPTIONS

**PIZZA EXPRESS**

VEGAN MENU

**COSY CLUB**

VEGAN OPTIONS

**WAGAMAMA**

VEGAN MENU

**ASK ITALIAN**

VEGAN MENU

**MOST RESTAURANTS  
OFFER VEGAN  
OPTIONS**



**HEALTHY FOOD**

**LEON**

VEGAN OPTIONS

**ITSU**

VEGAN OPTIONS

**LAS IGUANAS**

VEGAN OPTIONS

**CHIQUITO**

VEGAN MENU

**YOU CAN FIND  
PLANT-BASED MILKS  
AT MOST COFFEE SHOPS**



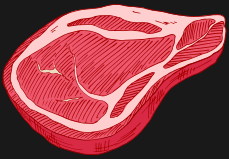
# HOW...

*try these*

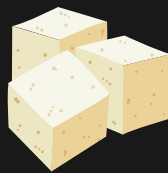
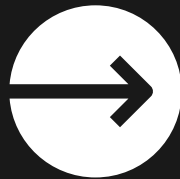


## WHAT TO EAT

### REPLACE...



MEAT



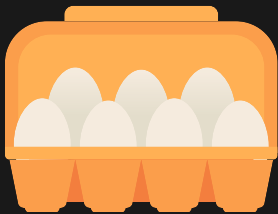
TOFU



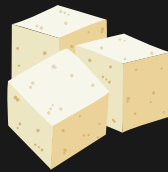
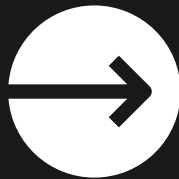
LEGUMES



VEGAN MEAT



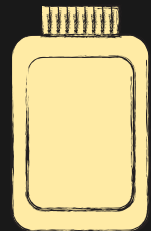
EGGS



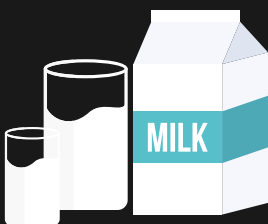
TOFU



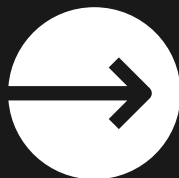
FLAX SEED



VEGAN EGG



DAIRY



PLANT  
MILK



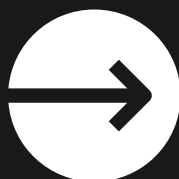
VEGAN  
CHEESE



VEGAN  
YOGHURT



HONEY



MAPLE  
SYRUP



DATE  
SYRUP



AGAVE  
SYRUP

# HOW...

## WHERE TO SHOP

ALL MAJOR SUPERMARKETS  
ARE EQUIPPED WITH VEGAN  
FOOD & ALTERNATIVES



FIND YOUR LOCAL  
FRUIT & VEG  
SHOP



**HOLLAND & BARRETT**

VEGAN FOOD, SUPPLEMENTS,  
PROTEIN POWDERS & TOILETRIES

**THE VEGAN KIND**

ONLINE SUPERMARKET AND  
SUBSCRIPTION BOXES

**VEGAN STORE**

ONLINE SUPERMARKET

## COSMETICS

**SUPERDRUG**

SHELVES LABELLED WITH VEGAN  
SIGNS & VEGAN SECTIONS ONLINE

**BOOTS**

VEGAN PRODUCTS IN STORE AND  
SEARCH 'VEGAN' ONLINE

**LUSH**

LARGE RANGE OF VEGAN  
PRODUCTS IN STORE & ONLINE

**THE BODY SHOP**

LARGE RANGE OF VEGAN  
PRODUCTS IN STORE & ONLINE

*tip*



WATCH OUT FOR  
BEESWAX IN THE  
INGREDIENTS !

**ELF COSMETICS**

VEGAN MAKEUP &  
SKINCARE

**CULT BEAUTY**

MULTIPLE COSMETICS  
BRANDS, SEARCH  
'VEGAN'

LOOK OUT  
FOR THE  
VEGAN  
LABEL



*tip*

# WHAT NEXT

# BE VEGAN

VEGANISM IS A 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.

VEGAN SOCIETY - DEFINITION OF VEGANISM

