

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



 **DOMINION**  [DOMINIONMOVEMENT.COM/WATCH](http://DOMINIONMOVEMENT.COM/WATCH)

 **VIOLATED**  [VIMEO.COM/JOEYCARBSTRONG](http://VIMEO.COM/JOEYCARBSTRONG)

 **MILK: MAKE YOUR OWN MIND UP**  [YOUTUBE](#)

## ENVIRONMENT



 **COWSPIRACY** [NETFLIX OR COWSPIRACY.COM](#)

 **SEASPIRACY** [NETFLIX OR SEASPIRACY.ORG](#)

## HEALTH

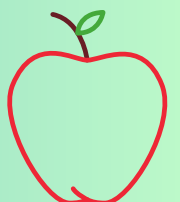


 **WHAT THE HEALTH** [NETFLIX OR WHATTHEHEALTHFILM.COM](#)

 **GAME CHANGERS** [NETFLIX OR GAMECHANGERSMOVIE.COM](#)

FOR NUTRITION  
SCIENCE,  
FACTS & RESOURCES

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





# HOW...



## FIND VEGAN RESTAURANTS NEAR YOU



Download on the  
App Store



GET IT ON  
Google Play

## WHERE TO EAT

## IN AUSTRALIA



### UBER EATS, DELIVEROO & MENULOG

FIND VEGAN RESTAURANTS & VEGAN OPTIONS - SEARCH 'VEGAN'

### FANCY FAST FOOD?

#### SUBWAY

VEGAN OPTIONS

#### MAD MEX

VEGAN MENU

#### DOMINOS

VEGAN OPTIONS

#### PIE FACE

VEGAN OPTIONS

#### HUNGRY JACKS

VEGAN OPTIONS

#### LORD OF THE FRIES

FULLY VEGAN

### SIT IN AT A RESTAURANT

#### GRILL'D

VEGAN OPTIONS

#### TGI FRIDAYS

VEGAN BURGER

#### PIZZA HUT

VEGAN OPTIONS

#### OPORTO

VEGAN OPTIONS

#### SCHNITZ

VEGAN OPTIONS

### HEALTHY FOOD

#### ZAMBRERO

VEGAN OPTIONS

#### NOODLE BOX

VEGAN OPTIONS

#### SUMO SALAD

VEGAN OPTIONS

#### SUSHI TRAIN

VEGAN OPTIONS

YOU CAN FIND  
PLANT-BASED MILKS  
AT MOST COFFEE SHOPS



MOST RESTAURANTS  
OFFER VEGAN  
OPTIONS

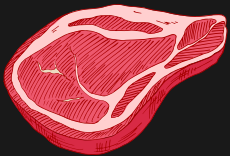
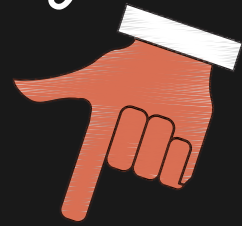


# HOW...

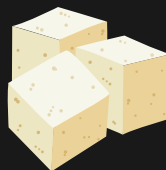
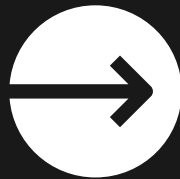
*try these*

## WHAT TO EAT

### REPLACE...



MEAT



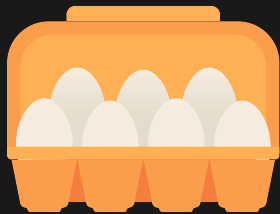
TOFU



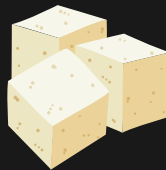
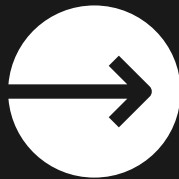
LEGUMES



VEGAN MEAT



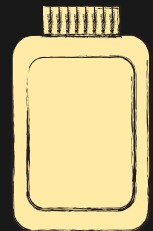
EGGS



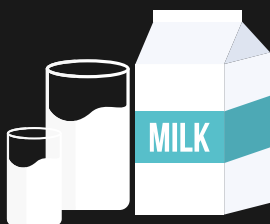
TOFU



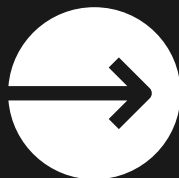
FLAX SEED



VEGAN EGG



DAIRY



PLANT  
MILK



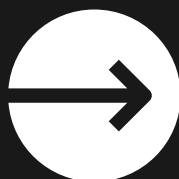
VEGAN  
CHEESE



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



**GO VITA STORES**

> VEGAN FOOD OPTIONS, SUPPLEMENTS, & TOILETRIES

**CRUELTY FREE SHOP**

> ONLINE SUPERMARKET AND SUBSCRIPTION BOXES

**VEGAN PERFECTION**

> ONLINE SUPERMARKET

## COSMETICS

**DB COSMETICS**

ONLINE VEGAN MAKEUP, SKINCARE & FRAGRANCE STORE

**MECCA**

STORES IN MOST STATES, SEARCH 'VEGAN' ON THEIR ONLINE STORE

**PRICELINE**

STORES IN MOST STATES, SEARCH 'VEGAN' ON WEBSITE

**SEPHORA**

STORES IN MOST STATES, SEARCH 'VEGAN' ON WEBSITE



**WATCH OUT FOR  
BEESWAX IN THE  
INGREDIENTS !**

**FLORA & FAUNA**

ONLINE VEGAN MAKEUP AND SKINCARE STORE

**ADORE 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

