

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
-  **DOMINION**  DOMINIONMOVEMENT.COM/WATCH
-  **VIOLATED**  VIMEO.COM/JOEYCARBSTRONG

ENVIRONMENT



-  **COWSPIRACY** NETFLIX OR COWSPIRACY.COM

**FOR ENVIRONMENT
RESOURCES**

**HAVE A READ OF THE
FACTS PAGE ON COWSPIRACY.COM**

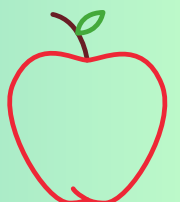
HEALTH



-  **WHAT THE HEALTH** NETFLIX OR WHATTHEHEALTHFILM.COM
-  **GAME CHANGERS** NETFLIX OR GAMECHANGERSMOVIE.COM

**FOR NUTRITION
SCIENCE,
FACTS & RESOURCES**

**VISIT
NUTRITIONFACTS.ORG**



HOW...



**FIND VEGAN RESTAURANTS
NEAR YOU**



Download on the
App Store



GET IT ON
Google Play

WHERE TO EAT

IN THE UK



UBER EATS, DELIVEROO & JUSTEAT

FIND VEGAN RESTAURANTS & VEGAN OPTIONS - SEARCH 'VEGAN'

FANCY NAUGHTY FOOD?

SUBWAY

VEGAN OPTIONS

GREGGS

VEGAN OPTIONS

PIZZA HUT

VEGAN OPTIONS

PLANT KITCHEN

BY M&S

KFC

VEGAN BURGER

BURGER KING

PLANT-BASED
BURGER

SIT IN AT A RESTAURANT

F&B'S

VEGAN OPTIONS

WAGAMAMA

VEGAN MENU

PIZZA EXPRESS

VEGAN MENU

ASK ITALIAN

VEGAN MENU

COSY CLUB

VEGAN OPTIONS

HEALTHY FOOD

LEON

VEGAN OPTIONS

ITSU

VEGAN OPTIONS

LAS IGUANAS

VEGAN OPTIONS

CHIQUITO

VEGAN MENU

**MOST RESTAURANTS
OFFER VEGAN
OPTIONS**



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

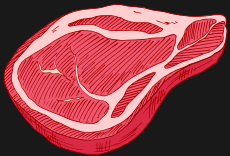
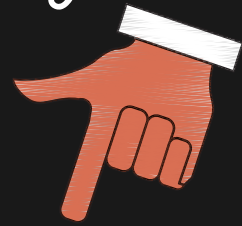


HOW...

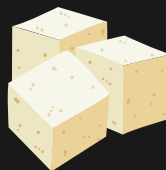
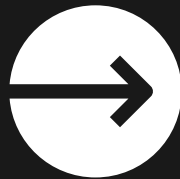
try these

WHAT TO EAT

REPLACE...



MEAT



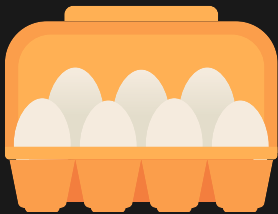
TOFU



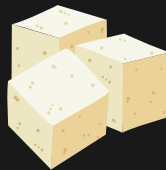
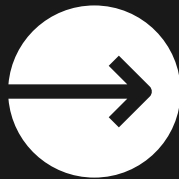
LEGUMES



VEGAN MEAT



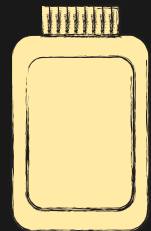
EGGS



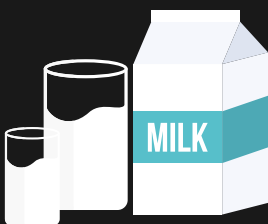
TOFU



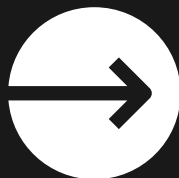
FLAX SEED



VEGAN EGG



DAIRY



PLANT
MILK



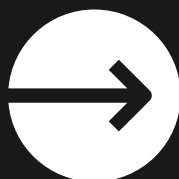
VEGAN
CHEESE



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



**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

