

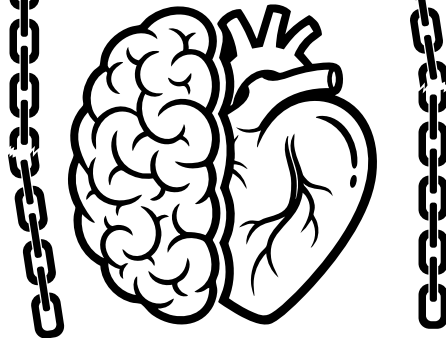
SHOW UP WITH THE ACTIVISTS

Spend time in the community to see your impact and get support ♥

**IF NOT YOU?
THEN WHO?
DEFEND
ANIMALS**



MOVING THROUGH COMMON VEGAN STRUGGLES



**YOU CAN EXCLUDE—AS FAR AS IS
POSSIBLE AND PRACTICABLE—
ALL FORMS OF EXPLOITATION OF,
AND CRUELTY TO ANIMALS
FROM YOUR LIFE**

TRY COOKING NEW FOODS

LENTIL BOLOGNESE

Ingredients:

- 1 tbsp olive oil
- 1 onion, finely chopped
- 2 carrots, finely chopped
- 2 celery stalks, finely chopped
- 3 cloves garlic, minced (or ½ tsp garlic powder)
- 1 cup brown or green lentils, rinsed
- 1 (28 oz) can crushed tomatoes
- 3 cups vegetable broth
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tbsp soy sauce or tamari
- 1 1/2 oz package pasta

1. Heat olive oil in a large pot over medium heat. Add the onion, carrots, and celery and cook until soft, about 5-7 minutes. Add the garlic and stir
2. Add the rinsed lentils, crushed tomatoes, vegetable broth, oregano, and basil. Stir well
3. Bring to a boil, then reduce heat to low, cover, and let it simmer for 30-40 mins, until the lentils are tender and the sauce has thickened
4. Stir in the soy sauce/tamari.
5. While the sauce simmers, cook your pasta according to package directions
6. Serve bolognese over the cooked pasta



MEET YOUR MEAT

GO TO A FARM SANCTUARY

Visiting a farm sanctuary is a transformative experience. It's where the abstract idea of "animals" becomes the very real, individual personality of Donna the cow who loves having her chin scratched, or Sam the pig who grunts with joy when you sit with him in the sun. You look into their eyes and see a conscious being looking back. You see their curiosity, their fear, their contentment. The phrase "farm animal" splits apart, and you are left with a person, a pig, a chicken, a turkey who values their own life as much as you do values theirs. This connection is the strongest "why" you will ever find. It turns theory into love, and obligation into a heartfelt desire to protect.

AVOID VEGAN CHEESE FOR A WHILE

IT'S NOT THE SAME AND YOU WON'T LIKE IT

You're addicted to dairy cheese. Cow's milk contains a protein called casein. When digested, casein releases opiates called casomorphins. They are a brilliant evolutionary tool. They create a mild opioid effect in the calf's brain, ensuring it feels comfort, connection, and addiction to its mother's milk. This bond is crucial for the calf's survival. When we consume dairy cheese (a highly concentrated form of casein), we are also experiencing that mild addictive response. Your brain is literally telling you to eat more cheese. By taking a break from all cheese, you break that addictive cycle. After a few months, your taste buds reset. Then, when you try a good vegan cheese, you'll be able to appreciate it for what it is.

WHY VEGAN?

FOR THE ANIMALS!

It's a choice to stop seeing some animals as food and others as friends. Choosing veganism rejects the industrial system that treats feeling, intelligent beings as products.

FOR THE PLANET!

Animal agriculture is a top driver of climate change, deforestation, and water use. Plant-based is one of the most powerful personal actions you can take for a healthier Earth.

FOR YOU!

It's a journey into new flavors, better health, and the peace of mind that comes from living your values. It's not about perfection, but about making a conscious, compassionate effort.

"I COULD NEVER GO VEGAN ANSWERS TO ANNOYING QUESTIONS

Them: But where will you get your protein?

You: It's easier than you think! Beans, lentils, tofu, nuts, and even whole grains are packed with protein. My muscles are doing just fine!

Them: Being vegan is so expensive and difficult.

You: It can be, if you buy all the alternative meats. But at its core, it's just beans, rice, pasta, veggies, and fruits, some of the cheapest and most basic foods in the world.

Them: One person can't make a difference.

You: Normalizing eating vegan supports less cruelty and a healthier planet.