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English Comp I - Fall '22

Prof. Blain

what  
it  
really  
means  
to



|| *Go **V**egan* ||

**: a short thread**

swipe for more →



*Sooo*

**here's what think we know about vegans ...**

**"Vegans are not much  
different than vegetarians;  
some would even say they're *"extreme vegetarians."***

**"They don't eat meat,  
or "anything that walks, runs, swims, flies or crawls."**

**"Vegans only care about  
animal rights",  
and maintaining a healthy lifestyle.**

**Being vegan is difficult,  
there are barely enough vegan options available.**



“

Veganism is a philosophy and 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; ...it denotes the practice of dispensing with all products derived wholly or partly from animals.

”

*-The Vegan Society*





*and*

## **here's what we need to know about vegans ...**

### **Veganism is a global movement !**

It is apart of the many causes that help to combat the social, economic, political ills that we are all up against.

### **Being vegan is more just about diet.**

"Consumption is a large part of the vegan lifestyle, from food to clothing to hygiene " and ethics are heavily apart of being vegan.

### **You can support being vegan in more ways than one.**

Veganism is practice, but you don't have to be a vegan to believe in their way of life.



it's  
about  
our  
environment  
too.

In the midst of **climate change**, there is so much veganism can do and has been able to contribute to the cause. Caring about the world around us is apart of being vegan.

# WHAT THE HEALTH



“

Raising animals for food produces more greenhouse gasses than the entire transportation sector. It is the leading cause of rainforest destruction, species extinction, ocean dead zones, and fresh water consumption.”

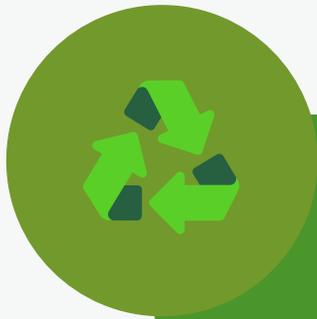
”

-Netflix's "What the Health"





# **We can all be vegans!** *here's how...*



## **Go Green!**

Recycle often, conserve utilities, and purchase products that are environment friendly.

## **Stay conscious.**

We have to understand and stay alert about the world we live in.



## **Take Action!**

Stand up, protest, boycott/buycott companies and/or organizations that promote unhealthy & unethical practices.





## Explore.

Google and locate local establishments such as restaurants, boutiques, and other initiatives that support veganism.



## Spread the word !

We have to be willing to inform each other and get the message out there.



## Educate !

Let's teach ourselves and those around us about veganism in its various forms.



***like, comment, share & save !***