Some people actually eat them



Go Vegan and Save the Babies

About one billion babies are slaughtered every year. Just you, on your own, can make a big difference, saving over 100 babies every year – over 10,000 in an average lifetime. At whatever age you go vegan, you'll be saving baby animals.

None of us wants to send a lamb to slaughter. We don't have to.

None of us wants to incarcerate chicks, ducks, turkeys and piglets inside factory farms. Even the short life they are allowed is one of pain, suffering and squalor. It's so bad that many die before they even get to the slaughterhouse. If we really want to end cruelty to animals there is only one answer – stop eating them. We'll be better for it, so will the environment and the animals.

Protect the Planet

The single most important thing we can do to protect the planet is to go vegan. Livestock farming is one of the key contributors to climate change but it's also one of the main causes of wildlife loss, deforestation, water pollution and desertification. Overfishing is destroying sea life. Animal agriculture is an environmental disaster.

Heal your Heart – Cut Cancer

Vegans have a lower risk of heart attacks, strokes, diabetes and some cancers. In fact, a healthy vegan diet can improve stamina and lead to a longer, healthier life.

Stop Superbugs

Antibiotics are massively overused in factory farms – and this has led to the emergence of drug-resistant superbugs that are becoming ever-more threatening. Bird flu is caused by deadly viruses that thrive and mutate in overcrowded chicken sheds. BSE, SARS, bird and swine flu, MERS, AIDS and Covid-19 all originated in animals.

Do we really need any more warnings?

FREE VEGAN SUPER PACK

Includes *Everyone's Going Vegan* magazine with mouth-watering recipes and our colourful, laminated nutrition chart.

Order yours from vivashop.org.uk/vegan-super-pack Enter discount code "VSPSB" when you check out.

