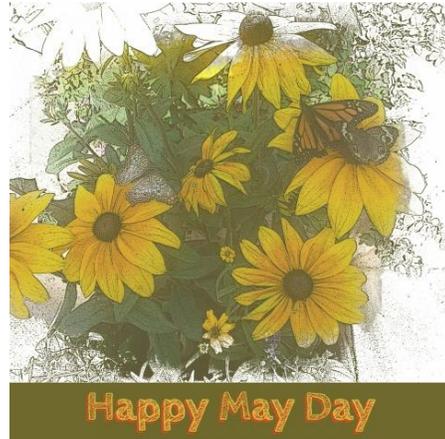




EVEN NOW - May 2020 Update

Hello, Everybody! This is not the Spring any of us thought we would have, but it has arrived nonetheless. Hope you are all keeping well and safe and healthy and being grateful for blessings already on their way...as the saying goes. 😊



Our Cruel Treatment of Animals Led to the Coronavirus

**By David Benatar,
Philosopher and Author**

Credit...Heather Ainsworth for The New York Times

The conditions that lead to the emergence of new infectious diseases are the same ones that inflict horrific harms on animals.

“...Real prevention requires taking steps to minimize the chances of the virus or other infectious agents emerging in the first place. One of a number of crucial measures would be a more intelligent — and more compassionate — appraisal of our treatment of nonhuman animals, and concomitant action...”

Benatar writes about the *obvious* and what *should* be obvious. Read his thoughts [HERE](#).

Editor’s Note: What *should* be obvious? Choose compassion, choose health, choose vegan.



New article by **Dr. T. Colin Campbell: [Our Most Important Defense Against COVID-19](#)**. In this special report, Dr. Campbell, who is the co-author of several TrueNorth Health studies, offers insights into ways of boosting our immune systems to reduce vulnerability to viral infections such as COVID-19. [READ HERE](#)



Here is the hopeful – even revolutionary – idea. People can defend themselves against the worst effects of the COVID-19 infection, and help flatten the curve of hospitalizations, by strengthening their immune systems through their food choices. – Dr. T. Colin Campbell

Source: TrueNorth Health Center





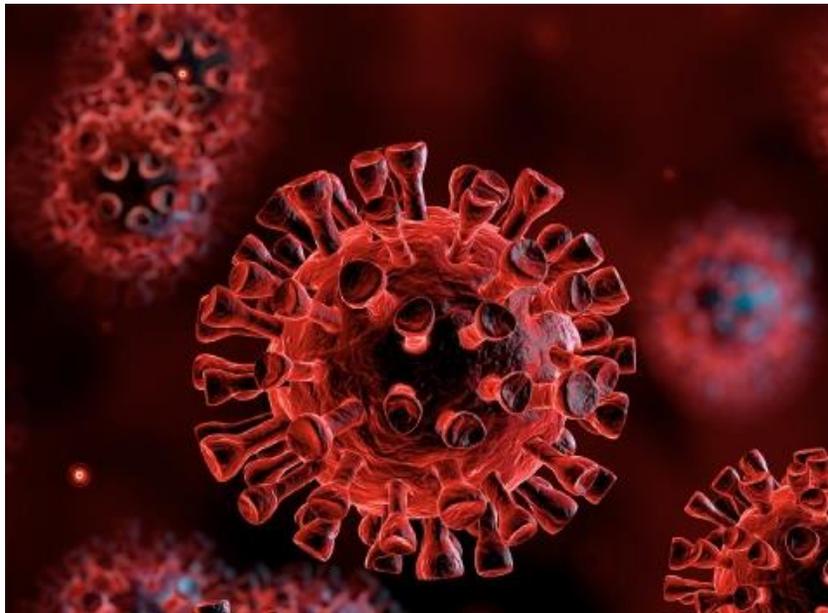
Where are these emerging infectious diseases emerging *from*?
How to stay safe?

[COVID 19 Resources](#) [– Videos, Q & A, and](#) [more](#)

by Dr. Michael Greger



How the Corona Virus Leads Us to a Vegan World



**A clever person solves the problem.
A wise person avoids it.
— Albert Einstein**

Isn't it time we stopped using animals?

The [CDC has estimated](#) that three out of every four new or emerging diseases in people come from animals and yet we haven't taken the elementary step of eliminating our animal exploitation practices... [>>MORE](#)

Source: ClimateHealers



Coronavirus and Animals

... We need to have an honest public discussion on how to produce our food. Individually, we must stop eating animal products. **Collectively, we must transform the global food system and work toward ending animal agriculture and rewilding much of the world.** Oddly, many people who would never challenge the reality of climate change refuse to acknowledge the role meat-eating plays in endangering public health. Eating meat, it seems, is a socially acceptable form of science denial...

[MORE](#)

Waste no more time arguing about what a good vegan should be. **Be one.** (with apologies to Marcus Aurelius)



What Fauci’s Call to Shut Down ‘Wet Markets’ Means for All Slaughterhouses

Animal agriculture, in all of its manifestations — from intensive pig and chicken farming to the enormously lucrative trade of hunting, breeding and slaughtering wildlife — is a ticking time bomb. Late this week, **Dr. Anthony Fauci**, director of the National Institute of Allergy and Infectious Diseases, joined the chorus of experts sounding the alarm. [MORE](#)



Don’t pass up this opportunity to read **a wealth of excellent and useful info** on these popular pages at **Free from Harm**--- promoting farmed animal education and advocacy:

- [12 important reasons to go vegan today](#)
- [Animal agriculture fact sheets](#)
- [Common justifications for eating animal products and how to debunk them](#)
- [Backyard chickens: expanding our understanding of ‘harm’](#)
- [What about so-called “humane” products?](#)
- [Eggs: what are you really eating?](#)
- [Your guide to going dairy free: plant-based milks, cheeses, and more](#)



Can't Go Out? Healthy, Delicious Food is Just 1 Click Away

Our meal-service partners offer healthy and delicious food options that can be delivered to your door. That means more convenience and less risk of exposure from shopping in public.

- [LeafSide](#) creates meals that are delicious, affordable, and portable, with complete freeze-dried whole-plant foods nutrition.
- [MamaSezz](#) offers fresh, whole plant-food meals, and a special TrueNorth compliant package of SOS-free foods.



Source: TrueNorth Health Center

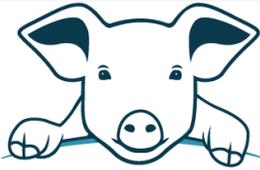


May our daily choices be a reflection of our deepest values, and may we use our voices to speak for those who need us most, those who have no voice, those who have no choice.

- Colleen Patrick-Goudreau



Have We Been Lied To? | 10 Billion Lives



FARM
Farm Animal Rights Movement

Did you know that according to the USDA, every single year nearly **10 billion land animals are raised and murdered for food in the US alone?**

This short [4 minute video](#) shines a vital light on the cruelty of the meat, egg and dairy industries. Each one of us decides the fate of 10 Billion animals every time we eat, and each one of us has the power to change their fate. **Do You Want to End the Suffering of Billions of Animals Raised for Food?** Forward it to inform others and make an even greater impact.

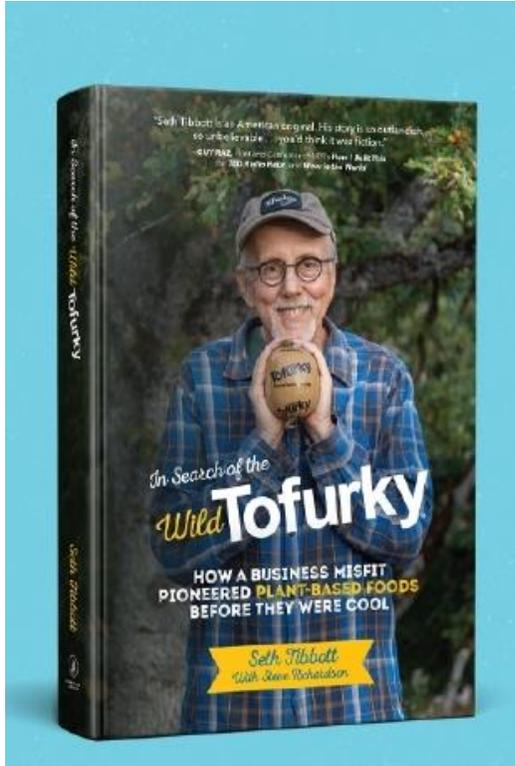
Contact [EVEN](#) for your starter pack and more info to get you started on your vegan path.



The human voice can never reach the distance that is covered by the still small voice of conscience. - Gandhi



Get ready for a savory sizzle with patties that cook and taste like your favorite burger, just minus the meat. 19 grams of plant protein, 0% cholesterol and simple Non-GMO ingredients. [New plant-based burger by Tofurky.](#)



While you are sheltering in place, I'd like to announce my new book, *In Search of the Wild Tofurky*. This is a tale dating back to before plant-based protein was cool, when venture capitalists and banks found this term amusing. Over the years I learned quite a lot from my mistakes, and in 1995 I bet the company's future on a tasty Thanksgiving vegan feast. Everyone told me the name was a huge mistake, that it sounded like a sneeze, and that nobody would take it seriously. But Tofurky caught on like no meat alternative ever had, and the rest, as they say, is history.

[In Search of the Wild Tofurky](#) brings you along on my wild ride (the treehouse! the

circus clowns! my commune customers!) and introduces you to all the wonderful people who helped make this a happy story. I've enjoyed living it. I think you'll enjoy reading about it. And it's my sincere hope that my story will help to inspire some dreams about building a better world and lighten your load as you move forward in these difficult times. We're all in this together.



"When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need."



~ Ancient Ayurvedic Proverb



vegan action

For the animals. For the environment. For your health.

Boost Your Immune System with Vegan Food



Whole foods, like fruits and veggies, that are packed with nutrients can be helpful in making sure our immune system is strong and healthy.

 **Learn about which specific foods can help boost your immune system from this excerpt of a [post](#) by the Physicians Committee for Responsible Medicine:**

"Vitamins, Minerals, and Antioxidants: Studies have shown that fruits and vegetables provide nutrients—like beta-carotene, vitamin C, and vitamin E—that can boost immune function. Because many vegetables, fruits, and other plant-based foods are also rich in antioxidants, they help reduce oxidative stress.⁶

Beta-Carotene: Beta-carotene is a powerful antioxidant that can reduce inflammation and boost immune function by increasing disease-fighting cells in the body. Excellent sources include sweet potatoes, carrots, and green leafy vegetables.

Vitamins C and E: Vitamins C and E are antioxidants that help to destroy free radicals and support the body's natural immune response. Sources of vitamin C include red peppers, oranges, strawberries, broccoli, mangoes, lemons, and other fruits and vegetables. Vitamin E sources include nuts, seeds, spinach, and broccoli.

Vitamin D: Research shows vitamin D supplementation may reduce the risk for viral infections, including respiratory tract infections, by reducing production of pro-inflammatory compounds in the body. Increased vitamin D in the blood has been linked to prevention of other chronic diseases including tuberculosis, hepatitis, and cardiovascular disease. Food sources of vitamin D include fortified cereals and plant-based milks and supplements.⁷

Zinc: Zinc is a mineral that can help boost white blood cells, which defend against invaders. Sources include nuts, pumpkin seeds, sesame seeds, beans, and lentils."

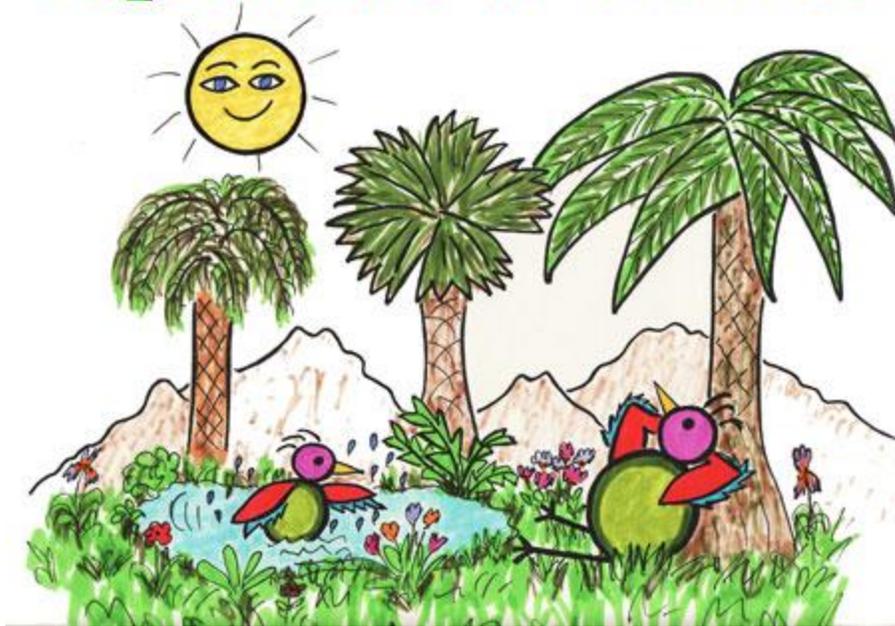
Source: Vegan Action



It's **Springtime!** Here are some **tips on getting a garden started** and more easy and delicious recipes - [HERE](#)



Vegetarians in Paradise



A Nonprofit Vegan Public Service Publication

Serving the World Vegan Community **Since January 1999**

By Zel and Reuben Allen

If you haven't [subscribed free to VIP](#) yet, you just don't know how much *paradise* you are missing! [Scrumptious, simple vegan recipes](#), but so much more---current topics, ideas, articles! **Vegetarians in Paradise** is one of the most enjoyable and informative vegan sites you will ever find!

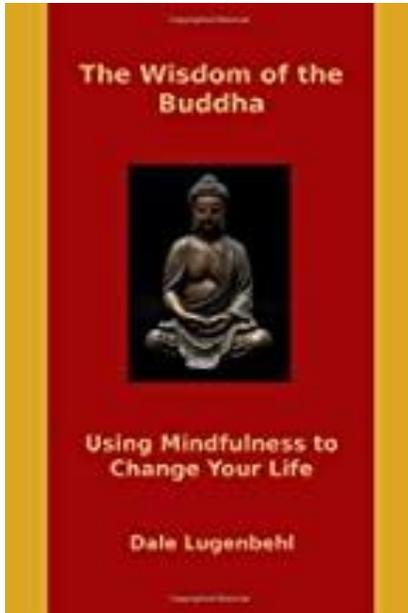


Time to Exercise → 🎵🎵🎵 **Family Lockdown Boogie!** 🎵🎵🎵

"...Incarcerated...blood-related..." Fun! Take a much-needed laugh break [HERE](#)



[The Wisdom of the Buddha: Using Mindfulness to Change Your Life](#) by Dale Lugenbehl



Dale Lugenbehl has for 14 years been the Principle Teacher for Ahimsa Acres Sangha, an affiliate of the Thich Nhat Hanh Foundation. He has taught both Eastern and Western philosophy classes for 40 years in public colleges and universities, including 7 years of Buddhist Meditation Traditions at Lane Community College—the first college credit Buddhist meditation class ever offered in Oregon. He is also a member of Dharma Voices for Animals, Environmental Editor for

American Vegan magazine, Director of Ahimsa Acres Educational Center, and the author of more than 50 published articles.

Please read Dale's book and leave an encouraging review on Amazon [here](#).



May our walking on earth be gentle as the union of the butterfly and the flower.

- Traditional Buddhist Blessing



Jane Goodall says 'disrespect for animals' caused pandemic

by Stéphane ORJOLLET, AFP



World-renowned primatologist Jane Goodall pleaded for humanity to learn from past mistakes (AFP Photo/Fabrice COFFRINI)

Paris (AFP) - World-renowned British primatologist Jane Goodall says the coronavirus pandemic was caused by humanity's disregard for nature and disrespect for animals.

Goodall, who is best known for trail-blazing research in Africa that revealed the true nature of chimpanzees, pleaded for the world to learn from past mistakes to prevent future disasters.

During a conference call ahead of the release of the new National Geographic documentary "*Jane Goodall: The Hope*", the 86-year-old also said everyone can make a difference.

- *How do you view this pandemic?* -

Goodall: It is our disregard for nature and our disrespect of the animals we should share the planet with that has caused this pandemic, that was predicted long ago.

Because as we destroy, let's say the forest, [>> READ MORE](#)

Source: [Suzanne York at Transition Earth](#)



Human history can be viewed as a slowly dawning awareness that we are members of a larger group.

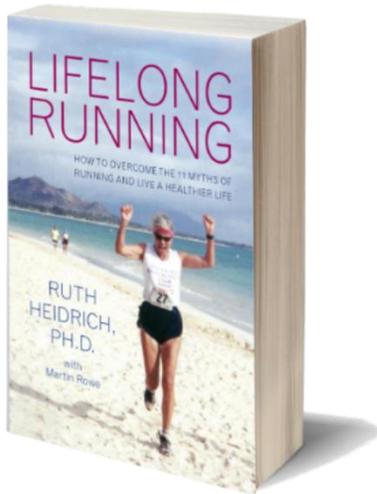
Initially our loyalties were to ourselves and our immediate family; next, to bands of wandering hunter-gatherers; then to tribes, small settlements, city-states, nations.

We have broadened the circle of those we love. We have now organized what are modestly described as super-powers, which include groups of people from divergent ethnic and cultural backgrounds working in some sense together - surely a humanizing and character-building experience.

If we are to survive, our loyalties must be broadened further, to include the whole human community, the entire planet Earth. - **Carl Sagan, astronomer, teacher, fellow humanist, inspirational thinker –**
Watch [Pale Blue Dot](#)



Dr. Ruth Heidrich - 50 Years of Running – A Living Legend Indeed!



At 85 years young, Ruth Heidrich, Ph.D., is a seasoned high-ran vegan Ironman (or as she likes to say, "IronLADY") triathlete and has done six Ironman Triathlons all over the world. She is one of the "stars" in that great documentary, *Forks Over Knives*, which has changed the lives of so many people. She's been a runner for over 50 years and a vegan triathlete for 38 years now. **She is the winner of more than 900 trophies, 6 Ironman Triathlons, 8 Gold Medals in the U.S. Senior Olympics, and 67**

marathons including Boston, New York, & Moscow. Named *One of the Ten Fittest Women in North America*, she is also a breast cancer survivor and author of five books including her latest on ED, an attempt, she says, to reach an entirely different kind of audience, that of the macho male who thinks his virility is based on eating meat. Anyone is welcome to visit her website and through her *Ask Dr. Ruth*, she will freely answer questions on diet and fitness. [Read More about this inspirational woman!](#)



**Lots You Can Do
with Mori-Nu**

[Low-Fat, Dairy Free Pumpkin Pie](#)





Scrumptious [Guacamole](#) Recipe!

I bet you will love this recipe as much as we did. We made a double batch! It is so easy to adjust the cumin and chili powder to everyone's liking. Eat with corn chips, pita chips or use as a yummy sandwich spread and top with tomatoes and lettuce! **Thank you, [American Vegan Society!](#) Celebrating 60 Years of Doing Great Work!**



***Legends of Change* by Rebecca Frith**

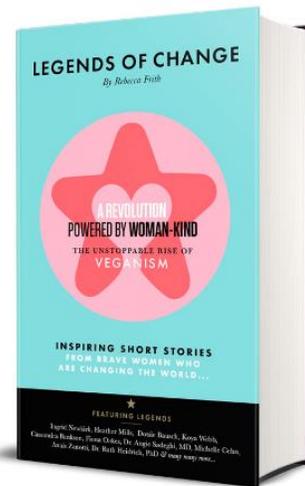
If you missed EVEN's February 22 EVENT, see it here:

[Dr. Joanne Kong, Vegan Women: Life-Changing Stories, Barnes & Noble, Valley River Center](#)

• [Photos](#)

In addition to our booksigning, the **Vegan Society in the UK** spotlighted *Legends of Change* author, **Rebecca Frith**, in their **International Women's Day** blog.

Read their *Inside Legends of Change: A revolution powered by woman-kind* [HERE](#).



Please leave your review of the warm and heartfelt stories in Rebecca's book online at [Amazon](#).



Pandemics start on our plates.



Facing Our Global Crisis: A Time for Reflection and Awakening

by Dr. Joanne Kong

... somewhere along the way, our society has lost a sense of connection to the natural world that surrounds us. I'm certainly not an expert on global health, life sciences, or the complexities of the earth's ecosystems. But it's just become more and more apparent to me how the collective actions, attitudes, and energies that we put out into the world do indeed reflect back to us, and become manifest. In these times, we're seeing the truth of that saying, "All things connect." ... [MORE](#)



Joanne and Vegan at River's Wish Animal Sanctuary in Spokane, Washington



Watch McDougall's Moments

Short video lessons from John A. McDougall, M.D.

[Dr. John McDougall: Lose Weight, Regain Health, & Save Money](#)

[and](#)

[Dr. John McDougall: In Defense of the Potato](#)

[More McDougall Moments short educational videos on topics](#) from Arthritis to Vitamins and everything in between.



Myth: Drinking milk is important for strong bones.

Mythbuster: Despite hearing that milk is great for strong bones since you were a kid, that's not the case. Many studies have shown drinking milk doesn't do anything in helping strengthen your bones. In fact, it's quite the opposite. A 2014 study of more than 96,000 people published in **JAMA Pediatrics** found greater milk consumption as a teenager was associated with a higher risk of hip fractures as an adult.



Editor's Note: [Our peeps have been saying that for decades!](#) But it's good to see when it creeps into mainstream media.



50 YEARS EARTH DAY 2020



[How Does Being Vegan Help The Environment?](#)

and



[The Facts - How Much Water Is Required to Produce Food?](#)

Source: Vegan Action



[How Animal Agriculture is one of the largest contributors to diet change.](#)

Source: Earthday.org



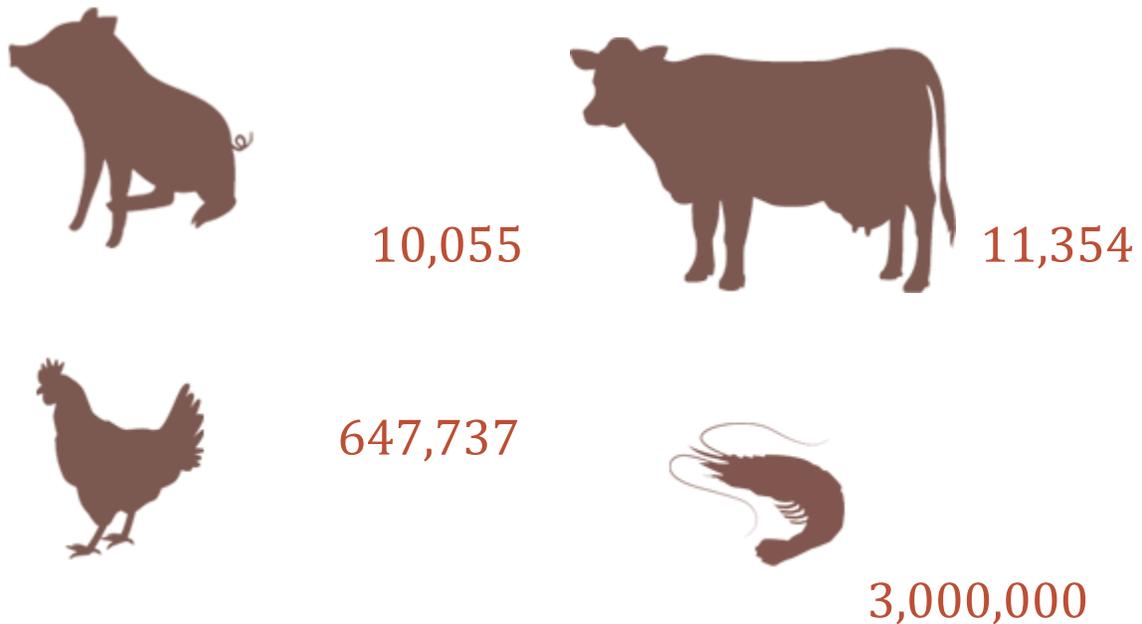
[Environmental Organizations Say Eat Plants for the Planet](#)

In recent decades, leading environmental organizations and policy makers have been conspicuously silent on the environmental impacts of our food choices. In particular, many activists have critiqued the absence of dialogue around the disproportionately destructive impacts of animal agriculture. But that appears to be changing. [MORE](#)

Source: A Well-Fed World



Every year, [Fry's Family Foods](#) looks at turnover and put up a chart to show how many animal lives would be saved if someone had chosen a Fry's Product instead of a meat product. In 2019 that number was 647,737 chickens, 11,354 cows and 10,055 and 3 million prawns.



Cook Vegan at Home to Protest What Got Us Here

...Cooking—vegan and at home—is a way to protest against the profit- and animal exploitation-driven systems that got us here. Individuals may be ill-equipped to entirely opt-out of the modern food system, but that doesn't mean that they are completely powerless. In the book *Protest Kitchen*, **Carol J. Adams** and **Virginia Messina** write, "Believing that you can do something" —and actually doing it— "to relieve the suffering of someone else helps you feel more compassionate." Taking action imparts power...

[>>READ MORE](#)



International Respect for Chickens Day

International Respect for Chickens Day May 4
“Please do an ACTION for Chickens in May!”

INTERNATIONAL RESPECT FOR CHICKENS DAY, MAY 4 is an annual project launched by United Poultry Concerns in 2005 to celebrate chickens throughout the world and protest the bleakness of their lives in farming operations. The entire month of May is International Respect for Chickens Month!

Please do an ACTION for chickens on or around May 4. Ideas include leafleting on a busy street corner, holding an office party or classroom celebration, writing a letter to the editor, doing a radio call-in, tabling at your local church, school or shopping mall, hosting a vegan open house, or simply talking to family, friends or strangers about the plight – and delight – of chickens and how people can help them.



See our merchandise pages for posters & brochures, also available at www.upc-online.org/merchandise. **What Wings Are For!**
Thank you for making every day Respect for Chickens Day!

Ruby & Ivy, photo: Jim Robertson

[Disregarded](#) is a scorching new **3-minute video** on the plight of chickens.

In the words of the investigative filmmaker, “*Disregarded* is my new video that highlights how we treat others with absolutely no regard for their bodies and feelings. When we have regard for others, we don't use and control them and we don't needlessly harm and kill them.”

Watch *Disregarded - Unparalleled Suffering* below



“Disregarded” Shows the Plight Chickens Face

He continues: “It’s a powerful exposé on the reality of chickens used for food including scenes from live bird markets. I thought you might be interested in sharing it.”

Disregarded includes poultry judging shows, specifically what they call “the market broiler show. The winners and runner-ups get auctioned off and then go to slaughter, and the rest get immediately sent to slaughter.” This show, aimed at 4-H and FFA (Future Farmers of America) students, was filmed at two different Texas fairs.

Source: United Poultry Concerns



5 Signs that the Vegan Trend is Hitting India in a Big Way



Scientists have been documenting the unsustainable nature of meat and dairy consumption for decades, but it is only in recent years that veganism has garnered the attention of mass consumers all over the world. While India is a country with a long history of vegetarianism, like many other countries that have undergone rapid urbanisation and population growth, the demand for animal protein has been on the steady rise. However, Indian consumers now seem to be making the shift towards plant-based – and here are some signs indicating that the vegan trend has hit the country.

1. Consumers in India eat far less meat than other countries
2. Many vegan staples can already be found in Indian kitchens
3. Increasing awareness of the environmental impact of animal agriculture
4. Indian athletes & Bollywood stars are going vegan
5. Indian food tech companies are making vegan substitutes affordable

[MORE on this from green queen](#)



Exclusive EVEN Interview with **Christina Pirello**

The very idea of what we stand for--- kindness and compassion for all creatures, making a lighter footprint on the planet, wasting less, standing for peace--- all threaten the status quo. – **Christina Pirello**



If you missed EVEN's current Exclusive Interview with **Christina Pirello, MFN**, you can read it [HERE](#).

Christina is one of America's preeminent authorities on healthy living with natural and whole foods at its core....She's made it her purpose in life to show the world that everyone can look their best, and feel great, too, by understanding the impact of food on day to day wellness....

Massive systemic change would force us to create a new economy, a new way to serve each other.

– **Christina Pirello**

Christina studied and became an expert in Traditional Chinese Medicine, Ayurveda, acupuncture, macrobiotics and earned a **Masters Degree in Food Science and Nutrition....** [>>READ MORE FROM CHRISTINA](#)





Illuminate Illuminate Illuminate



All of these vegan leaders illuminate! For you, for me, for everyone.

For insights that we all clamor for, read EVEN's other exclusive interviews on EVEN's [Interviews page](#).

Uplifting words, new ideas and enlightened perspectives! Here is just a sampling.



“Eventually, your heart speaks to you and you know that it *all* matters. The animals in those sheds matter and we are causing them suffering; the Earth matters, the kids matter, everything you order in a restaurant *does* matter. Until that really sinks in, then people frequently fall away from a vegan diet - and that means that we have more work to do to make this truth even more evident.”- [READ MORE FROM Michael Klaper, MD, Physician, Speaker, Educator](#)

“Don't follow – lead! Be creative, grab opportunities, don't wait for them to come to you, take it to them and make things happen.... Once people are aware of the truth and facts, I believe it makes it an awful lot easier to make the right choices.” – [READ MORE FROM Fiona Oakes, Elite Marathoner and quadruple World Record Holder](#)



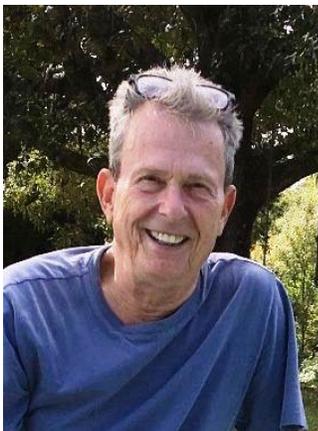


“...Veganism is the path by which we all re-discover the core qualities that are the most beautiful gifts we can give to other beings --- our sensitivity, empathy, kindness and compassion.” – [**READ MORE FROM Dr. Joanne Kong, Speaker, Author, Animal and Environmental Advocate**](#)

“Dominion does not mean domination. We hold dominion over animals only because of our powerful and ubiquitous intellect. Not because we are morally superior. Not because we have a "right" to exploit those who cannot defend themselves.



Let us use our brain to move toward compassion and away from cruelty, to feel empathy rather than cold indifference, to feel animals' pain in our hearts.” - [**READ MORE FROM Marc Bekoff, Author, Professor, and Long-Time Animal Rights Advocate**](#)



“When did we lose our sense of kinship with other life and become so alienated from the natural world? Alienation from the natural world is the greatest problem we are facing.” - [**READ MORE FROM Jim Mason, Author, Attorney, Animal Rights Activist, Environmentalist**](#)

“If you don’t follow a vegan diet, you are fostering grotesque cruelty, you’re damaging the planet, and you are a bad example for those around you, leading them into food habits that will harm their health. Following a vegan lifestyle is easy, and it’s the only way to go.” –



[**READ MORE FROM Neal Barnard, MD, President, Physicians Committee for Responsible Medicine \(PCRM\)**](#)

An awake heart is like a sky that pours light. - Rumi

“People worry that a plant-based diet is inadequate to meet nutritional needs. This is the exact opposite of the actual facts. Think of it--- plants are the base of the food chain. Do plants need to eat animals, or do animals eat plants? It's obvious that plants are nutrient producers, and animals are nutrient consumers. You get your nutrients from their original source by eating plants.”



[**READ MORE FROM Janice Stanger, PhD, Author, Speaker, Educator, Consultant**](#)

“Once people know the truth about the importance of changing to vegan foods, they will change, and the change can happen quite rapidly....I believe veganism is an irresistible force. – **Dale Lugenbehl**



It’s very important to me to be true to my own ideals—to behave in an authentic fashion.... There’s real peace in living with integrity.” – **Sandy Aldridge**

[READ MORE FROM Dale and Sandy, AHIMSA Acres](#)

EVEN interviewed **many other vegan luminaries** over the years all of whom shared willingly and with great enthusiasm. Read them on EVEN’s [Interviews Page](#).

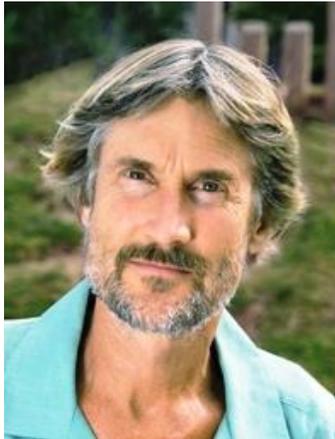
GO VEGAN

Going, being and staying vegan is easy and benefits everyone!



Locked Down Doesn't Mean Locked Out!

Because of Covid, EVEN is not scheduling new lectures right now. So, it's the perfect time to revisit some remarkable previous speakers who came to present to EVEN. Listen to them from the comfort of your lawn chair.



[Dr. Will Tuttle – Food as Medicine – The World Peace Diet](#)

(lecture begins on YouTube at 2:00)



Dr. Will Tuttle presents to EVEN – The World Peace Diet



[Dr. Alan Goldhamer - Escaping the Pleasure Trap](#)
- Mastering the Hidden Force that Undermines Health and Happiness

(lecture begins on YouTube at 0:45)



Dr. Alan Goldhamer presents to EVEN – The Pleasure Trap



Dr. Orestes Gutierrez – 5 Universal Principles of Veganism – Ancient and universal principles for inner and outer transformation that provide the foundation for an exceptional life

(lecture begins on YouTube at 2:30)



Dr. Orestes Gutierrez presents to EVEN – 5 Universal Principles of Veganism



Opt to Adopt

The **American Society for the Prevention of Cruelty to Animals** estimates that shelters euthanize 2.7 million dogs and cats each year. Remember to spay and neuter. Adopt a rescue.

One unspayed dog and her offspring can produce 67,000 dogs in six years, and one unspayed cat and her offspring can produce 420,000 cats in seven years. Spaying neutering is the best way to stop the overpopulation crisis.

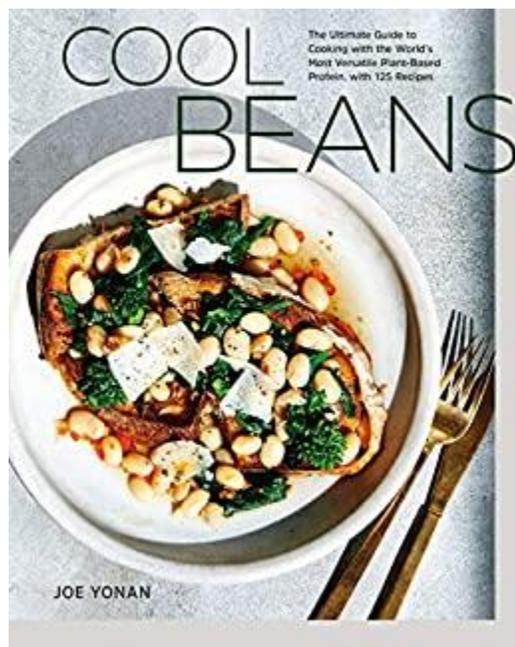


New Vegan Cookbook – *Cool Beans* by Joe Yonan

The Ultimate Guide to Cooking with the World’s Most Versatile, Plant-Based Protein, with 125 Recipes!

A fresh, modern look at the diverse world of beans, chickpeas, lentils, and other pulses---featuring 125 recipes for globally inspired vegetarian mains, snacks, soups, and desserts.

Beans are emerging from their hippie roots to be embraced for what they truly are: a delicious, versatile, and environmentally friendly protein.



Joe Yonan (a James Beard Award-winning food writer) is food editor of the Washington Post and in his book, he provides a master base recipe for cooking any sort of bean in any sort of appliance---Instant Pot, slow cooker, or stovetop---as well as creative recipes for using beans in daily life. From Harissa-Roasted Carrot and White Bean Dip to Crunchy Spiced Chickpeas to Smoky Black Bean and Plantain Chili. Yonan draws on the **culinary traditions of the Middle East, the Mediterranean, Africa, South America, Asia, and the American South**, with beautiful photography throughout. Fresh flavors, vibrant spices, and clever techniques.



The most important thing anyone can do is to become vegan and to educate others about why taking animals seriously means being vegan. As more and more people become vegan, demand drops and consciousness about the immoral and unjustifiable nature of animal use is raised. I regard veganism as the most important form of activism for nonhuman animals. Veganism is the principle of abolition applied to the life of the individual.

– **Gary Francione, Lawyer, Professor, Author**



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See more listings at [Eugene Service Directory](#).



[Vegan Richa](#) is home to a ton of ingenious vegan recipes. There are more than a dozen [veggie burger recipes](#) alone! Many of the recipes have an Indian flair, but there are also flavours and spices for a variety of world cuisines.

Source: Academy of Culinary Nutrition





Bam Bam Bakery - Portland, Maine

Try this [gluten free vegan chocolate cake](#) with vegan peanut butter frosting

Source: Good Morning America



Dr. Reed Mangels Does Podcast on Four Myths About Vegan Nutrition for Children



Dr. Mangels is a registered dietician with a doctorate degree in nutrition - and a world authority on raising vegan children. She coauthored two position papers on vegetarian/vegan diets for the Academy of Nutrition and Dietetics, has authored numerous books, serves as a nutrition advisor for the **Vegetarian Resource Group (VRG)**, and as nutrition editor for the VRG's ***Vegetarian Journal***.

In this episode of the podcast, we discuss 4 myths about vegan nutrition for children.

>> **Myth #1:** Vegan diets aren't safe for kids. We discuss the research that's been conducted in this area, and the types of research Reed would like to see in the future.

>> **Myth #2:** Very low fat vegan diets are the best diet for children.

>> **Myth #3:** Vegan kids need to use protein powder to get enough protein.

>> **Myth #4:** Soy is unhealthy for children to consume.

Whether you're currently raising vegan children, whether you want to make the transition to veganism as a family, whether you're interested in raising vegan children in the future, or whether - like me - you're just interested in the research (which, as we all know, can be very useful when we're asked questions by people who are skeptical of veganism) - I'm sure Reed's knowledge and practical tips will be useful for you.

This episode can also help listeners whose children are older and have chosen on their own to go vegan. Many parents don't know how to deal with this other than to remove animal products from their child's diet. Don't make this mistake! Learn how to ensure your child is getting the nutrition he/she/they needs.

The Vegetarian Resource Group's Nutrition Advisor did a podcast titled "Four Myths About Vegan Nutrition for Children" by Dr. Reed Mangels.

[Listen here](#)

Source: Vegetarian Resource Group, PO Box 1463, Baltimore MD 21203, 410.366.8343, www.vrg.org





Eugene Veg Education Network (EVEN) Celebrates **15th Anniversary!**

Since 2005, EVEN has been educating thousands about compassion, non-violence and the benefits of a plant-based diet. Everything EVEN has done has been offered free to the public!

Some of EVEN's activities include:

- ongoing staffing of **information tables**
- **leafleting** at libraries and on school campuses
- publishing **e-newsletters**
- hosting **lectures** with knowledgeable, motivating **speakers**
- conducting exclusive **interviews** with prominent vegan luminaries
- assisting **college and high school students** with their school projects on veganism
- designing **vegan meal plans** for families
- collaborating and supporting dozens of other **local and national vegan groups**
- answering hundreds of **emails and phone inquiries** each week
- maintaining an informative vegan news **blog** *and* a comprehensive **website**

EVEN has also:

- held **vegan share fairs**
- accepted an ***Essentials for Life* award** from United Way
- received the ***24 Carrot Award*** from Vegetarians in Paradise, and
- secured a ***Vegan Awareness Year* mayoral proclamation**

In the past **15 years**, EVEN has held over **[400 EVENTS](#)**, distributing over a quarter million veg starter kits, recipe booklets, magazines, books, dvds, food samples, and nutrition pamphlets.

Although some 2020 EVENTS have had to be canceled because of Covid, and things might seem a little iffy right now, **everything will get better.**

Tutto andrà bene!

Meanwhile, please visit EVEN's [slideshow](#) to see some of EVEN's activities over the past 15 years. Let us know if you spot yourself and we'll send you a gift!

EVEN appreciates the amazing [local](#) and [national](#) support over the years. Thank you to our **sponsors**, our **donors**, [our volunteers](#), our **members**, and all those who are so perfectly centered, who use their big, giving and loving hearts on behalf of the animals and the earth. Your help and your kindness have been invaluable to EVEN's work.

Thank you to everyone who has been with us **since 2005**. EVEN (!) after 15 years, we remain humbled and honored to serve.



Buckminster Fuller often emphasized that the way of cultural transformation is not so much in fighting against destructive attitudes and practices, but in recognizing them as being obsolete and offering positive, higher-level alternatives.

The competitive, violent, commodifying mentality of the ancient herding cultures is, in our age of nuclear weapons and global interconnectedness, profoundly obsolete, as is eating the animal foods of these old cultures, which are unhealthy in the extreme both to our body-minds and to our precious planetary ecology.

Eating animals is an indefensible holdover from another era beyond which we must evolve. – ***Excerpt from The World Peace Diet by Will Tuttle***



Happy Mother's Day to everyone!

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