

The background is a complex, abstract composition of concentric circles and spirals in various shades of gray, black, and white. A central circular element, resembling a plate or a bowl, is divided into four quadrants and contains two small, dark, bean-like shapes. A large, white, triangular shape is superimposed over the center, pointing downwards.

VEGANISM 101

A Zine by the
Kutztown Veg Club

Disclaimer: This is not going to be a zine with pages of graphic pictures of suffering and dying animals; nor will we have pictures of ruined lands exploited by animal agriculture, now toxic with waste from factory farming or desecrated by clear-cutting to grow cheap grains for feed. Though these are important realities of our world today for consumers to expose themselves and choose to react to, they are not beneficial for our purposes.

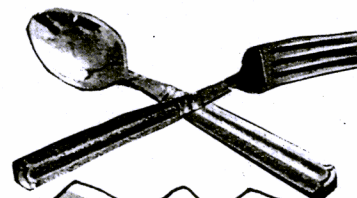
What Is Being Vegan?


Veganism is a diet and lifestyle where one does not consume, use, or buy any animal products or by-products. This means vegans do not eat any meat, eggs, or dairy, but can and does also include excluding eating honey, wearing leather and fur, participating in events that exploit animals for entertainment (for example, Seaworld) and buying only "cruelty-free" household and makeup products. Veganism can also be an important part of a larger commitment to living as organically and sustainably as possible.

Why Vegan?

There are as many reasons to be vegan as there are people that are vegan— and all are valid! Here are some of the most common reasons people go vegan.

- Improving Personal Health
- Food Allergies
- Reducing Environmental Impact
- Protesting Corrupt & Unsustainable Corporate Agribusiness
- Love & Respect for Our Animal Companions
- Part of Keeping Kosher or Halal







Can I Be Healthy?

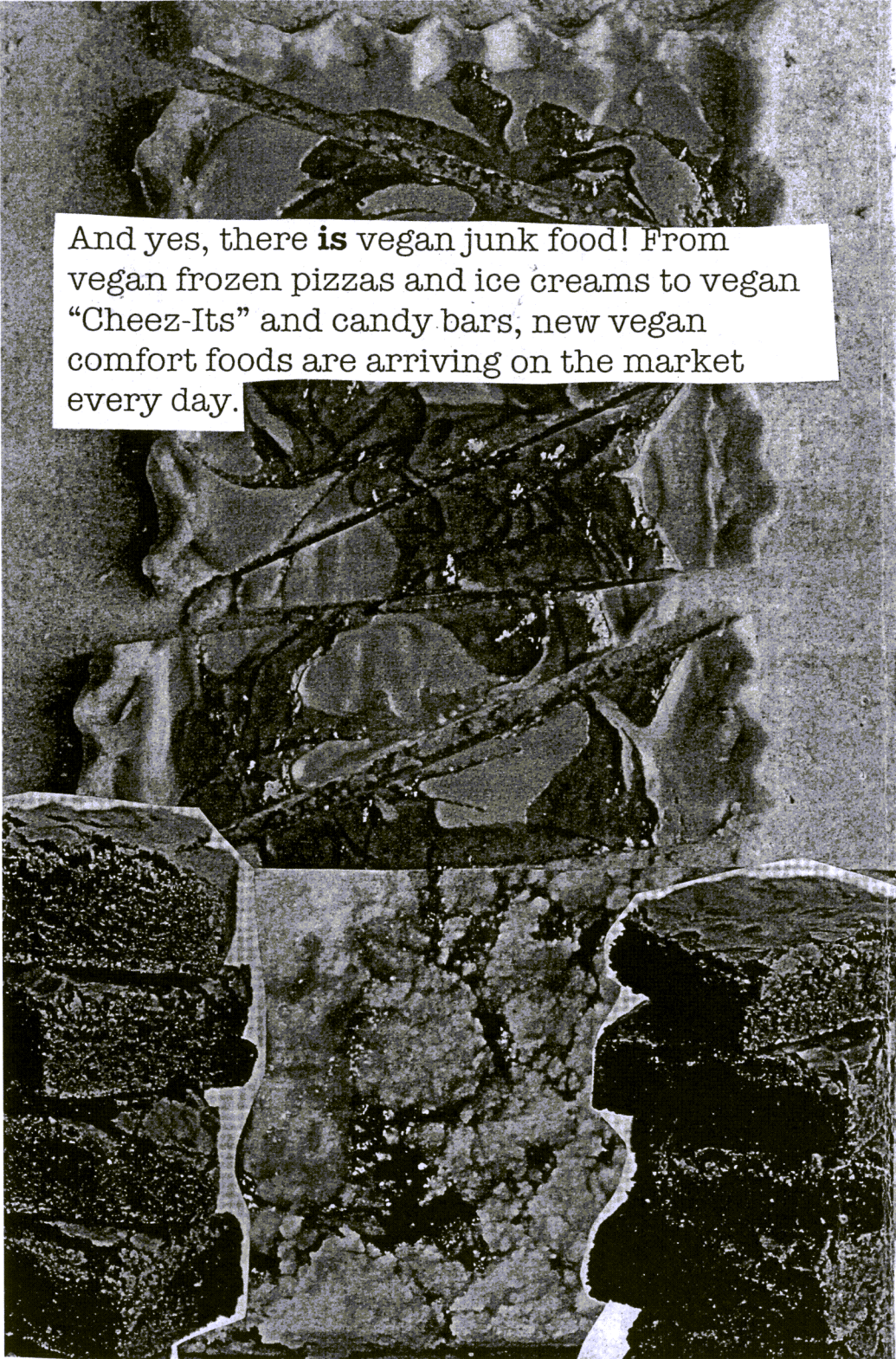
In short, **yes!** Vegan diets are virtually free of cholesterol, and generally low in fat. There are many sources of vegan protein, amino acids, iron, and Omega-3's & 6's.

Supplementation of B- vitamins and/or consumption of products like nut milks that are fortified with B-vitamins are easy ways to get those vital minerals in (same for Vitamin D). There are vegan athletes— including vegan bodybuilders— vegan babies, vegan pregnant & nursing people, elderly vegans, lifelong vegans, disabled vegans, and vegans of all backgrounds. Every person's nutritional needs are different, based on their genetic backgrounds and situational life demands, but a vegan diet is possible for a lot of people. Plenty of resources already exist to help you make the most informed choices about your vegan consumption— we won't pretend to be nutritionists— but the take-away here is that yes, vegan health is achievable.

What The Heck Can I Eat?

You can eat a **lot** more than you may think at first. Some staples of a vegan diet are whole grains like brown rice, oatmeal, couscous, orzo, and breads; seasonal or otherwise fruits and vegetables, especially leafy greens; nuts, berries and seeds; alternative non-animal protein sources, from beans to tofu, seitan, and falafel. Simply googling “easy vegan meals” can provide you with millions of ideas, and there are also vegan substitutes for pretty much any animal product you may have previously consumed (vegan milks, cheeses, yogurts, butters, creamers, and egg substitutes)!





And yes, there **is** vegan junk food! From vegan frozen pizzas and ice creams to vegan “Cheez-Its” and candy bars, new vegan comfort foods are arriving on the market every day.

MEDIUM

26

29

TAN

What Are “Cruelty-Free” Products?

Cruelty-free products are those that have not been tested on animals— which unfortunately, is not the case for a wide majority of household cleaner and cosmetic brands. Look for the Leaping Bunny program’s logo, as they certify brands that are cruelty-free and certified to meet their cruelty-free standards. Even products that state “this product was not tested on animals” could still have ingredients that were, and/or be owned by a company that simply hires another company to do the testing for them.

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MEDIUM

TAN

Watch Out: Sneaky Animal By-products

These things are not vegan! As a rule of thumb, it's a good idea to check credible sources online if you are unsure if an ingredient is animal-derived or not. For an exhaustive list, check out HappyCow.com!

- Whey
- Lanolin-derived Vitamin D
- Palm oil*
- Casein
- Gelatin

*though not technically an animal by-product, this oil causes so much environmental destruction and thus, habitat loss for certain types of animals that some (including non-vegans!) have begun avoiding it altogether

...ate, cocoa
...al flavor), sugar
...tains two percent or less of
... salt, egg, baking soda, natural
...artificial flavor, nonfat milk.

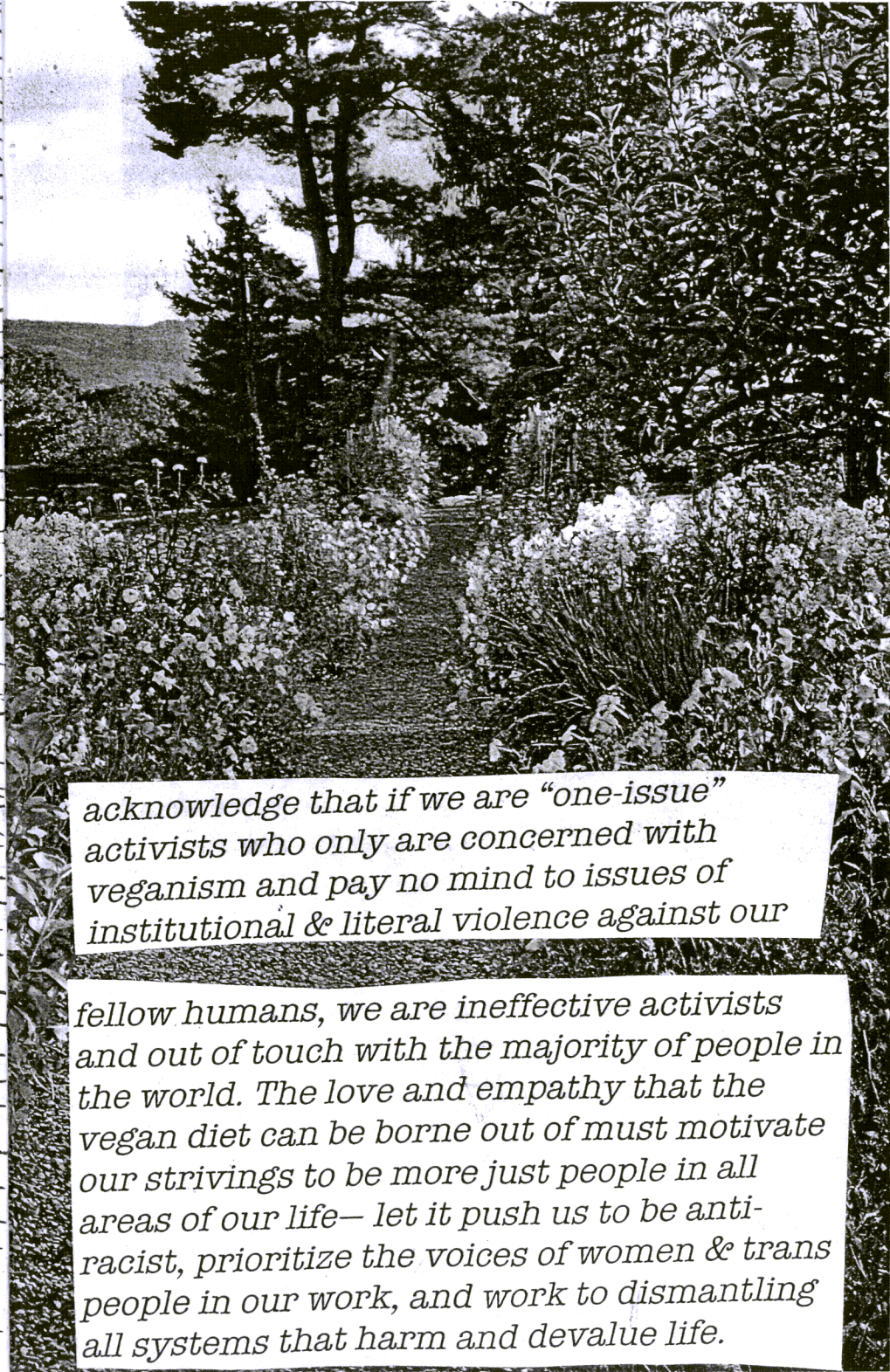
**CONTAINS WHEAT, SOY, EGG AND
MILK INGREDIENTS. MAY CONTAIN
TRACES OF TREE NUTS.**

... Amos Chocolate
... 1.6

Check your label! Pictured is the allergen warnings, generally found on the labels of packaged food, that specify whether the product contain dairy and egg (among other things). This is an easy way to catch any animal byproducts you may have missed in skimming the ingredients.

Our Commitment: Our Veganism Will Be Pro-Intersectional * Or It Will Be Bullsh*t!

*Intersectional is a term coined by Black feminist and legal scholar Kimberlé Crenshaw in 1989 to describe the way that systems of oppression interact and intersect for peoples with identities that are marginalized in more than one way (she specifically discussed the way that racism and misogyny impact Black women). Race and gender are the two most commonly recognized of such factors, but there is also class, ability, sexual orientation, and various other things to consider. When we strive for an pro-intersectional approach to our lifestyle and advocacy for this lifestyle, we remember we must remember that veganism should respect and advocate for change in **all** *the ways that the sanctity of life is disrespected. This means that there is no place for disrespecting fat people (or assuming they are unhealthy), or the excluding the vantage points of vegans of color and Indigenous peoples. This also means that (although unfortunately practiced by everyday and prominent vegans) the comparisons of the mistreatment of animals with the oppression and genocides of peoples (slavery, the Holocaust, Native Americans' plight in the USA) is inappropriate and further marginalizes these individuals from the vegan movement. While there is some dissent from all sides about this topic, it is best practice for white vegans in particular to remain open about and prioritize listening to the voices of vegans of color. Lastly, we must*

A black and white photograph of a garden path lined with flowers and trees. The path is made of small stones or gravel and leads into a lush garden. On the left, there are tall, thin trees. On the right, there are large, leafy plants and flowers. The background shows a hillside with more trees under a cloudy sky.

acknowledge that if we are "one-issue" activists who only are concerned with veganism and pay no mind to issues of institutional & literal violence against our

fellow humans, we are ineffective activists and out of touch with the majority of people in the world. The love and empathy that the vegan diet can be borne out of must motivate our strivings to be more just people in all areas of our life— let it push us to be anti-racist, prioritize the voices of women & trans people in our work, and work to dismantling all systems that harm and devalue life.

Thank You!

Further Resources:

Cowspiracy documentary

Forks Over Knives documentary

Food Inc. documentary

Earthlings documentary

Meatonomics by David Simon

www.theveganrd.com for health & nutrition
info

www.barnivore.com for vegan alcohol options

www.veganresource.com for recipes &
resources

Organizations:

The Vegan Society

Black Vegans Rock!

