



Your guide to going  
**vegan**





# Welcome to Animal Aid's guide to going vegan


If you're new to veganism, or thinking of going vegan, this handy guide will cover everything you need to know, including:

- **Delicious** plant-based recipes
- **Advice** on vegan nutrition
- **Tips** on buying animal-free products
- **The benefits of veganism** for animals, for you and for the planet

*Ready? Let's get started!*

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## What is veganism?

Veganism is about putting compassion for animals into practice by living a cruelty-free life.

A balanced vegan diet is also very healthy. Some of the world's most renowned dietetics associations, including the British Dietetics Association and the Academy of Nutrition and Dietetics, state very clearly that a **well-planned vegan diet will provide all of the nutrients your body needs to thrive.**

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Vegans follow a completely plant-based diet and do not eat anything that comes from an animal, including meat, fish, eggs, dairy products and honey.

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Vegans also make sure that other things they use in their daily lives, such as **toiletries** and **cosmetics**, are free of animal products and have not been **tested on animals**. They also choose **not** to wear **wool**, **leather**, **silk**, **fur** or other clothing made from any animal-derived materials.



# Why go vegan?

Being **vegan** means that you no longer contribute to industries such as animal farming and product testing that result in **the suffering and deaths of hundreds of millions of animals every year**, including those reared for milk and eggs (see pages 35-39).

A **balanced plant-based diet** is also **very healthy**, being naturally low in saturated fat and cholesterol and high in vitamins, minerals and fibre. Studies show that **vegans suffer lower rates of many diet-related illnesses**, such as obesity, heart disease, diabetes and certain types of cancer (see pages 40-41).

With animal farming having a massive impact on **climate change**, **water pollution** and **deforestation** (see pages 42-43), being vegan is also great for the environment.

**Supermarkets and high street shops now stock a wider selection of vegan products than ever before** – offering everything from **dairy-free ice cream** to **faux fish fingers** – so it's never been easier to go cruelty-free.

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‘With good planning and an understanding of what makes up a healthy, balanced vegan diet, you can get all the nutrients your body needs.’

*- NHS Live Well Guide*

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# Recipes



All photographs by Aaron Calder:  
[@Aaroncaldervegan](#)

## Tofu scramble

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 SERVES 2

### Ingredients

- Black pepper (to season)
- ¼ tsp black salt (kala namak)
- 150g firm tofu (drained)
- 1 garlic clove (minced)
- 2 tbsp nutritional yeast
- ½ red/green pepper (chopped)
- ½ a small onion (chopped)
- 60ml soya/oat cream
- 1 tbsp olive oil
- ½ tsp turmeric

### Method

- 1** • In a medium to large frying pan heat the oil on a medium heat. Add the onion, garlic and pepper and stir until slightly softened (4-5 minutes).
- 2** • Using your hands, crumble the tofu into the pan and add the turmeric, salt, pepper and nutritional yeast. Stir thoroughly, coating the tofu and cooking until golden.
- 3** • Pour in the cream and continue to heat and stir for another 2-3 minutes.
- 4** • Serve.



# Apple and blueberry porridge

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SERVES 1

## Ingredients

- 50g blueberries
- 1 tbsp chia seeds
- 1 tsp cinnamon
- 1 tbsp coconut sugar/  
sweetener
- 1 medium-sized apple
- 90g/1 cup rolled oats
- 475ml/2 cups soya milk or  
plant milk of your choice
- 2 tbsp sultanas

## Method

- 1 • Grate the apple (minus the core and pips) using a cheese grater, and place in a saucepan with the sugar and a dash of milk (approx 2 tbsp).
- 2 • On a medium heat, bring to a simmer and stir for a couple of minutes until the apple softens and caramelises.
- 3 • Using the bowl you are going to serve the porridge in, pour in the apple and return the pan (no need to wash) to the hob.
- 4 • Add the oats, milk, cinnamon, sultanas and chia seeds to the pan and bring to a simmer.
- 5 • Add the apple and blueberries. Simmer on a low heat for 3-4 minutes, stirring occasionally.
- 6 • Serve.



# Black bean and quinoa burgers

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SERVES 3

## Ingredients

- 1 can of black beans
- 1/2 tsp chilli flakes
- 1 tbsp flaxseed or chia seed
- 1 tsp garlic powder
- 1/2 tsp onion powder
- Plain /wholemeal flour
- Salt and pepper to taste
- 1 tsp smoked paprika
- (milled) + 2 tbsp hot water
- 50g cooked quinoa

## Method

- 1 • Drain and rinse the black beans.
- 2 • Mix the flaxseed or chia seeds with 2 tbsp of hot water in a bowl and set aside.
- 3 • Add the black beans, garlic powder, onion powder, chilli flakes, smoked paprika and a generous pinch of salt and pepper to a food processor and blend. If you don't have a food processor, you can mash them with a potato masher. Shape the mixture into patties. Coat the patties in flour.
- 4 • Fry the patties for a few minutes on each side in a bit of oil until they are browned, and then serve.

### Serving Suggestions

- Serve in a burger bun with your choice of salad or condiments.
- Add mushrooms to the burger mixture for a more 'meaty' texture.
- Top with vegan cheese.
- Serve with sweet potato chips or wedges.





# Vegan 'steak' and ale pie



SERVES 2



## Ingredients

- 5 chestnut mushrooms (roughly chopped)
- 3 garlic cloves (crushed)
- 1 pack of Jus-Rol puff or short crust pastry
- 1 large onion (chopped)
- Salt and pepper
- 10g fresh parsley
- 1 bottle (500ml) vegan ale
- 5 tbsp vegan gravy granules
- 1 pack of vegan steak strips

## Method

- 1 • Heat 1 tbsp of oil in a large frying pan on a medium heat.
- 2 • Add the onion, garlic and parsley and gently fry for 3-4 minutes until browned. Add the steak, mushrooms, salt and pepper and stir for a couple of minutes until browned.
- 3 • Pour in the ale and bring to a simmer then add the gravy granules. Continue to simmer on a low heat for 4-5 minutes until the mushrooms are cooked and the liquid thickened. If you want a thicker filling, just add more gravy granules.
- 4 • While the filling is simmering, roll out the pastry and use your pie dish to cut out the base and the top. Press the pastry into the dish and spoon in (not too much) the 'steak' filling.
- 5 • Add the top and, using a fork, press around the edge to seal. Fork a few holes in the top to help release the steam. Brush with a little plant milk to create a shiny glaze. Bake in the centre of the oven for 20 minutes until the pastry is golden brown.



# Lasagne

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 SERVES 3-4

## Ingredients

### Tomato sauce

- 400g tin of chopped tomatoes
- 1 pack of egg-free lasagne sheets
- 400g of frozen soya mince
- Freshly ground black pepper
- 1 tbsp herbs for seasoning
- 1 tbsp olive oil for frying
- 2 onions – peeled and chopped
- 2-4 garlic cloves – peeled and crushed
- Salt to taste
- 3 tbsp tomato purée
- 400ml vegetable stock

### White sauce

- 60g dairy-free margarine/vegan butter
- 1 tsp English mustard
- Freshly ground black pepper
- 4 tbsp nutritional yeast flakes
- 60g plain/ wholemeal flour
- Sea salt
- 750ml unsweetened soya milk
- 120g vegan cheese (grated)
- Plus a little extra ‘cheese’ for grating over the top

## Method

- 1 • Preheat oven to 190°C / 375°F / Gas 5.
- 2 • In a large pan, heat 1 tbsp of oil and fry the onions until soft. Add the garlic, black pepper, chopped tomatoes, tomato purée, salt and herbs. Pour the vegetable stock into the pan, followed by the mince. Simmer for ten minutes, stirring occasionally. Then turn off the heat while you prepare the white sauce.
- 3 • Make the white sauce by melting the margarine in a saucepan on a medium heat. Once melted, stir in the flour and cook for a further minute, stirring constantly so as not to burn. Then slowly add the soya milk and mustard and stir constantly. Stir in the dairy-free cheese and bring to the boil. Then simmer for a few minutes until a nice thick 'custard' is made, stirring frequently. Taste it, season with salt and pepper, and add the nutritional yeast flakes.
- 4 • In a large oven dish, put a layer of the tomato sauce, then a layer of lasagne sheets over this, then a layer of white sauce. Repeat the layers, ending with the white sauce. Sprinkle with grated cheese.
- 5 • Cook in the oven for 35-40 mins or until browned on top. Check a knife will cut easily through. Let the dish stand for 5 to 10 minutes before eating.
- 6 • Serve with green vegetables or garlic bread and salad. Enjoy!





# Macaroni 'cheese'



SERVES 2

## Ingredients

- 2 cloves of garlic (minced)
- 1 tsp English mustard
- 1 large red onion (finely chopped)
- ½ lemon – zest & juice
- 200g macaroni pasta
- 2 tbsp olive oil
- Pinch of chilli flakes
- 300ml plant milk – unsweetened
- Sea/pink salt and pepper to season
- 2 strips of vegan bacon – cut into strips
- 1 tsp mixed herbs
- 50g grated vegan cheese (plus more to go on top)
- 1 tbsp wholemeal flour

## Method

- 1 • Preheat oven to 200°C/400°F/Gas 6.
- 2 • Finely chop the onion and mince the garlic and set to one side.
- 3 • Use cooking instructions and boil the pasta (If baking in the oven, cook for 1-2 minutes less as it will continue cooking in the oven).
- 4 • Add the oil to a separate pan and on a medium heat fry the onion for 4-5 minutes. Add the garlic, heat for a couple more minutes until slightly browned.
- 5 • Stir in the flour then pour in the milk. Bring to a simmer, add the mustard, continue stirring until it starts to bubble and thicken.
- 6 • Now add the salt, pepper, herbs, chilli and nutritional yeast. Mix together then add the zest and juice of the lemon. If you find the sauce is too thick, add a dash more milk.
- 7 • Add the grated cheese and mix thoroughly.
- 8 • Add the bacon and stir in.
- 9 • When your pasta is ready, drain off any water and add the pasta to the cheese sauce. Stir thoroughly so all the macaroni is covered in sauce.
- 10 • Serve immediately or transfer to an oven dish, top with grated cheese and bake for 15 minutes.

**TIP: This is great served with vegan garlic bread or fresh vegetables. You can also make a large batch of this and freeze in smaller portions.**





## Lentil dal



 SERVES 2-3

### Ingredients

- 1 can of chopped tomatoes
- 1 can of coconut milk
- 2 tsp cumin
- 2 garlic cloves (crushed)
- 2 tsp garam masala
- 2 tsp grated fresh ginger
- 1 onion (diced)
- 300g red lentils
- 2 tsp turmeric
- 500ml vegetable stock

### Method

- 1 • On a high heat, fry the onion, garlic and ginger in a little oil until the onion starts to brown.
- 2 • Add the garam masala, cumin and turmeric and cook for a minute or two, stirring frequently.
- 3 • Add the lentils, stock, tomatoes and coconut milk.
- 4 • Reduce to a medium heat and simmer for 10 – 15 minutes, stirring occasionally.
- 5 • Keep on the heat until the dal is thick.
- 6 • Serve!

# Chocolate chip muffins

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MAKES 6

## Ingredients

- 1 tsp baking powder
- 1/2 tsp baking soda
- 2 tbspcacao powder
- 1/2 tsp cinnamon
- 1/4 cup maple syrup (or use date/agave)
- 3/4 cup of plant milk
- Pinch of pink/sea salt
- 120g plain flour
- 1 ripe banana
- 1 tsp vanilla extract
- 1/2 cup vegan chocolate chips

## Method

- 1 • Preheat oven to 180°C / 355°F / Gas 4.
- 2 • To a blender/food processor, add the banana, milk, vanilla and syrup. Blend until you have a thick lump-free cream. If you don't have a blender, mash the banana, then mix the rest of the ingredients by hand.
- 3 • Add the flour, salt, cinnamon, baking powder, soda and cacao. Blend again until combined.
- 4 • Grease/line a muffin tin and pour in the mixture to the top of each well.
- 5 • Bake for 20-25 minutes until firm. Leave to cool for 30 minutes before removing from the tin as the muffins can stick if you're not using paper cases.





# Apple and fruit crumble

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 SERVES 3-4

## Ingredients

### Filling

- 2 Bramley apples (peel if you wish)
- 50g mixed dried fruit
- 1 tsp mixed spice (1/2 tsp on each of the two layers)
- 1 pear
- 75g raspberries

### Crumble

- 50g coconut sugar (gives caramel taste) or sweetener of your choice
- 1 tsp mixed spices
- 70g oats
- Pinch of pink/sea salt
- 80g vegan spread or coconut oil
- 100g wholemeal flour

## Method

### Filling

- 1 • Preheat oven to 180°C/355°F/ Gas 4.
- 2 • Brush an ovenproof dish with a little of the vegan spread and set to one side.
- 3 • Core the apples and pear and then cut into thin slices. I like to leave the skins on but you can remove them. Layer the dish with half the apple, pear, mixed fruit and raspberries. Sprinkle with 1 tbsp sugar (I used coconut) and 1/2 tsp mixed spice.

### Crumble

- 1 • In a mixing bowl add the flour, oats, salt and spice, and spread. Mix together, then use your hands to rub the spread into the dry mix. Pour over the fruit and press down gently.

- 2 • Bake for 40-45 minutes, making sure the top doesn't burn. If it starts to burn, cover with tin foil. I like to slow bake the crumble so the fruit steams to cook. To check if it's ready, push a kebab skewer/thin knife into the centre and it should easily go through. If the fruit is too firm, turn down the heat a little and bake for another 5-10 minutes.

- 3 • Enjoy with non-dairy cream, custard or ice cream.



# Chocolate chip and sultana cookies

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MAKES 12

## Ingredients

- 1 tsp baking soda
- 100g chocolate chips
- 1 cup coconut oil (melted)
- 1.5 cups of coconut sugar (or sugar of your choice)
- 50g oats
- 1 tsp pink/sea salt
- 100g sultanas
- 2 tsp vanilla extract
- 400g wholemeal flour (or a flour of your choice)

## Method

- 1** • To a large bowl, add the flour, salt, sugar and baking soda. Mix together with a hand whisk then add the melted coconut oil, milk and vanilla.
- 2** • Mix with a wooden spoon until you get a thick cookie dough. Separate the dough 50/50.
- 3** • Add the chocolate chips to one half and the sultanas to the other. Using your hands, mix the added ingredients into the dough.
- 4** • Pop into the fridge for 20 minutes to firm.
- 5** • Meanwhile, preheat the oven to 190°C.
- 6** • Using an ice cream scoop or large spoon, scoop 12 large equal balls (6 chocolate & 6 sultana) of dough and spread on a lined baking tin. Leave a 2" gap between the balls of dough.
- 7** • Bake in the oven for 20 minutes until golden brown.
- 8** • Place the tins on a wire rack and allow to cool for 20-30 minutes to set before removing them. Enjoy!



# Coffee and walnut cake



MAKES 1

## Ingredients

### Sponge

- 1 tbsp apple cider vinegar/lemon juice (mix together and set aside for 15 minutes)
- 2 tsp baking powder
- 1 tsp baking soda
- 2 tbsp chia seeds – milled
- Generous pinch of sea/pink salt
- 5 tsp instant coffee
- 350g plain/wholemeal flour
- 600ml soya milk (other milks won't work)
- 130g sugar
- 1 tsp vanilla extract
- 200ml veg oil

### Frosting

- 400g icing sugar
- 3 tsp instant coffee (mixed with 4 tbsp of water)
- 1 tsp vanilla extract
- 100g vegan butter
- Walnuts



## Method

- 1 • Preheat oven to 180°C/355°F/Gas 4.
- 2 • Mix the milk and vinegar/juice and set aside for 15 minutes (the acid in the vinegar/juice reacts to the proteins in the milk and makes buttermilk).
- 3 • Meanwhile mix the flour, salt, chia seeds, baking soda and powder in a large bowl.
- 4 • Add the instant coffee to the milk mix and stir until dissolved.
- 5 • Pour into the bowl with the flour and add the oil and vanilla. Mix until everything is combined.
- 6 • Add the sugar and fold into the cake batter.
- 7 • Pour equally into 2 lined cake tins (7") and bake for 25 minutes.
- 8 • Once the 25 minutes is up test to see if the cake is ready using a knife – return to the oven if it needs more time, or leave to cool.
- 9 • Gently remove from the tins and remove any parchment paper. Leave to cool fully for a couple of hours.

### Method – Frosting

- 1 • Add all the ingredients to a large bowl and carefully whisk until you have a thick frosting. If you find the mix too thick, add a little more water, no more than 1 tbsp.
- 2 • Decorate the cake with the frosting and walnuts.





## Nutrition

Providing you eat a balanced and varied diet, you can obtain all your body's nutritional requirements from plant-based foods.

**Protein** – needed for energy, growth and the body's repair: Protein needs are automatically met by a balanced plant-based diet. Tofu, rice, all kinds of beans, pulses, wholegrains, soya milk and cereals are rich sources.

**Omega 3** – important for a healthy nervous system and to support the heart: Animal-free sources include plant oils, such as flaxseed, rapeseed and hemp, and these, unlike fish oils, do not contain pollutants from the contaminated seas. Other lesser sources of Omega 3 include nuts and seeds (especially walnuts), green leafy vegetables and grains.

## Vitamins

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**Vitamin A** – important for good vision, bone growth and a healthy immune system: Carrots, sweet potatoes, spinach, green leafy vegetables, watercress, tomatoes, yellow and red peppers, mangoes, apricots.

**B Vitamins** – for proper functioning of the brain, heart and nerves, and for blood formation: Green leafy vegetables, mushrooms, avocados, beansprouts, wholemeal bread, nuts, bananas, currants and other dried fruits, sunflower and sesame seeds, yeast extracts.

**Vitamin B12** – important for maintaining a healthy nervous system: The most reliable sources are yeast extracts, nutritional yeast flakes (e.g. Engevita), fortified soya products (e.g. milk and margarine) and breakfast cereals. If it's more convenient, simply take a 10 microgram B12 supplement daily.

**Vitamin C** – important for a strong immune system, and healthy skin, blood vessels and gums: Green leafy vegetables, broccoli, cabbage, green peppers, parsley, potatoes, frozen peas, oranges and other citrus fruits, blackcurrants, kiwi fruit.

**Vitamin D** – needed for healthy bones: Vitamin D is produced by our

bodies on exposure to sunlight, so during winter months, you will need a top-up. You can obtain Vitamin D (in the animal-free version known as D2) from fortified soya milks, dairy-free margarines and breakfast cereals.

**Vitamin E** – **protects cells from damage and increases muscle strength:** Olive oil, red peppers, tomatoes, wholegrains and wheatgerm (e.g. in wholemeal bread), tahini (sesame seed paste), nuts (especially hazelnuts and almonds), seeds, avocados.

## Minerals

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**Calcium** – **needed for strong bones and proper functioning of nerves, muscles, kidneys and heart:** Products such as breakfast cereals, soya milk and non-dairy margarine are fortified with calcium. Nuts, seeds, green leafy vegetables, tofu, wholemeal bread and dried fruit are good natural sources.

**Iodine** – **important for the healthy functioning of the thyroid:** Seaweeds are rich sources, particularly kelp and hijiki. Powdered seaweed can be added when cooking, but if you are not keen on the slightly fishy flavour, then iodine can be bought as a food supplement in tablet form, or as iodine-enriched salt.

**Iron** – **needed for the production of blood cells and transporting oxygen:** Green leafy vegetables, beans and lentils, tofu, pumpkin seeds, figs, dried apricots, dates.

**Magnesium** – **important for healthy metabolism and bones:** Green leafy vegetables, broccoli, almonds and cashew nuts, wholegrain bread, yeast extract, soya beans and tofu, bananas.

**Potassium** – **for maintaining water balance and regulating blood pressure, and for healthy functioning of the heart, brain and nerves:** Potatoes, pumpkin, tomatoes, Brazil nuts, chickpeas, strawberries, bananas, oranges.

**Selenium** – **for healthy cells and immune function:** Wholegrains, porridge oats, rice, beans, pulses, nuts (especially Brazil nuts).

**Zinc** – **for a healthy immune system and to promote wound healing:** Wholegrains, brown rice, baked beans, lentils, pumpkin, sesame seeds, nuts, tofu.





# Animal ingredients to avoid

As well as obvious things such as meat, milk, eggs and honey, there are a host of other food ingredients that come from animal products. Here's a list of the most common ones to avoid.

## Whey

*A milk by-product that is often used in processed foods, especially baked goods (biscuits, cakes, etc.) and breakfast cereals.*



### Animal-free alternative:

Choose a dairy-free version of the product you want to buy

## Gelatine

*A jelly-like substance made from boiled animal bones, skin and ligaments.*



### Animal-free alternative:

Agar, carrageenan or pectin

## Vitamin D3

*A vitamin supplement often found in breakfast cereals that is usually made from oily fish or lanolin (from sheep), but may come from plant-based sources.*



### Animal-free alternative:

Look out for the plant-based version, vitamin D2, or products specifically labelled as vegan

## E120 (cochineal or carmine)

*Red food colouring made from insects.*



### Animal-free alternative:

Avoid products with lots of E numbers, or use non-animal versions, such as E160d

## E904 (shellac) & E901 (beeswax)

*Resins produced by insects that are used to glaze both food and non-food items.*



### Animal-free alternative:

Avoid products with lots of E numbers or choose unglazed/unwaxed versions

## E322 (lecithin)

*A fatty substance found in nerve tissue, egg yolk and blood. Used to emulsify fats and oils.*



### Animal-free alternative:

Soya lecithin & sunflower lecithin

## Lactose

*A sugar usually derived from cows' milk.*



### **Animal-free alternative:**

Other forms of sugar can be used, depending on the situation, or choose a dairy-free version of the product you want to buy (see pp.26-27)

## Casein

*A milk protein that is the main component of cheese and is sometimes used as a food additive.*



### **Animal-free alternative:**

Choose a dairy-free version of the product you want to buy (see pp.26-27)

## Suet, dripping & lard

*Solid fat from the bodies of cows, pigs or sheep.*



### **Animal-free alternative:**

Vegetable suet, dairy-free margarine (see p.27), coconut oil and other vegetable oils

## Albumin

*Proteins found in egg whites and blood, often used as binding agents.*



### **Animal-free alternative:**

Choose an egg-free version of the product you want to buy (see pp. 27)

## Worcestershire sauce

*A flavouring sometimes used in processed foods that contains anchovies.*



### **Animal-free alternative:**

Vegan versions of Worcestershire sauce are produced by Biona, Geo Organics, Bonsan and Granovita. Also try mushroom ketchup.

## Quorn

*A meat substitute made from mycoprotein, which also usually contains egg and milk proteins.*



### **Animal-free alternative:**

Quorn has a growing range of vegan products with clearly labelled packaging, or you can choose from a number of other vegan meat substitutes (see pp.24-25)

## Alcohol

You may be surprised to hear that not all alcoholic drinks are suitable for vegans.

Some beers and wines are cleared using animal products such as isinglass, which comes from the swim bladders of fish. Others may include ingredients such as blood, bone marrow, egg white, fish oil, gelatine, milk or shellfish.

However, there are still plenty of drinks that are suitable for vegans. Spirits are usually okay, but watch out for those made with honey or cream. Many lagers and ciders are filtered without the use of animal products – but it's worth checking online or with the producers directly if your favourite beverages are vegan. Be aware that some of a brand's products may be vegan-friendly, while others won't, so confirm each individual product with them.

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Some wineries and breweries state on the bottle whether the drink is suitable for vegans, and some supermarkets - including Co-op, Sainsbury's, Tesco, Waitrose and Marks & Spencer - now label their own-brand beverages.

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For other brands, a comprehensive list of which are vegan can be found at [www.barnivore.com](http://www.barnivore.com) or you can check with the manufacturer directly.





## Tasty alternatives to meat and fish

The range of delicious meat substitutes that are suitable for vegans is now bigger than ever. Here is a selection of the leading brands available in the UK.

**Please note that whilst we try to keep information up to date, the ingredients of some products may be altered without notice, so do check packaging to be certain.**

### ● Burgers

Fry's • VBites • Vegusto • Linda McCartney\* (except Mozzarella 1/4lb burger) • Quorn\* Hot & Spicy Burger • Vivera • Gosh! • Sgaia Mheat • Some supermarket own-brands\* • Naturli • The Meatless Farm • Moving Mountains • Wicked Kitchen • THIS • Wheaty • Beyond Meat • GRO • The Vegetarian Butcher\* • Planted. • Goodlife\* • Tiba Tempeh.

### ● Sausages

Linda McCartney\* • Fry's • VBites • Vegusto • Taifun • Wheaty • Moving Mountains • The Meatless Farm • Wicked Kitchen • Richmond Meat-Free • Quorn\* • Wheaty • Beyond Meat • THIS • VFC.

### ● Tofu

Some supermarket own brands • Cauldron\* • Blue Dragon\* • Clearspring • Clearspot • Taifun • Dragonfly • Viana • Yatuka • Marigold • Mori-Nu • The Tofoo Co. • Unbranded from Asian supermarkets.

### ● Mince

Linda McCartney • THIS • Beyond Meat • Moving Mountains • Oumph! • Tiba Tempeh • Fry's • VBites • Vegusto • Vivera • Sojasun • Naturli' • The Meatless Farm • Some supermarket own-brands\* • Textured vegetable protein (TVP).



## ● Fish

Squeaky Bean • Future Farm • OMV • Clearspot • Moving Mountains • Happiee!

## ● Jelly

Just Wholefoods jelly crystals • Ahmed jelly crystals • Fruitypot JellySqueeze\*  
• Some supermarket own-brands\*.

## ● Other

Cauldron\* (falafels, veggie bakes) • Linda McCartney\* (steaks, fritters, nuggets, meatballs, chicken roast, chicken pieces) • hoisin 'duck' • VBites (Goujons, Doner Kebab) • Vegusto (fake meat slices, faux steaks, kebab, meat-style pieces, luncheon rolls, roasts and schnitzels) • Wheaty (bacon slices, roasts, chorizo) • Vivera (meat-style pieces, drumsticks, fillets, veggie balls, strips, nuggets, steak, chicken breast, bacon) • Sgaia Mheat (roast, meat-style pieces, slices, rashers and steaks) • Wicked Kitchen (ready meals, ravioli, meatballs, breakfast wrap, hot burrito) • Squeaky Bean (meat-style pieces, strips, mini fillets, slices, sausage rolls, chorizo, tortilla) • Oumph! (meat-style pieces/chunks/chicken fillet, doner, drums, ribs, balls) • Moving Mountains (nuggets, doner kebab, meatballs) • One Planet Pizza • The Vegetarian Butcher\* (meat-style pieces, nuggets, chicken breast, fried chicken) • Planted. (pulled, kebab, chicken, chicken skewer, chicken crispy strips, chicken fillet, duck) • Goodlife (falafel) • Tiba Tempeh (tempeh pieces, block) Fry's (schnitzels, nuggets, meat-style strips, pies, sausage rolls) • VBites (fake meat slices, bacon-style rashers, roasts, pies, paté, meat-style pieces, nuggets, faux meatballs, sausage rolls, etc) • Quorn\* (chicken-style pieces, nuggets and fillets) • Wheaty • Amy's Kitchen\* (range of ready meals) • Vivera (meat-style pieces) • Wicked Kitchen • THIS. (kebab, Chicken and bacon alternatives)

These are just a few of the many meat and fish alternatives you can eat!



\* Please note: Not *all* products made by these companies are suitable for vegans – please check packs for details.



## Tasty alternatives to dairy and eggs

### ● Vegan milk

Supermarket own-brands\* (commonly soya, oat, almond) • Almond Breeze (almond) • Almond Dream (almond) • Bonsoy (soya) • Alpro (soya, almond, hazelnut, coconut, oat) • Califia Farms (oat, almond) • Coconut Dream (coconut) • Ecomil (powdered soya, almond, cashew, coconut, hemp, oat) • Glebe Farm (soya, oat) • Good Hemp (hemp) • GRO (oat) • Joya (soya, almond, coconut, oat, rice) • Koko Dairy Free (coconut) • Mighty (oat, pea) • Minor Figures (oat) • Oat Dream (oat) • Oatly (oat) • Plamil (soya) • Plenish (soya, almond, cashew, coconut, oat) • Provamel (soya, almond, hazelnut, coconut, rice, oat) • Rebel Kitchen (coconut) • Rice Dream (rice) • Rude Health (soya, almond, hazelnut, brown rice, coconut, oat) • Sojade (soya) • Soya Soleil (soya) • Soy Dream (soya) • Sproud (peas) • Vive Soy (soya) • Vemondo from Lidl (soya, almond, oat).

### ● Cream

Alpro (soya) • Ecomil (cashew) • Food Heaven • Oatly (creamy oat and creamy oat fraiche) • Schlagfix carton (sweetened and unsweetened) • Schlagfix squirty • Ecomil (almond and coconut) • Elmlea Plant\*.

### ● Cheese

Supermarkets with own-brand vegan cheese: Sainsbury's, Tesco, Morrisons, Asda, Lidl (Vemondo), M&S • Bute Island 'Sheese' (block, slices, bakes, grated and cream cheese) • Honestly Tasty (block) • Follow Your Heart (block, slices, grated, crumbles) • I Am Nut OK (block) • Kinda Co (block) • La Fauxmagerie (block, soft melt) • Mouse's favourite (block) • MozzaRisella (slices, cream cheese) • Nurishh (block, grated, slices, cubes, cream cheese, soft melt) • Nush (cream cheese) • Palace Culture (block, cream cheese) Pure (slices, grated) • Tyne Cheese (block, cream cheese) • VBites 'Cheezly' (blocks, slices) • Vegusto 'No-Moo' (block, sauce) • Violife (block, slices, shredded, cream cheese).



## ● Yogurt

Alpro • Provamel • Coconut Collaborative • Koko Dairy Free • Sojade • Joya • Nush  
• Cocos • Supermarket own brands\*.

## ● Mayonnaise

Tiger Tiger • Follow Your Heart 'Vege-naise' • Geo Organics • Mr Organic • Probios  
• Supermarket own-brands\* • Hellmans\* • Biona Organic.

## ● Margarine

Pure • Vitalite • Flora\* • Koko Dairy Free • Supermarket own dairy-free ranges\*  
• Biona\* • Suma\* • Naturli.

## ● Ice cream

Swedish Glace • Co Yo • Supermarket 'Free From'\* • Booja Booja • Food Heaven • Ice  
Delight • Whole Creations • Many sorbets • Wicked kitchen.

## ● Custard

Alpro • Oatly • Bird's Custard Powder\* • JustWholeFoods Custard Powder • Coconut  
Collaborative.

## ● Egg Replacer

Orgran 'No Egg' • Free and Easy • Megga Exx • Holland & Barrett • Oggs • Crackd.

\* Please note: Not *all* products made by these companies are suitable for vegans – please check packs for details.





# Animal-free shopping

You can now find many vegan products in supermarkets, high street shops and online, but where are the best places to go for cruelty-free shopping?

## Supermarkets

Most supermarkets now have a 'Free From' aisle where you can usually find speciality vegan products. Some also have additional refrigerated and frozen 'Free From' sections for meat and dairy substitutes. **Thanks to Animal Aid's #MarkItVegan campaign, all major UK supermarkets have committed to clearly and consistently labelling their own-brand vegan products.** Online supermarket Ocado also has a dedicated vegan section with a wide range of products. Marks & Spencer's Plant Kitchen range is entirely vegan and features ready-meals including vegan snacks, desserts and other delights. Tesco also has a range of vegan ready-meals and meat alternatives under its Plant Chef and Wicked Kitchen brands. Other supermarket vegan labels offering extensive ranges are: Waitrose - Plant Living, Sainsburys - Plant Pioneers, Morrisons - Plant Revolution, Asda - Plant Based by Asda, Co-op - GRO, Aldi - Plant Menu, Lidl - Vemondo and Iceland - The No Meat Company.

## Health food shops

Independent health food shops, as well as major chains like Holland & Barrett, often stock a wide variety of vegan alternatives to meat and dairy products (see pp.24-27), with independent stockists often willing to order things in specially, if you ask. They are also a great place to go to bulk-buy nuts, pulses and whole grains and to find some of the more exotic ingredients required for certain vegan recipes. A small but growing number of health food shops are now only selling vegan-only products, so please support these if you can.



## Online stores

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There are a number of specialist internet-based retailers who can deliver vegan products right to your door. Some of these focus on particular product types, such as dairy-free chocolate or vegan cheese, whilst others offer a broad range of animal-free items. You can find many of these companies by searching online, but here is a small selection:

[www.alternativestores.com](http://www.alternativestores.com)

[www.animalaidshop.org.uk](http://www.animalaidshop.org.uk)

[www.shopvegan.co.uk](http://www.shopvegan.co.uk)

[www.vegantown.co.uk](http://www.vegantown.co.uk)

[www.vegankind.com](http://www.vegankind.com)



## Clothing and footwear

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With wool coming from exploited animals, and leather, silk and fur being the products of slaughter, these are obviously not suitable for vegans. But you need not go naked! Most clothing retailers stock a range of affordable, durable and fashionable clothing and accessories made from synthetic materials or natural plant fibres, such as cotton, linen and hemp.

Some high street shoe shops sell leather-free footwear, but you will find a much greater selection at these online retailers:

[www.alternativestores.com](http://www.alternativestores.com)

[www.animalaidshop.org.uk](http://www.animalaidshop.org.uk)

[www.ethicalwares.com](http://www.ethicalwares.com)

[www.freerangers.co.uk](http://www.freerangers.co.uk)

[vegan-life.com](http://vegan-life.com)

[www.veganline.com](http://www.veganline.com)

[www.vegetarian-shoes.co.uk](http://www.vegetarian-shoes.co.uk)

[www.wills-vegan-shoes.com](http://www.wills-vegan-shoes.com)

## Toiletries, cosmetics and household products

Whilst labels such as the internationally recognised ‘**leaping bunny**’ logo can provide assurance that a product has not been tested on animals, it may still contain ingredients that come from animals, including some of those listed on pp.21-22, making it unsuitable for vegans.

**The Co-op, Superdrug, M&S, Waitrose** and **Lush Cosmetics** label which of their toiletries and household products are vegan-friendly. There are also a number of companies that specialise in animal-free products:



**Household cleaners:** Astonish • Bio-D • Faith In Nature • Suma.

**Toiletries and cosmetics:** Beauty Without Cruelty • Faith In Nature • Honesty Cosmetics • Fairy Pants • Amie Skincare • e.l.f. • Pacifica • Inika.





## Eating in

Simple suggestions for **breakfast**, **lunch** and **dinner**

### Breakfast

- **Porridge**, with plant milk of choice, topped with fruit and chopped nuts and/or seeds and a drizzle of maple syrup
- **Baked beans** on toast
- **Fruit smoothie** - using plant milk
- **Vegan fry-up** - using vegan sausages, vegan 'bacon', tofu scramble (see page 6), baked beans, fried mushrooms and hash browns

- **Sandwiches** - see right
- **Baked potato** with salad and baked beans, or a mixed bean chilli
- **Vegan ready meal** - can be found in most supermarkets, including Sainsbury's, Tesco, Waitrose, Aldi and Marks & Spencer
- **Tortilla wraps** with falafel, hummus and salad

• **Can of vegan soup** (check labels) with buttered (using vegan butter) bread

• **Vegan spaghetti bolognese** using soya mince or lentils

• **Tofu stir-fry** with rice or noodles, and sauce and veggies of choice

• **Chickpea curry** (fried onion, can of chickpeas, any additional vegetables, and a jar of store-bought vegan curry sauce)

• **Pasta with roasted aubergine** and mushrooms in a pasta sauce

• **Vegan bangers** (see page 24) and mash

### Lunch

### Dinner



### Sandwich suggestions

- Marmite and vegan cheese
- Jam
- Peanut butter and banana
- Falafel and hummus, with salad
- Vegan ham (Quorn, VBites, Squeaky Bean, La Vie) and cheese
- Vegan ham (Quorn, VBites) and salad, with vegan mayo
- Vegan BLT, using vegan bacon
- Tofu 'egg' mayo (see page 6 for our tofu scramble recipe, wait for the tofu to cool and stir in vegan mayo)
- Vegan cheese and pickle
- Vegan ham (Quorn, VBites), vegan cheese and tomato
- Vegan sausages and ketchup
- Avocado, basil and roasted red pepper, with vegan mayo





## Eating out

More and more restaurants, including major high street chains, are now offering vegan options on their menus. And even if you can't find anything suitable, chefs can often adapt vegetarian dishes by leaving out cheese or cream, or even make something just for you, especially if you call in advance. Don't be afraid to ask.

There is also a growing number of independent vegetarian and vegan eateries that can provide 100 per cent plant-based meals. To find one near you, visit [www.happycow.net](http://www.happycow.net)

### Asian restaurants



**Some Asian countries** have a long history of meat-free cooking, which makes Asian restaurants great for finding vegan options. **Indian restaurants** are especially good, but be sure to **avoid paneer** (cheese) and **ghee** (butter oil), and make sure that your meal doesn't contain **yogurt** or **cream**. You can always ask your waiter to make sure these are left out. Many dishes at **Chinese, Thai** and



**Vietnamese restaurants** are also vegan-friendly, just order rice noodles or plain rice instead of egg ones, and ask them not to use fish sauce.



Image: timeout.com

## High street chains

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Many high street restaurants now have vegan options.

These include:

- JD Wetherspoon's
- Nando's
- Pizza Express
- Toby Carvery
- Wagamama
- Handmade Burger Co.
- Zizzi's
- Ask Italian
- Harvester
- Bella Italia
- YO! Sushi
- Las Iguanas
- Pizza Hut
- Beefeater
- Subway
- Leon
- Itsu
- Wasabi
- Frankie & Benny's
- Brewers fayre
- Hungry Horse
- Slug & Lettuce
- All Bar One
- Chiquito
- Wahaca

Other familiar, big-name restaurants can also adapt items from their menu to make them suitable for vegans by, for example, leaving out cheese.

## Snacks and sandwiches

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If you need to grab a quick bite to eat, you can find vegan food at most high street chains including **Boots**, **Caffè Nero**, **Coffee #1**, **Costa Coffee**, **Pret A Manger**, **Starbucks**, **Marks & Spencer** and the **West Cornwall Pasty Company**.

You can also find staples such as jacket potatoes and chips at many cafés, which you can have with **baked beans**, **hummus**, **salad** or **another vegan topping**. And you'll also find **vegetable spring rolls**, **onion bhajis**, and **falafel** in supermarkets and many convenience stores. Most supermarkets also have a range of on-the-go food including **sandwiches**, **salads**, **pasta salads** and more. These include Tesco, Sainsbury's, Asda, Marks & Spencer and Waitrose.



A close-up photograph of a pig's face, showing its eye, ear, and snout. The pig is looking slightly to the left. The background is blurred green grass.

## The suffering of farmed animals

Over  
**one billion**  
farmed animals are  
killed for food each  
year in the UK.

Every animal farmed for his or her meat, eggs or milk is an individual with a unique personality. Just like us, they can be shy, playful and affectionate. And they are all capable of feeling fear, pain and distress.

Farmed animals are typically locked up, forcibly impregnated, fattened and slaughtered. They are horribly exploited and legally abused – all in the pursuit of profit. Their flesh, milk and eggs are often sold in ways designed to hide the fact that they come from living, feeling beings.

Most farmed animals are kept in **huge, crowded, barren units for the whole of their short lives**. Pigs, chickens, turkeys and ducks have long been kept this way and now dairy cows, goats and sheep are increasingly being factory-farmed too. To try to prevent bored and stressed animals from hurting each other, farmers subject them to mutilations, such as beak trimming, castration and the removal of their tails, usually without anaesthetic.

Life is no better for those animals, such as sheep, who are left out in fields in the





driving rain and snow, or scorching heat. They are often left without any shelter or even enough feed and drinking water. Every year around one in 20 adult sheep die of cold, starvation, sickness, injury or complications in pregnancy. They often die before the farmer realises anything is wrong.

## Free-range and organic

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'Free-range' animals can still be kept in crowded barns for most of their lives with only limited access to the outside.

Organic farming is largely for the benefit of people who don't want drugs, pesticides and other chemicals in their food. Whilst this can mean that animals are kept in cleaner conditions to prevent them from getting sick, it can also mean that animals don't receive the medicines they need when they do get sick. But regardless of whether animals are raised under factory farm, free-range or organic conditions, **they all face a terrible slaughterhouse death**, usually at just a few weeks or months old – just a tiny fraction of their natural lifespan.



## Humane slaughter?

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Killing other creatures so that we can eat them can never be regarded as humane when **no animal wants to die**. Secret filming by Animal Aid inside a number of randomly chosen British slaughterhouses has revealed **terrible cruelty**. We have seen sadistic use of stunning equipment to torture animals; sheep being picked up by their ears and fleeces and thrown across rooms; pigs having cigarettes stubbed out on their faces; a ewe being stunned and killed whilst suckling her lamb; and animals being kicked, punched and



beaten. We found **little difference** in the treatment of animals at conventional slaughterhouses, 'higher welfare' establishments and non-stun, religious abattoirs – **all resulted in terrible suffering.**



A calf is trodden on at the slaughterhouse, filmed secretly by Animal Aid

## Do fish suffer?

**Fish have a brain, nervous system and pain receptors.** When hauled up from the sea, the sudden change in pressure can rupture their internal organs, cause their eyes to pop out and push their insides out through their mouths. They die from crushing, suffocation or from being sliced open on the deck of the ship.

There is now convincing scientific evidence that fish and crustaceans – such as lobsters and crabs – are capable of feeling pain and stress.

Commercial fishing is causing fish populations to **collapse all over the world.**

In the crowded, underwater cages on fish farms, **disease is common** and spreads quickly, often infecting wild fish, too. On salmon farms, many become infested with **lice that eat them alive.**



There are **few laws** covering the welfare of fish and they may be killed in any of a number of ways, including clubbing, gassing, suffocation, being bled to death or being gutted alive.



## What's wrong with milk?

The dairy cow is one of the most exploited of all farmed animals. Selectively bred to produce unnaturally large and ever-increasing quantities of milk, she is also subjected to a constant cycle of pregnancies, usually by artificial insemination.

To produce milk, a cow must be made pregnant, which of course results in a calf being born. These calves are considered **by-products** by the dairy industry, which usually **separates** them from their mothers at just one or two days old. This is so that the milk meant for them can be **bottled for people to drink**. Separating a mother and her calf is extremely **distressing** for both – cows have been known to break out of fields in search of their stolen babies.



Every year, tens of thousands of male calves are shot in the head soon after birth, as they will never produce milk and won't gain weight quickly enough for beef production. Many others are sent away to be raised on veal farms and will be slaughtered at just a few months old.

Dairy cows in the UK have long been **kept in sheds** for around half the year. But, increasingly, they are being subjected to a **'zero grazing' regime** under which they are shut in almost permanently.

**Disease** is common and, at some point in their short lives, most dairy cows will suffer from a serious illness such as **lameness** or **mastitis**, which is an acutely painful infection of the udders. The natural lifespan of a cow is around 25 years, but on modern dairy farms they are often exhausted and deemed uneconomical by the age of **five**. The next stop is the **slaughterhouse**.

Milk from sheep and goats is produced in a similar way. Some goat farms even give their unwanted billy kids to the local hunt kennels to be fed to the hounds.





## What's wrong with eggs?

The chicks of egg-laying hens begin their lives inside giant incubators. At just a day old, all of the males will be removed and killed, usually by being gassed. This is the case for all kinds of egg production, including so-called 'higher welfare' eggs. The females will be taken away to spend the rest of their lives laying eggs.



Hens in an 'enriched' cage

In so-called 'enriched' cages, each bird has **little more space than**

**an A4 sheet of paper.** There is no bedding

and they can barely move around, let alone

stretch their wings. Most hens are also **mutilated**, having the tips of their beaks **removed** by an infrared beam to prevent them from harming each other in the stressful conditions.

Despite conventional battery cages being banned in the UK since 2012, around a quarter of the eggs laid in this country still come from hens kept in crowded, barren cages.

Even free-range and organic hens are usually **kept in sheds with thousands of other birds.** They may have access to the outside for as little as half their lives, and because the sheds are so crowded, most of the hens find it difficult to reach it anyway. Those who do manage to leave

their sheds struggle to cope with **diseases** and **weather conditions** outside due to their **immune systems being weakened** by selective breeding. Because of this, free-range chickens have one of the **highest on-farm death rates** in the industry.

Producing **unnaturally large numbers of eggs** drains calcium from the hens' bodies, leaving them with **brittle bones** that can break easily, as well as a range of other health problems. After around just **72 weeks** of life, they are unable to lay the number of eggs required of them by the farming industry and they are sent to the **slaughterhouse** to be killed and made into cheap meat products.



Chicks on a conveyor belt in a hatchery



## Honey

Bees kept for honey suffer in the same way as any other animal raised for food. Many bees die when farmers remove honeycomb from the hives and extract the honey within. The sugar syrup with which it is often replaced leaves the bees malnourished and at greater risk of disease. In fact, certain modern bee-keeping practices have been linked to Colony Collapse Disorder, which is killing bees all over the world.

Honey is the bees' food store to see them through the winter. They need it to survive and thrive, but human beings do not. Honey can be easily replaced with natural sugars such as agave nectar or maple syrup.

## Go vegan for your health

It is evident that we do not need to eat animals and animal products to live.

Far from it. The evidence is conclusive: a **balanced, varied, plant-based diet is actually very healthy.**

A plant-based diet can provide all of the nutrients you need to live a happy, healthy life.

**Well-planned vegan diets can support healthy living in people of all ages.**

*– British Dietetic Association.*

**Appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes.**

*– American Academy of Nutrition and Dietetics.*

What's more, the NHS in the UK is clear that a properly balanced vegan diet is **healthy for all age groups**, as well as **nursing mothers.**



## Helpful websites and resources

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**The Vegan RD:** [www.theveganrd.com](http://www.theveganrd.com)

**The Vegan Society:** [www.vegansociety.com/resources/nutrition-and-health](http://www.vegansociety.com/resources/nutrition-and-health)

**The NHS Eat Well advice for vegan diets:**  
[www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/the-vegan-diet](http://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/the-vegan-diet)

**Vegan Health, evidence-based vegan nutritional advice:** [www.veganhealth.org](http://www.veganhealth.org)

## Infectious diseases and antibiotic resistance

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**Crowded, filthy, modern animal farms**, with their stressed and enfeebled ‘inmates’, are breeding grounds for a whole range of **diseases**, including **Campylobacter**, **Salmonella**, **MRSA**, **E. coli** and **meningitis**. People often catch these diseases from eating or handling meat, milk or eggs, leading to **serious illness** and sometimes **death**. In an attempt to prevent outbreaks, many farmers give their animals **large quantities of antibiotics**. In fact **more** antibiotics are given to animals worldwide than to sick people. But this practice is causing some bacteria to become **resistant** to antibiotics, making them even **more dangerous**. Animal farming and trade caused the spread of such notorious infections as Covid 19, swine flu and bird flu.





## Go vegan for the planet

Animal agriculture is one of the leading causes of climate change. According to the United Nations, rearing animals for food is responsible for 14.5% of total greenhouse gas emissions

It is a **major source** of methane and nitrous oxide emissions, which warm the Earth much faster than carbon dioxide. These gases are generated during feed production, as the animals digest their food, and from their manure.

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A 2014 Oxford University study found that the carbon footprint of the vegan diet is up to 60 per cent lower than a meat-based one and 24 per cent lower than a vegetarian diet.

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But the **environmental impact** of animal agriculture goes **beyond climate change**. It is a major driving force behind **deforestation**, with **80 per cent of Amazon Rainforest deforestation now attributed to meat production**. It is also the single biggest cause of **water pollution** in the UK and in many other countries, **killing wildlife** and causing **disease** outbreaks.



**Animal agriculture** is a terribly **inefficient** way to produce food. We currently feed a third of all edible crops to farmed animals, and use more than two thirds of all farmland to graze them on. Yet animal products provide just a **small fraction of our nutrient intake**. In short, **we get less food out of animals than we put into them**.

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Plant-based foods provide far more calories, protein and other nutrients from a much smaller area of land, meaning we can feed far more people on a plant-based diet.

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And it's not just land that is wasted producing animal products. Did you know that it takes **twice as much water** to produce a litre of cows' milk compared to a litre of soya milk, or that you could get **six vegan burgers** for the amount of water needed to produce just **one** beef burger?

Now that you've read all the reasons for going vegan, and perhaps enjoyed some tasty recipes, we hope you feel inspired to start your journey to becoming vegan. **If you need any help, please get in touch!**



**Slurry pours into local water supplies as a result of intensive animal farming**

Image: omegaplains.org



# Animal Aid's animal-friendly shop

Animal Aid stocks a range of vegan,  
cruelty-free goods...

...you can support our education outreach and  
campaigns simply by shopping with us.

Shop here: [www.animalaidshop.org.uk](http://www.animalaidshop.org.uk)  
Learn more: [www.animalaid.org.uk](http://www.animalaid.org.uk)



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