

WHY VEGAN?



For the Animals

 WatchDominion.com

 You Will Never Look at Your Life the Same Way Again

 101 Reasons to Go Vegan

 Dairy is Scary

 SAFE.org.nz

For our Environment

 Cowspiracy

For your Health

 NutritionFacts.org

 Game Changers

 PCRM.org

 WVA.

WVA.



**TRY
VEGAN!**



**VeganSociety.org.nz/
TryVegan**

Free 21-day Challenge



A Guide to Vegan

NZ Supermarket guide



Wellington Vegan Actions

Local actions



Wellington Vegans

Community



HappyCow.net
International eatery finder

