

Vegans stand for:

Health - Contrary to popular belief, people do not need to eat animal products to meet their nutritional needs. That means there is only one reason they do: *it's because they like the taste*. Research shows the optimal diet for human health is a whole-food, plant-based (WFPB) diet, which lowers blood pressure, blood glucose, serum cholesterol, and body weight. Diseases such as type 2 diabetes and heart disease can be reversed by consuming a WFPB diet. This eating style is associated with overall improved health.

The environment - Animal agriculture is responsible for excessive water use, water and land pollution, soil erosion, deforestation, extinction of species, loss of biodiversity, unjust resource distribution, global hunger, and starvation. Raising animals for food requires an immense amount of resources, and therefore, meat consumption contributes significantly to these problems. A WFPB diet is the most powerful way an individual can impact climate change. It's a behavior we can adopt today to improve the environment.

Animal rights - Animals are feeling, thinking, conscious beings that are tortured on factory farms. They suffer unnecessarily to provide people the pleasure of eating meat.

Ethics - Many vegans believe it is unethical to harm, abuse, exploit, cause suffering, and kill sentient animals.

A plant-based diet means making conscious choices when it comes to our health, the planet, and rights of other living beings.

Everyone is welcome to join this journey...

- **Fellowship and fun** with like-minded people while enjoying healthful, whole-food, vegan 'plantlucks' and dine outs
- **Educational programs** on health, nutrition, cooking, animal welfare, the environment, and sustainability
- **Support for:**
 - Animal welfare organizations, sustainable agriculture, farmers' markets, and community gardens
 - Fair trade organizations that help farmers and other workers who produce food for the global market



Photos:

Top left: Maria and Joy share a conversation at a plantluck.

Top right: VegFest 2019 at Kirkwood Community College in Coralville.

Middle left: Learning how to make tofu at the Old Capitol Food Company.

Middle right: "Feasting on Seasonal Vegetables" cooking class with Chef David Burt.

Bottom: Lynn advocates for animal rights and promotes education on a vegan lifestyle.

Front: Fellowship and delicious food at a monthly plantluck.

*If you could prevent illness, extend life, reduce pollution, conserve resources, spend less, and save animals— all in one simple step—wouldn't you take it?
There is wisdom and compassion in vegan choices!*

--Rae Sikora