

Join VEGANEARTH NOW:

- A) Free subscription to American Vegan Magazine.
- B) Our monthly Newsletter "The Flying Carrot".
- C) Monthly vegan potlucks and guest speakers.
- D) Opportunity to get involved to help people move towards a healthy, sustainable and peaceful life style.
- E) Membership money is spent wisely and locally to promote the health and environmental benefits of a vegan diet as well as the reduction of animal cruelty.
- F) Our 2011 Goal is to do much more pro-active work in the community to educate people and help them switch to a plant based diet. Please join us in this effort.

Name: _____

Address: _____

_____ Zip _____

E-mail : _____

Phone: _____

\$100 + - Founding membership

\$45 - Family membership

\$35 - Low income family membership

\$30 - Individual membership

\$20 - Low income individual membership

Mail Check and info to:

VeganEarth
2310 Williamsburg Dr. Ste. B
Cincinnati, Ohio 45225

Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet.

-- ALBERT EINSTEIN,



Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings we are still savages.

-Thomas Edison

For questions, please contact:

VeganEarth
(513) 929-2500
VeganEarth@Fuse.net
www.VeganEarthUS.org



VEGANEARTH



VeganEarth is an all-volunteer nonprofit group dedicated to promoting the switch to a plant-based diet.

VeganEarth teaches and supports ways to eat and live that are healthful, sustainable, and compassionate toward animals, people and the Earth.

About us

Until 2010, VeganEarth was known as EarthSave Cincinnati, which was founded in 1994 as a local chapter of EarthSave International. In 2010, VeganEarth was chartered as an all-volunteer nonprofit group based in Cincinnati, Ohio.

VeganEarth teaches and supports ways to eat and live that are healthful, sustainable, and compassionate towards animals, people and the Earth. To that end, we promote a plant-based diet and vegan lifestyle. Our members are a diverse local and regional group of people from families and business leaders to housewives and professionals to artists and street musicians!

Our core event is a monthly vegan potluck, and we're pretty much all "foodies" who love the amazing and delicious array of tasty dishes people bring to share. People bring only vegan food to our events, meaning it contains no animal products (meat, dairy, eggs, honey, etc.).

But not all of our members are vegan. Some are vegetarian: they eat some animal products and we even have members who eat meat but enjoy the great food, speakers and diverse company at our potlucks. Maybe they want to eat more healthfully, but don't know how. We're here for that. Maybe they're worried about the massive violence against animals in our modern industries and are looking for more compassionate options. We're here for that. Maybe they're concerned about the destructive effects to our Earth that are inherent in our current food system. We're here for that, too.

VeganEarth sponsors, supports or is otherwise involved with other events throughout the year, and we affiliate with many other organizations that share our concerns about the well-being of people, animals and the planet.

We welcome all, and we strive to share and educate - but not impose - a healthy, compassionate and sustainable way of life. Please join us.

what is a VEGAN? A vegan (pronounced VEE-gun) is someone who, for various reasons, chooses to avoid using or consuming animal products. While vegetarians choose not to use flesh foods, vegans also avoid dairy, eggs and honey, as well as fur, leather, wool, down, and cosmetics or chemical products tested on animals.

why VEGAN? Veganism, the natural extension of vegetarianism, is an integral component of a cruelty-free lifestyle. Living vegan provides numerous benefits to animals' lives, to the environment, and to our own health—through a healthy diet and lifestyle.

eating VEGAN Some people shift into a vegan diet slowly, starting with vegan 'analogues'—plant-based foods whose taste resembles animal products. Others simply take out the animal products from their diet and replace them with plant foods with which they're already familiar. Still others concentrate on experimenting with entirely new vegan foods, often from international cuisines. Thankfully, there is no shortage of vegan foods to help make the transition. In fact, most of the food we eat is vegan, without our knowing it!



*Buy local
and organic
whenever possible!*

*Eat consciously & reduce waste
and dependency on corporate oil & food!*

for the ANIMALS Modern factory farming crowds animals into such unhealthy conditions, they need antibiotics to survive. The same methods that are used to produce most meats are also used to produce most milk and eggs. Today's farms are mechanized factories where an animal's welfare is of little concern compared to profit. **Veganism emerges as the lifestyle most consistent with the philosophy that animals are not ours to use or abuse.**

for the ENVIRONMENT Animal agriculture takes a devastating toll on the earth. It is an inefficient way of producing food, since feed for farm animals requires land, water, fertilizer, and other resources that could have been used directly for producing human food. It is linked to a number of environmental problems, including: contamination of aquatic ecosystems, soil, and drinking water by manure, pesticides, and fertilizers; acid rain from ammonia emissions; greenhouse gas production; and depletion of aquifers for irrigation.

The United Nations has reported that **a vegan diet can feed many more people than an animal-based diet.** For instance, projections have estimated that the 1992 food supply could have fed about 6.3 billion people on a purely vegetarian diet, 4.2 billion people on an 85% vegetarian diet, or 3.2 billion people on a 75% vegetarian diet.

for our HEALTH The consumption of animal fats and proteins has been linked to heart disease, cancers, osteoporosis, diabetes, kidney disease, hypertension, obesity, and a number of other debilitating conditions. **The American Dietetic Association reports that vegetarian/vegan diets are associated with reduced risks for all of these conditions.**