

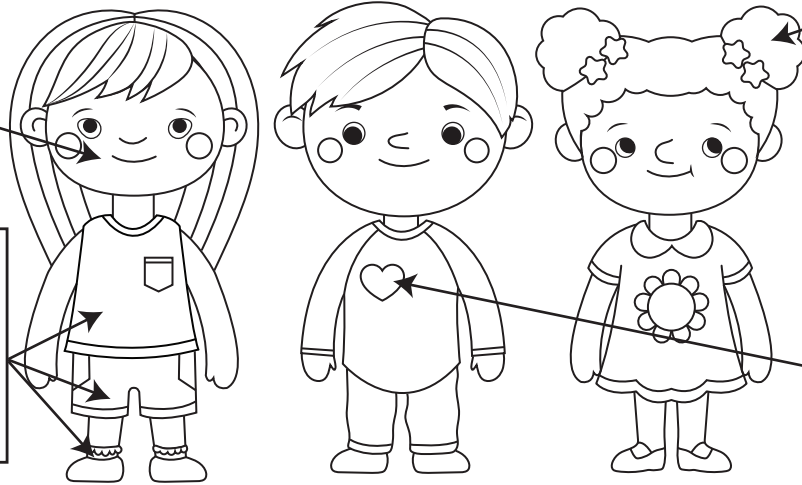
Name: _____

Date: _____

WHAT'S A VEGAN?

A vegan is a person who chooses not to eat, wear, or use products made from animals.
(A product is something you buy.)

Vegans don't eat or drink anything made from animals, like **meat, fish, cheese, milk, eggs, or even honey**. All these things hurt animals—but don't worry, there are vegan versions of all your favorite foods that you can eat instead!



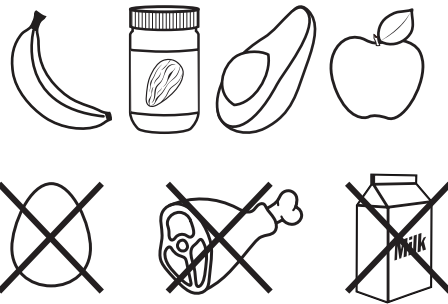
Vegans don't use **soap, shampoo, toothpaste, cleaners**, or other products made from or tested on animals. Animal testing can't be done without hurting animals. Take the time to check the labels on products to make sure they have PETA's cruelty-free bunny logo, which means they haven't been tested on animals.

Vegans don't wear anything made from animals, like **fur, leather, wool, down (feathers), or silk**. Animals need their skin and fur to survive, and they don't want to be made into hats, shoes, sweaters, jackets, or scarves. There are plenty of clothes made out of warm, stylish materials that don't hurt animals.

Vegans don't hurt animals in any other ways, either. They don't go to **circuses, roadside zoos, marine parks**, or any other places that use animals for entertainment. They also don't cut up animals in classroom dissection or make their animal companions live outside.

If you see an animal who is lost, hurt, or being bullied, tell a grown-up right away.

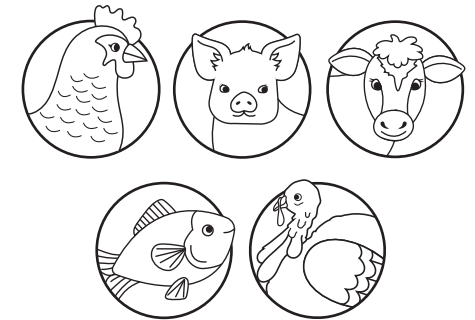
BEING VEGAN IS
AWESOME
IN SO MANY WAYS!



You do your body a favor by ditching a lot of unhealthy foods.



You help to save the planet.



Best of all, you save the lives of nearly 200 animals every single year just by not eating them!

