The Victoria Vegan
Vegan News and Resources

Vegan Buddy Program

Are you interested in going vegan, or are you new to veganism? Then maybe you'd like a Vegan Buddy!

Our new Vegan Buddy mentor program pairs up new and experienced vegans who are keen to give advice and share experiences. Vegan buddies will be there to answer all your questions, such as:

- help you make sure you're getting the nutrition you need - protein, iron - no problem!
- help you figure out the 'hidden' ingredients in foods
- suggest vegan alternatives to make cooking and preparing foods easier
- point out good places to get your groceries and recommend vegan foods to try out
- help you figure out what to do when eating out at restaurants, and family or friends' events
- get you started finding vegan choices of many common products, from shoes to shampoo
- discuss and clarify the ethical issues of veganism
- relate to your experiences as you make this vital commitment in your life

With a Vegan Buddy, acting on your ethics couldn't be easier!!

The Vegan Buddy program is totally free and organized by volunteers at The Victoria Vegan. To sign-up, or contact us for more information, please visit:

www.TheVictoriaVegan.com

Are You An Experienced Vegan?

We're also looking for Vegan Mentors - sign-up is on the same website, so fire up your browser and join the Vegan Buddy program today and put your vegan experience to work!

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