



**Vegetarian
Week**



**1st-7th
October
International
Vegetarian
Week**

**The Vegetarian
Week
is celebrated
all around
the world.
Why not consider
this choice?**

Vegetarians don't eat animals because:

It is right

We do not kill or inflict suffering.

It is the future for the environment

Production of animal products has a devastating environmental impact. A vegetarian diet cuts one link off from this food production chain and makes the system more efficient.

It is the future for the Earth

The number of starving people has increased yearly to reach one billion: switching to a plant-based diet is the most practical way of helping them.

It is the future for our health

Vegetarians are free from many diseases caused by the consumption of animal products.

More and more people become aware of these facts every year.



MAKE THIS CHOICE YOURSELF!