



Vegetarian Week

1ST - 7TH OCTOBER

WORLD VEGETARIAN WEEK



World famous writer
John Robbins invites you:
"For a healthier You
and a healthier Planet,
go Vegetarian, promote
the Vegetarian Week!"

The Vegetarian Week
is celebrated all
around the world.
Why not think
over this choice?

DISCOVER HOW MANY WE ARE AND JOIN US!

A vegetarian or vegan person does not eat animals, because:

- It is right -

We do not inflict suffering and do not kill animals

- It is the future for the environment -

The present levels of consumption of meat, fish, milk and eggs have a devastating environmental impact and are unsustainable in the short future.

The vegetarian diet removes a link from the food chain and makes it more efficient.

- It is the future for the World -

The number of hungry people increases each year, to this day reaching almost one billion. Switching to a plant-base diet is the most practical way to help them.

-It is the future for our health -

A drastic reduction in the consumption of animal food and an increase in that of cereals, pulses, vegetables and fruit is the only way to save ourselves from the so-called "affluence diseases", disabling diseases of which people die nowadays.

The vegetarian choice is easy, it's "natural":

Treating sentient beings like machines and immensely polluting the planet in this process of "production" is unnatural and unethical..

It is a choice for everyone:

The dietary choice is independent from the religious creed, type of character, way to behave and talk, way to dress, age or social circle.

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