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!