

Notes from Becoming Vegan Event - 15th February 2016 at Bristol University

Recommended Films

Cowspiracy: <http://www.cowspiracy.com/>

Emotional World of Farmed Animals: www.youtube.com/watch?v=524JJoqSIBW0

Earthlings: <http://www.nationearth.com/>

Animals Film Trailer: www.youtube.com/watch?v=IgmU6UwGNSo

Meat The Truth: www.youtube.com/watch?v=2uTJsZrX2wI

Peaceable Kingdom

“Beyond Carnism and towards Rationale”

Speciesism the Movie

Many of you asked for more info on nutrition, cooking, veggie, vegan social groups, shopping and campaigning.

In addition to the nutrition info from Beth (see above), you might also find these websites helpful:

<https://www.vegansociety.com/resources/nutrition-and-health>

<http://www.foodsforlife.org.uk/nutrition/vegetarian-vegan-nutrition.html>

Vegan cooking websites seem to appear all the time. Some of the following are worth a peek:

<http://www.fairfoods.org.uk/recipes/>

<http://www.vegansociety.com/resources/recipes>

<http://www.veganrecipeclub.org.uk/>

Veggie and vegan social groups in Bristol include:

Bristol University VegSoc: <https://www.bristolsu.org.uk/activities/societies/ubuvegsoc/>

<https://en-gb.facebook.com/UBUVegsoc>

Bristol Vegans: <https://www.facebook.com/groups/BristolVegans/>

Bristol veg and vegan meet up group: <http://www.meetup.com/Bristol-West-Vegetarians-Vegans/>

Shopping: someone at the event mentioned accidentally vegan – this could be your first starting point...? <http://www.veganuary.com/starter-kit/accidentally-vegan-products-uk/>

also, 100% vegan: <https://www.facebook.com/groups/veganproductsuk/?fref=nf>

Campaigning: Pop along to Kebele social centre in Easton one Sunday night from 6.30pm to have a chat with people there and there are sometimes films shown – a great way to get involved in local campaigns. If you want to get involved in vegan or animal rights campaigning, VegSoc or BARC would love to hear from you. If you're up for sabbing, contact Bristol Hunt Sabs:

<https://www.facebook.com/BristolHuntSaboteurs/?fref=ts>

Summary of Group Discussions at Becoming Vegan Event - 15th February

What Does Being Vegan mean?

① diet v. lifestyle

Self awareness
awareness of all aspects of life
new experiences
challenge

Question status of
nutrition
environment

Inspirations / Motivations

Equality Vegfest seeing farms

Conspiracy Health
fast pictures
avoiding over consumption
positive experiences of vegans
overcoming stereotypes

- Holland

Pre-planning + organisation
Food lasts longer?

Challenges

acceptance - family + friends

Social situations

- suggest shared meal

- calling restaurants ahead

Cooking - avoid alternatives

- look online provocation

diet - lentils!

- cooking in bulk
- bulk buying

Finances

- juicer

- avoid processed food

- Holland + Barrett half price

Pre-planning + organisation

Food lasts longer?