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- **The Vegan Society**

Tel: 0121 523 1730 www.vegansociety.com



- **Animal Aid**

Tel: 01372 364546 www.animalaid.org.uk



- **Campaign Against Leather and Fur (CALF)**

BM Box 8889, London WC1N 3XX

- **Veg Fund** - www.vegfund.org

- Owl Vegan Cafe, Alpro, Booja-Booja, Bute Island Foods, Clives Pies, Dragonfly, Essential, Just Wholefoods, Natural Balance Foods, Plamil and Redwoods

Why Vegan?

Veganism is the kindest, and some would add the healthiest, diet. By reducing or eliminating animal products, you can vote up to three times a day with your fork to be kind to animals, kind to your body, and kind to the planet, since a vegan diet uses only one quarter as much land as a meat based one. For more information please see the websites above.



For more details about the fair please ring Green Garden Cafe on 024 76 715040 or email Fairfoods on info@fairfoods.org.uk

Organised by Green Garden Cafe (www.greengardencafe.co.uk) and Fairfoods (www.fairfoods.org.uk)

