



DID YOU KNOW?

Swapping your daily cereal milk (approx. 200ml) from cow's milk to a plant-based alternative, can save almost 2 tennis courts' worth of grazing land every year

FIND OUT MORE ABOUT LIVING A VEGAN LIFESTYLE IN





DID YOU KNOW?

Egg alternatives for baking include:
chickpea flour (for omelettes, quiches, savoury pancakes, flans)
raising agents (e.g. bicarbonate of soda),
apple sauce, mashed banana

FIND OUT MORE ABOUT LIVING A VEGAN LIFESTYLE IN





DID YOU KNOW?

As a plant-based alternative to meat, jackfruit can work as an imitation fish, chicken or pork substitute

FIND OUT MORE ABOUT LIVING A VEGAN LIFESTYLE IN



DID YOU KNOW?

Some fantastic vegan protein sources include beans, peas, lentils, tofu, tempeh and seitan

FIND OUT MORE ABOUT LIVING A VEGAN LIFESTYLE IN



DID YOU KNOW?

Natural sources of calcium include kale, broccoli, Brussels sprouts, dried figs, chia seeds and almonds

FIND OUT MORE ABOUT LIVING A VEGAN LIFESTYLE IN



DID YOU KNOW?

There are hidden animal-based ingredients in many skincare products.

Look for the Vegan Society's official certification logo to ensure a product is free of animals and free from cruelty

FIND OUT MORE ABOUT LIVING A VEGAN LIFESTYLE IN



DID YOU KNOW?

Vegan alternatives to leather include:
pineapple skins, mushroom skins
cork, recycled tyres
coconut fibres, apple fibres
recycled bottles, tree bark

FIND OUT MORE ABOUT LIVING A VEGAN LIFESTYLE IN

