



# Vegan

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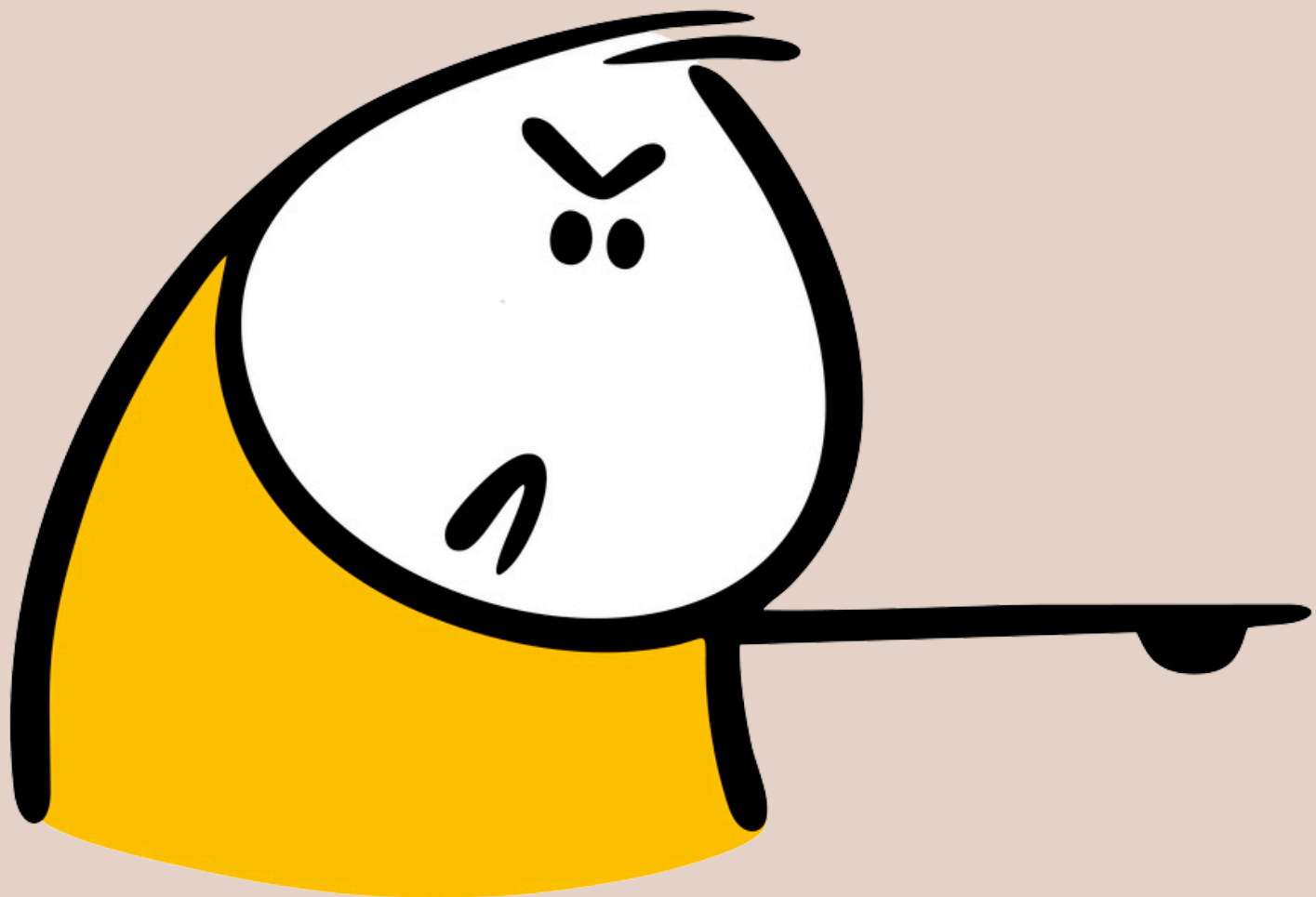
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Veganism is a philosophy and way of living which seeks to exclude—as far as is possible and practicable—all forms of exploitation of, and cruelty to, animals for **food, clothing or any other purpose**; and by extension, promotes the development and use of **animal-free alternatives** for the benefit of **animals, humans** and the **environment**. In dietary terms it denotes the practice of dispensing with all products derived wholly or partly from animals.

Reference: The Vegan Society



People who choose to be vegan are sometimes criticised for not living a "**100% ethical**" lifestyle. But who can truly claim to do so?





In today's society, it's simply **impossible**. There are countless actions that, even in small or indirect ways, can harm people, animals, or the environment.





Still, the fact that we can't completely eliminate animal exploitation from our daily lives isn't a good enough reason not to try.





Join the movement  
for change

**Be the**  
**CHANGE**

**GO**  
**VEGANOK**