

Hi,

Thanks for your interest in veganism! Whether you have already made the change or are simply considering embarking on a vegan journey, you've made an important decision! Simply being vegan is in itself a vitally important action to take on behalf of other animals. Veganism reduces the demand for animal exploitation, leading to fewer animals being killed and harmed by humans. This is not just for food, but all uses, including clothing, entertainment, products and experimentation.

We hope that this starter pack is useful in helping you out with veganism. It contains information on how to eat a healthy vegan diet, vegan products, vegan FAQ, vegan activism and much more! If you'd like more assistance or have any questions, you can always contact us at: mentor@ara.org.au

If you have any questions specifically about nutrition, you can contact Kelly Rabbitt, ARA's Nutritionist who has a BSc (Nutrition) from Curtin University, at kel@ara.org.au

The following website contains a lot of useful information about veganism in Perth:

www.veganperth.org.au

We also have Facebook and Twitter pages for this website, where you can get regular information on vegan-friendly restaurants, products and shops in Perth. You can find the Facebook page by searching 'VeganPerth.org.au' on Facebook and we are @VeganPerth on Twitter.

This website also has lots of great information. While Australian-based it isn't Perth specific:

www.veganeasy.org

We also encourage you to have a look at Living Vegan's 'Vegan Cheat Sheet', which lists commonly-available vegan products – it's amazing how many vegan products are in your local supermarket! You can find it by Googling 'living vegan cheat sheet' (it will be the first hit) or by going to this link: <http://www.livingvegan.com.au/vegan-cheat-sheet/>

If you'd like to know more about ARA, visit our website www.ara.org.au which has links to our Facebook and Twitter pages, where we regularly post information about animal rights and veganism. You can also sign up to receive E-News email updates from ARA on our website. Those on this list will receive updates on ARA's events so you can come along to them and even get involved with helping out with them.

We hope that this starter pack is useful. Please contact us at mentor@ara.org.au if you'd like any more assistance.

All the best,

Animal Rights Advocates