

# The Victoria Vegan

Vegan News and Resources

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## SPECIAL EDITION: World Vegan Day!

November 1st is celebrated world-wide as World Vegan Day, and in Victoria we're busy celebrating with a little activism as well!

So what's the story with veganism? Well, it offers solutions to many of the problems we're facing today. Take human health, for example. Weight struggles, diabetes, cancer and heart disease are, alas, in the news daily. Leading dieticians have gone on record to tell us that a vegan diet may be able to help prevent and alleviate these concerns.

Do we ever hear complaints of broccoli, kale, figs, bananas, or even a raspberry sorbet causing cancer? Or that tofu has been found blocking our arteries? Certainly not, but animal products (meat, dairy, eggs) are directly complicit in the majority of cases. Vegetables and fruits are responsible for their prevention, and have been shown to benefit people who have experienced heart disease and diabetes.

What about the environment? What about food security for everyone in the world?

Consider this from the Vegan Society: while 4.7 million hectares in Britain sustain crops for humans and domesticated animals, only 3 million would be needed if everyone there were to eat

vegan diets. Significantly less land is needed when animal products are removed from the equation.

The Worldwatch Institute, in their Nov/Dec 2009 magazine, released a report indicating that animal farms contribute more than 50% of total greenhouse gas emissions globally. (This report is critical of the 2006 UN FAO report *Livestock's Long Shadow*, which found 18%.) Is there any reason not to do our personal best to reduce the threat of a climate meltdown?

Veganism was founded on an ethical prerogative: to combat exploitation and violence, whether against human or non-human beings. Is systematic exploiting the relationship we want with the rest of conscious life on the planet? There is no physiological need to consume animal products. It comes down to the habits of our taste buds. But we can enjoy other foods just as much, if we're open to change. Should we be exploiting and killing over 100 billion cows, pigs, chickens, fishes and other animals each year worldwide? Or even a single cow, pig, fish, or bird?

We can do better.

Veganism has a lot to offer the world, and we're celebrating the benefits related to our health, our environment and our culture that come from it. Happy World Vegan Day!

- Dave Shishkoff, Editor  
[www.TheVictoriaVegan.com](http://www.TheVictoriaVegan.com)

### Vegan Tips

Some tips and ideas for helping out vegans, new and old!

- Go vegan! It's not really that hard, you just need to stop the excuses! If it's still too hard, start with ensuring two meals a day are vegan, and then all-vegan 1 day a week, and work up from there as you get more familiar.
- Veganism is manifested most obviously in our food choices, and luckily in Victoria we have a great selection of fresh fruits and vegetables year round. Purchase or borrow some vegan cookbooks (the library is well stocked) and go out and try out some new foods!
- Spend some time with other strivers. Virtually the entire world is non-vegan, and the pressure can be overwhelming. So discover the many online vegan communities (check out the FoA email discussion list *VeganViews* listed on the FoA site). Also, we have monthly meetings in Victoria to discuss exactly this.
- If you're having trouble explaining how you feel to non-vegans, sometimes reading what vegans have to say can help put words to those feelings. There are tons of books and websites out there. Start with [www.VeganMeans.com](http://www.VeganMeans.com)
- This newsletter provides a boatload of useful information: local vegan restaurants, ingredient listings, groups and more.
- Don't hesitate to become an activist as well! E-mail Dave to get involved or ask questions: [dave@friendsofanimals.org](mailto:dave@friendsofanimals.org)

Best wishes in your journey as a vegan.



### Vegan Connections

**Groups supporting and promoting vegan values and animal rights in Victoria.**

#### FoA – Friends of Animals

- [Dave@FriendsofAnimals.org](mailto:Dave@FriendsofAnimals.org)
- [www.FriendsofAnimals.org](http://www.FriendsofAnimals.org)
- [www.VeganMeans.com](http://www.VeganMeans.com)
- [www.TheVictoriaVegan.com](http://www.TheVictoriaVegan.com)
- Facebook: [www.facebook.com/group.php?gid=2496490922](http://www.facebook.com/group.php?gid=2496490922)
- Twitter: [twitter.com/foa\\_victoria](https://twitter.com/foa_victoria)

#### OrganicAthlete Victoria

- [Victoria@OrganicAthlete.org](mailto:Victoria@OrganicAthlete.org)
- [Victoria.OrganicAthlete.org](http://Victoria.OrganicAthlete.org)
- Facebook: [www.facebook.com/group.php?gid=2496490922](http://www.facebook.com/group.php?gid=2496490922)

#### UVA – The UVic Vegan Association

- [UVicVegans@Gmail.com](mailto:UVicVegans@Gmail.com)
- <http://groups.google.com/group/UVA-Announcements>
- Facebook: [www.facebook.com/group.php?gid=11596410542](http://www.facebook.com/group.php?gid=11596410542)

#### VIVA – Vancouver Island Vegetarian Association

- [www.IslandVeg.com](http://www.IslandVeg.com)
- 250-386-2100

Interested in Vegan Discussion? Join the Friends of Animals international email discussion list *VeganViews*:  
<http://groups.google.com/group/VeganViews>

# Victoria Vegan Resources

*A shopping guide for vegans in Victoria*

## Quick Reference for Non-Vegan Ingredients

Ingredients to look out for when shopping

- **Casein** – Commonly found in almost all soy cheeses, it is actually a milk protein, and is considered a trigger of cancer growth by Dr. T. Colin Campbell in his research for the China Study project.
- **Cochineal** – Also known as carmine or carminic acid, this red tint, found in juices and foods, is made from crushing cochineal beetles.
- **Down** – Made from goose or other bird feathers, it's definitely not vegan!
- **Gelatin** – From Jello to margarine, no vegan wants to find themselves eating this goop made from ground up hooves, horns, tendons and bones.
- **Honey & Bee Products** – Like bee pollen and propolis, it comes from bees, who are also animals!
- **Lactic Acid** – Actually, it's almost always from plant sources; watch out for lactose or lactate, however, for these are always from animal sources.
- **Lanolin** – Found in body-care products, this is extracted from the fat or wool of sheep.
- **Shellac** – an excretion from the lac insect, can be found as a coating on fruit, vegetables and candies.
- **Tennis Balls** – sadly, tennis balls are covered in wool, leaving this sport decidedly non-vegan. Contact manufacturers to change this.
- **Vitamin D3** – Also known as cholecalciferol; comes from a variety of animal sources. Watch for it in vitamins, supplements, and fortified products like soy milk. Select ergocalciferol, or Vitamin D2. It is always from plant sources.
- **Wax** – Many waxes contain animal products, including beeswax. Look for ones entirely made from plants or parrifin.
- **Whey Powder** – Commonly found in bread and margarine, it's a protein from milk.

*Let us know about more ingredients you'd like to see covered here.*

## Vegan Venues

**Shops and restaurants that are vegan-friendly!**

### Vegan Restaurants

- **Green Cuisine** - #5-560 Johnson St (in Market Square)  
- 250-385-1809 - [www.GreenCuisine.com](http://www.GreenCuisine.com) – all-vegan, buffet-style restaurant with fabulous desserts
- **Lotus Pond** – 617 Johnson St – 250-380-9293  
- [www.LotusPond1998.ca](http://www.LotusPond1998.ca) - all-vegan Buddhist cuisine
- **Pink Sugar Cupcakery** – 773 Fort St – 250-590-8055  
- [www.PinkSugarCupcakery.com](http://www.PinkSugarCupcakery.com) - a vegan cupcake shop!

### Miscellaneous

- **Fiber Options Naturals** - 577 Johnson St - 250 721 3263  
- [www.EcoEverything.com](http://www.EcoEverything.com) - wide selection of natural products.
- **Free Spirit Botanicals** - 549 Johnson St - 250-382-1003  
- [www.FreeSpiritBotanicals.com](http://www.FreeSpiritBotanicals.com) - soy wax candles, essential oils, soaps and more
- **Hemp & Co**- 1102 Government St - 250-383.4367  
- [www.HempAndCompany.com](http://www.HempAndCompany.com) - hemp clothing & more!
- **The Good Planet Co.** - 764 Fort St - 250-590-3500  
- [www.TheGoodPlanet.com](http://www.TheGoodPlanet.com) - organic cotton bedding, clothing, and more
- **Lush** - 1001 Government St - 250-384-5874 - [ca.Lush.com](http://ca.Lush.com) - body and bath, all vegan products labeled
- **Shift Natural Fashion** - 547 Johnson St - 250-383-7441  
- [www.ShiftFashion.com](http://www.ShiftFashion.com) - Herbivore tshirts & stickers, soy wax candles, cookbooks and more at this vegan-friendly shop
- **The Soap Exchange** – 1393 Hillside Ave – 250-475-0033  
- [www.VictoriaSoapExchange.com](http://www.VictoriaSoapExchange.com) - vegan cleaning products, and in reusable, refillable containers
- **Tattoo Zoo** - 1215 Wharf St - 250-361-1952  
- [www.TattooZoo.net](http://www.TattooZoo.net) - vegan owned, and the only shop in town with vegan inks!

### Outside Victoria

- **Community Farm Store and Corfield Cafe (Duncan)**  
- 330 Duncan St, Duncan - 250-748-6227, cafe: 250-748-6223  
- whole food grocery, organic bakery and cafe, Duncan's only all vegetarian cafe with vegan options available.

### Vegan Offerings (Restaurants)

- **The Blue Nile** - 612 Head St. (Esquimalt) - 250-475-6453  
- [BlueNileRestaurantVictoria.com](http://BlueNileRestaurantVictoria.com) - East African buffet, most dishes are vegan
- **Cafe Bliss** - 556 Pandora Ave - 250-590-5733  
- [www.CafeBliss.ca](http://www.CafeBliss.ca) - raw, mostly vegan, be wary of bee products!
- **Futaba Japanese Restaurant** - 1420 Quadra St  
- 250-381-6141 - [Futaba.ca](http://Futaba.ca) - very vegan-friendly and helpful, and use brown rice
- **The Joint** – 1219 Wharf – 250-389-2226 - [EatAtTheJoint.com](http://EatAtTheJoint.com) - pizza shop with home-made vegan cheese, as well as piles of Yves veggie toppings and gluten-free options
- **Little Thai Place** - 1839 Cook St / 3613 Shelbourne St - 250-477-8900 / 477-8668 - [www.LittleThaiPlace.com](http://www.LittleThaiPlace.com) - very accommodating, can make most items vegan
- **Mo:Le** -544 Pandora - 250-385-6653 - [www.MoLeRestaurant.ca](http://www.MoLeRestaurant.ca) - a good selection of vegan and rawfood dishes
- **ReBar** – 50 Bastion Square – 250-361-9223  
- [www.ReBarModernFood.com](http://www.ReBarModernFood.com) - a tasty selection of vegan fine-dining options

### Foods

- **Jubilee Pharmasave** - 1775 Fort St - 250-595 1471 - huge selection of health food items, often at discounted prices!  
(Note: only at this Pharmasave!)
- **Lifestyle Markets** - 2950 Douglas St & 343 Cook St.  
- 250-384-3388 (Douglas St.) - [www.LifeStyleMarkets.com](http://www.LifeStyleMarkets.com) - wide selection of grocery and healthfood items
- **Planet Organic** - 3995 Quadra St - 250-727-9888  
- [www.PlanetOrganic.ca](http://www.PlanetOrganic.ca) - wide selection of grocery and healthfood items
- **Seed of Life** – 1316 Government – 250-382-4343 - natural foods shop, great bulk selection

We hope you find this newsletter helpful! If you'd like to support this and other quality vegan and animal rights projects, please become a member of Friends of Animals:

[www.FriendsofAnimals.org](http://www.FriendsofAnimals.org)

