

BURLINGTON 
VegFest's



GUIDE TO
Becoming
Vegan

For the animals • For your health • For the planet

FOR THE ANIMALS

Veganism causes the least suffering.

A vegan lifestyle avoids all forms of animal exploitation — for food, clothing, and products. Every meal becomes an act of compassion – a practice of peace! After all, justice begins on your plate.

Why being vegetarian isn't enough:

The dairy and egg industries are the meat industry. Cows are repeatedly impregnated and separated from their calves. Male chicks are killed at birth. Animals are still slaughtered once they stop producing. Veganism is the only choice that removes intentional participation in animal exploitation and killing. While some harm may be unavoidable, choosing not to harm animals is both possible and powerful.



FOR THE PLANET

Eating plants is one of the most powerful actions you can take for the climate.

Animal agriculture is a leading driver of:

- Deforestation
- Excess water use
- Greenhouse gas emissions
- Biodiversity loss

Plant-based diets can reduce food-related emissions by **up to 73%**.

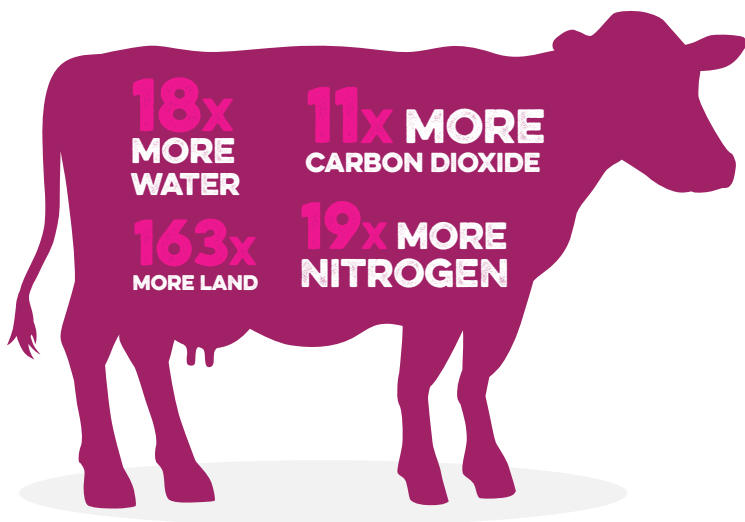
Why being vegetarian isn't enough:

Dairy is a major contributor to methane and water use.

Cheese often has a higher carbon footprint than many meats.

A vegan diet dramatically lowers your environmental impact.

Egg production generates significant ammonia emissions from manure, contributing to air and water pollution and environmental damage.



FOR YOUR HEALTH

Vegan diets are linked to lower inflammation and longer lives.

Well-planned vegan diets are:

- Naturally anti-inflammatory
- Heart-protective
- Linked to lower risks of diabetes, cancer, and obesity

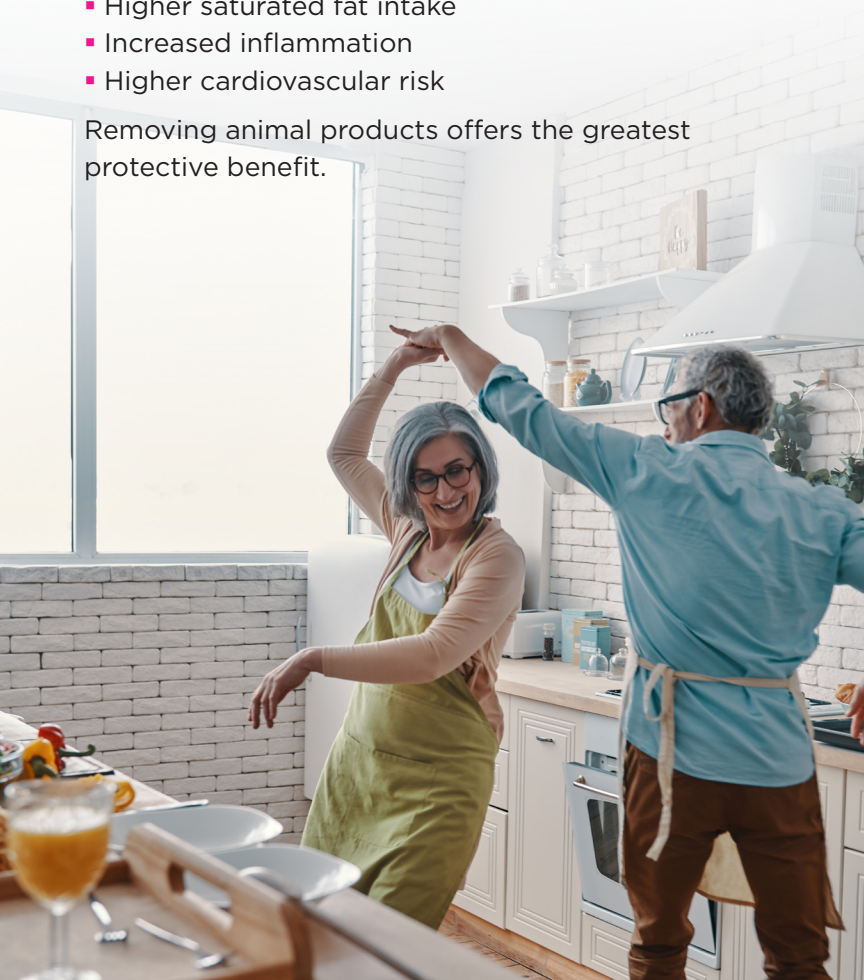
Inflammation is a root cause of most chronic disease — and plants naturally fight it.

Why being vegetarian isn't enough:

Dairy and eggs contribute to:

- Higher saturated fat intake
- Increased inflammation
- Higher cardiovascular risk

Removing animal products offers the greatest protective benefit.





**Watch the films.
Learn the truth.**

This curated hub includes powerful documentaries and talks such as:



Dominion



The Game Changers



Seaspiracy

These documentaries have helped thousands of people worldwide learn why and how to go vegan.

Scan the QR code or visit:
<https://3movies.wtf/BV123>



HOW TO GO VEGAN

Inspired by
Challenge 22



STEP 1: FOCUS ON WHOLE FOODS

Build meals around:

- Legumes
- Whole grains
- Vegetables
- Fruits
- Nuts
- Seeds

Plant milks, yogurts, and dairy-free cheeses make swapping easy.

STEP 2: BECOME A PROTEIN PRO

Plants provide more than enough protein:

- Lentils (18g per cup)
- Chickpeas (14g per cup)
- Tofu/Tempeh (15–20g per 100g)
- Edamame (17g per cup)
- Seitan (25g per 100g)
- Quinoa (8g per cup)

STEP 3: JOIN CHALLENGE22

Challenge22.com offers a free, supportive 22-day vegan program that includes:

- Daily guidance and emails
- Meal plans and shopping lists
- Community support
- Education on nutrition, health, and compassion

It's designed to help you transition confidently — one day at a time.



**SCAN TO SIGN UP AT
CHALLENGE22.COM**

INDULGE THE VEGAN WAY

Being vegan doesn't mean giving up comfort foods — it means enjoying them without harm.

Savory favorites

- Beyond Meat, Impossible Burger, Gardein
- JUST Egg ▪ Tofurky ▪ Field Roast
- Nonno's Plant-Based Butcher (Hamilton Farmers' Market)

Dairy-free delights

- Tofutti ▪ Nafsika's Garden ▪ Daiya ▪ Violife
- Nuts for Cheese ▪ Earth's Own ▪ Silk
- Oatly (barista-style plant milks)

Sweet treats

- Ben & Jerry's Non-Dairy
- So Delicious
- Bloomer's (Burlington)
- Fairly Frosted (Hamilton)

At home, bake with flax “eggs,” oat milk, and coconut oil — no one will know the difference.



SUPPLEMENT SMARTLY

Some nutrients deserve special attention on a vegan diet:

- **Vitamin B12:** 25-100 µg/day or 1000 µg weekly
- **Vitamin D3 (vegan source):** especially in winter
- **Omega-3 (algae oil):** brain & heart support

VEGAN PROTEIN POWDERS



OPTIONAL,
NOT OBLIGATORY

Vegan protein powders **are not required** to meet protein needs. A well-planned vegan diet that includes tofu, tempeh, legumes, soy milk, whole grains, nuts, and seeds can provide sufficient protein on its own. But for those aiming for **higher protein targets**, or who prefer an easy way to boost intake at certain meals, vegan protein powders can be a **convenient option**. Just remember: they're a choice, not a requirement.

What to look for:

20–30 g protein per scoop • complete amino acids • minimal additives

Popular types:

▪ Pea ▪ rice ▪ hemp ▪ soy

Canadian favourites:

▪ Vega ▪ Canadian Protein ▪ Garden of Life Sport
▪ Beyond Yourself ▪ Form Performance ▪ PlantFusion

Use post-workout or as a high-protein snack — not as a meal replacement.

GO VEGAN IN BURLINGTON

- Major supermarkets have vegan sections and lots of vegan food throughout!
- Online Canadian retailers like Well.ca and HealthyPlanetCanada.com have vegan filters

Vegan grocery stores that deliver to Burlington



goodrebelvegan.com



vegansupply.ca



covenmarket.com

Vegan food businesses in the area



Bloomer's (Burlington):

bloomersto.com



Hearty Hooligan (Hamilton):

theheartyhooligan.com



Fresh Kitchen + Juice Bar (Oakville):

freshkitchens.ca



Apothecary Kitchen (Hamilton):

healwithplants.ca



Caked Coffee (Burlington):

cakedcoffee.ca



Rise Above Pizza & Wings (Hamilton):

riseabovepizzeria.com

Where to eat out

Find vegan-friendly restaurants anywhere:



happycow.net



Vegan saving cards offer discounts at participating businesses.

In Burlington, save at:

- Bloomer's
- Nature's Emporium

LEARN MORE →



HOW TO HELP THE ANIMALS

Going vegan is powerful — and you can do even more. Visit or donate to animal sanctuaries in Ontario

Meet rescued animals, volunteer, or support their care:

- happilyeveresther.ca
- cedarrow.org
- assmenageriesanctuary.com
- ladybirdanimalsanctuary.com

Support legal advocacy for animals

Help end systemic animal cruelty through law reform:

<https://animaljustice.ca>

START TODAY

Your plate has power.

- Choose plants.
- Choose health.
- Choose a better planet.

**GO VEGAN – FOR ANIMALS, EARTH,
AND FUTURE GENERATIONS.**

YOU'RE IN GOOD COMPANY

Veganism is mainstream — and growing fast.
Well-known vegans include:



Elliot Page



Bryan Adams



Joaquin Phoenix



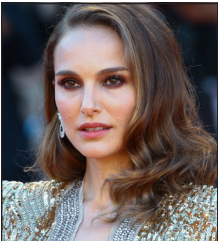
Billie Eilish



Lewis Hamilton



Moby



Natalie Portman



Cynthia Erivo



Jann Arden



Pamela Anderson



Ricky Gervais



Alicia Silverstone

People from all walks of life choose vegan living
for compassion, health, and the planet.

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Meet rescued animals, volunteer, or support their care:

<https://www.destinationontario.com/en-ca/articles/animal-sanctuaries-ontario>

SUPPORT LEGAL ADVOCACY FOR ANIMALS

Help end systemic animal cruelty through law reform:

<https://animaljustice.ca>

STAY CONNECTED

Follow Burlington VegFest for events, and inspiration:



BurlingtonVegFest.com



[@BurlingtonVegFest](https://www.instagram.com/BurlingtonVegFest)



[/BurlingtonVegFest](https://www.facebook.com/BurlingtonVegFest)



[Burlington VegFest](https://www.youtube.com/BurlingtonVegFest)

QUESTIONS ABOUT GOING VEGAN?

Have questions or need support?

Contact us:

info@burlingtonvegfest.com