

ABOLITIONIST ADVOCACY

Abolitionist advocacy for animal rights differs from the mainstream animal welfare and/or protection approaches and is at the core of our group's philosophy.

Veganism as the Moral Baseline. When something is morally wrong, one should always promote the idea of *ending* such behavior rather than slowly reducing it over time. For example, in cases of spousal abuse, we advocate to *immediately* end the abuse rather than promoting incremental "baby steps" toward reducing the violence. One would never promote "Domestic-Abuse-Free" weekends. The same should hold true when the victims are non-human animals. One should always advocate the *abolition* of animal oppression and exploitation. Hence, we need to be unequivocal in our opposition to animal use in order to change the current paradigm that allows animals to be considered human property, rather than enabling this injustice to continue.

Single-Issue Campaigns Promote Speciesism.

Speciesism, analogous to racism, sexism, etc., is a form of discrimination based solely on species membership. All are equally unjustifiable forms of oppression based on arbitrary distinctions between two groups resulting in an imbalance of power. Animal "protection" or "welfare" organizations stage protests and perform theatrics to raise awareness of single-issue campaigns (SICs), such as elephants at circuses or the use of fur. These protests do nothing to change the way people view animals or educate them about living vegan. Most of those protests intentionally avoid using the word 'vegan' at all.

We believe it is crucial that advocates engage in peaceful, consistent, unequivocal vegan education such as tabling at events, hosting talks, potlucks and reading clubs.

The Abolitionist Approach to Animal Rights was developed by Prof. Gary L. Francione and has immensely influenced our advocacy. Professor Francione is not affiliated in any way with this group or its members.

South Florida Vegan Education Group Inc. is a grass-roots 501 (c)(3) social justice organization. We believe in creating a peaceful, fair and just world for all beings, regardless of species. We are passionate about empowering individuals with the knowledge that veganism is the primary means of dismantling speciesism to achieve the abolition of animal enslavement and exploitation for human pleasure, tradition and convenience.

This group is dedicated to public education on veganism, animal rights, ethics and the effects of animal agriculture on our environment and our health with the goal of abolishing all forms of animal oppression by eliminating the status of animals as chattel property.

www.VeganEducationGroup.com
www.facebook.com/VeganEducationGroup

BEFORE YOU GO...

Yes No

- Is it wrong to harm animals?
- Can animals feel pain and suffering?
- Can we live a long healthy life without participating in violence toward animals?



Embracing VEGANISM

BEFORE YOU LOOK INSIDE...
ANSWER AS HONESTLY AS YOU CAN:

Yes No

- Is it wrong to harm animals?
- Can animals feel pain and suffering?
- Can we live a long healthy life without participating in violence toward animals?

There is no difference between the animals we love and those we eat. When we oppose all animal use, we have an obligation to live vegan...

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WHY VEGANISM

Most of us already believe it is wrong to harm animals unnecessarily. *Any* use of animals, including birds and sea animals, for food, clothing, entertainment, sport hunting, fishing or biomedical testing causes unnecessary harm. Most of our animal use is for purposes of palate pleasure, habits and traditions. Like humans, non-human animals are sentient beings who feel pain, suffer and have the self-interest in continuing to live free, therefore it is morally unjustifiable to engage in activities that cause unnecessary harm and death to sentient beings.

Veganism is defined as "A philosophy and way of living which seeks to exclude – as far as possible and practicable – all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose..." Veganism is the only way to abolish all animal exploitation.

*Veganism is not merely a diet;
veganism is an ethical position of
non-violence toward all animals.*

VEGETARIAN AND "HUMANELY-RAISED"

Is going "vegetarian" enough? No. Since vegetarians still consume dairy, eggs and sometimes fish and chicken, they continue to unwittingly contribute to animal exploitation. There is more animal suffering and death in the dairy industry than in meat products. Male calves born to dairy cows are immediately separated from their mothers, then killed and sold for veal. The separation process is very painful to both the mother cow and her baby. Similarly, male chicks born to egg-laying hens are violently killed or suffocated to death within a few hours of being born. All dairy animals and laying hens meet their end in slaughterhouses.

Should I buy "humanely-raised", "cage-free", "free-range", etc.? No. All animal use is inherently violent. There is no right way to do the wrong thing. "Humanely-raised", "cage-free", "grass-fed" and the like are feel-good meat-and-dairy industry marketing terms designed to keep consumers comfortable with their continued support of animal exploitation.

HOW TO LIVE VEGAN

START rejecting all forms of violence toward land animals, birds and marine life.

STOP participating in all forms of animal use, exploitation and harm.

START exclusively eating plant-based foods. Vegans eat a wide variety of fruits, vegetables, grains, beans, legumes, nuts and seeds.

STOP eating products made from animals and their secretions such as meat, dairy, eggs and honey.

START exclusively purchasing clothing from natural fibers and man-made materials. Vegans wear comfortable, stylish, practical and affordable clothing and accessories made from these materials.

STOP purchasing clothing made from animals such as leather, fur, wool, silk and exotic animal skins.

START looking to see if products are labeled "vegan" and "not tested on animals". There are great products that are vegan including laundry detergent, toothpaste, body care products, etc.

STOP buying products that contain animal products and may involve animal testing. A general rule is if it doesn't state it's vegan, it isn't.

START attending forms of entertainment that do not use animals. Vegans enjoy many activities that do not use or otherwise exploit animals.

STOP attending zoos, aquariums, circuses, rodeos and other entertainment involving the use of animals. Purchasing tickets to these attractions creates demand for animal use. These forms of animal and marine life exploitation will cease to exist when there is little or no demand for them to continue.

*Veganism is a simple commitment to living a
life of not exploiting other sentient beings.*

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NUTRITION AND DIET

Although veganism is not merely a diet, there is certainly a dietary aspect to living vegan. Millions of humans (and more every day) are thriving on 100% plant-based diets free of animal flesh and secretions. According to the Academy of Nutrition and Dietetics, the United States' largest organization of food and nutrition professionals, "...appropriately planned... vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases. Well-planned vegan diets are appropriate for individuals during all stages of the life cycle, including pregnancy, lactation, infancy, childhood, and adolescence, and for athletes."

Some vegans eat a whole food, plant-based diet which is free of processed foods such as refined sugars, oils, additives, chemicals or salt. Other vegans find familiarity in comfort foods that approximate the textures and flavors of the products they ate as non-vegans. Most geographical areas have vegan restaurants that serve plant-based versions of familiar comfort foods such as pizza, burgers and ice cream. Other mainstream restaurants can make or already serve vegan options. Grocery stores now have numerous vegan products such as almond/soy/rice/hemp milk, dairy-free vegan cheeses and meat alternatives. Search the Internet for great tasting vegan recipes!

Vegans should strive to support vegan restaurants first whenever possible. Doing so will help create demand for more vegan restaurants in your area.

Like non-vegans, vegans need to be mindful of consuming all the nutrients they need in order to be healthy. Three key nutrients that *everyone* needs to pay attention to are vitamin B12, vitamin D, and omega-3 fatty acids (1). For nutrition information:

(1) www.internationalvegan.org/nutrition
www.drfulhrman.com