

Capital Veg News

THE OFFICIAL NEWSLETTER OF THE NATIONAL CAPITAL VEGETARIAN ASSOCIATION

In this edition...

You'll be thrilled to hear that this edition of Capital Veg News is dedicated to new vegans.

We've compiled many helpful hints that both new vegans and their veteran counterparts can enjoy.

Best Regards,
from all NCVA contributors



Features

February / March 2009 Edition

2
3
4
5
6
7
8

Editor's Note
A Constructive
Approach to Veganism

Book Review -
Omnivore's Dilemma

Citrus Cake on Blood
Orange & Raspberry
Mousse

Ottawa Veg Fest '09

Vegan 101

Potluck update

Vegina Monologues



Message from the President by Pamela Eadie

The NCVA is now entering its third year, but it's still very young and is experiencing the 'growing pains' that are typical for a small, grassroots organization. There's a steep learning curve, and it can take a while to find a groove.

The same is true for people who are new to a vegetarian or vegan lifestyle. No matter how you come to it, by reasons of health, environment, or animal concerns, there's often a lot to learn and it can be difficult to know where to start.

When I first decided to go vegetarian (later vegan) about seven years ago, I turned to the Internet for information and to meet people. Where books are concerned, one good place to start is by reading *Becoming Vegan* or *Becoming Vegetarian* by R.D.'s Brenda Davis and Vesanto Melina. Or, if you're looking for something closer to home, attend an NCVA potluck or check out our online business directory.

Everyone moves at their own pace, so don't be too hard on yourself as you learn the ropes. Veg*nism doesn't need to be dogmatic, it should be a fun learning experience, and a lifestyle that you can feel good about.

I'd like to welcome Tanya Hanham as our new newsletter editor! Tanya brings great enthusiasm to this role, and would love to hear from you if you're interested in contributing. You can contact her at capitalvegnews@gmail.com.

Pamela Eadie

Welcome to the new year, Ottawa! Can you believe its 2009? It's resolution time, so perhaps some of you are contemplating becoming vegan or have already decided to do so. For those of you on this journey, this newsletter is for you. It's all about the New Vegan.

Six years ago, when I first took the leap to becoming vegan, I had no idea what I was doing. I only knew that I had to stop consuming animals. So every year, in mid January, I celebrate my veganniversary with a delicious meal to remind myself that it's not at all a hardship to be vegan...once you get the hang of things.

Each year, I learned new aspects of being vegan. The first year I started with food. I nailed down the basics by learning to cook without meat, milk, cheese, butter...no animal products at all. Then I gradually started getting skilled at reading labels, learning the by-products they sneak into all of our processed food. By the second year I was ready to tackle leather and wool and all things clothing.

Each year I made a new goal...one year was personal hygiene and cleaning products. I gradually replaced my regular items with vegan counterparts. Another year I focused on how to respond to people who were interested in my unusual diet. In these later years, I've started experimenting with activism and encouraging others to give this lifestyle a try. There are so many aspects of being vegan to explore. I'm still learning new things six years later.

After all that, I guess I should introduce myself. Hi, I'm Tanya. I'll be taking over Pamela's role as the editor of this newsletter. Since I don't have experience as an editor, I'll be learning as I go along. Just like a New Vegan. I don't expect to be a perfect editor just as you shouldn't expect to be perfect vegans. There will be setbacks for both of us so all we can do is try our best and not beat ourselves up if things don't always go as planned. So New Vegans, what do you say we take this journey together and encourage each other along the way?

Tanya Hanham

Editor's Note by Tanya Hanham



I would love to hear from you. Please feel free to contact me with any questions or comments you may have at : capitalvegnews@gmail.com.

A Constructive Approach To Veganism by Nadia Mohabir, MSc

Veganism and vegetarianism are ancient principles that have a relatively small following, and face a much larger population of indifference and opposition. Nevertheless, recent statistics from the Dietitians of Canada and the American Dietetics Association (2003) indicate that an increasing number of individuals are embracing this lifestyle, either in part or in full. Survey results indicate there are many motivations for veganism, and these ideas are not mutually exclusive. Ethical vegans believe that cruelty to animals is immoral and condone the suffering and loss of life experienced by animals. Spiritual vegans, due to religious considerations, deem the consumption of animals and/or animal byproducts to be inherently wrong. Other vegans may choose to forgo animal consumption for health improvement, environmental impact, unpalatability or other reasons. While the components of vegan ideology are varied and numerous, so too are the convictions presented by omnivores. Herein we discuss some of these views and address their resolution with a constructive approach:

Animal consumption is natural - we have evolved to eat animals. It is clear that humans are capable of digesting both plant and animal products. While both a plant-based diet and omnivorous diet can provide sufficient energy and nutrients to maintain health, it is interesting to note that a purely carnivorous diet is lacking in the essential components of a healthful diet. While it might thus be tempting to argue that humans have evolved beyond a meat-based diet, evolutionary biology provides no conclusive evidence to suggest that either vegans or omnivores are superior to one another. In fact, evolution is a continual process of natural selection. All species, including humans, show gradual adaptation under the influence of external factors. There can be no final or even ideal state for humans as the environment itself undergoes change. Thus, it is impossible to predict how humans will continue to evolve with respect to diet or otherwise.

Vegan food is bland and unpalatable.

Vegan cuisine tends to have a reputation for being monochromatic, tasteless and/or eccentric. When prepared correctly, vegan food is truly beautiful, healthy and delicious. The greatest disservice that a vegan can do for omnivores is to poorly prepare a meal that will act as the conclusive factor for a curious onlooker. Unfamiliar foods, in particular, whether tofu, tempeh or bean-based, should be balanced with well-prepared engine can provide a host of vegan recipes ranging from easy to complex with accompanying pictures which are often key to first experiments in the kitchen.

Continued on page 3

"When prepared correctly, vegan food is truly beautiful, healthy and delicious."

Vegan food is bland and unpalatable.

Vegan cuisine tends to have a reputation for being monochromatic, tasteless and/or eccentric. When prepared correctly, vegan food is truly beautiful, healthy and delicious. The greatest disservice that a vegan can do for omnivores is to poorly prepare a meal that will act as the conclusive factor for a curious onlooker. Unfamiliar foods, in particular, whether tofu, tempeh or bean-based, should be balanced with well-prepared recognizable dishes. Any search engine can provide a host of vegan recipes ranging from easy to complex with accompanying pictures which are often key to first experiments in the kitchen.

A vegan diet lacks proper nutrients.

Any unbalanced diet will lack the nutrients essential for good health and such diets can lead to serious health complications. Importantly, any individual who is unable to maintain a healthy diet should consume a daily multivitamin, on the advice of a physician. Particular concerns for vegans include adequate intake of B12 and D vitamins,

calcium, iron, and omega-3 fatty acids, all of which are most often obtained from animal sources. These nutrients can also be found in fortified foods such as soy beverages, meat analogs and breakfast cereals. In addition, vitamin D is synthesized by the body upon exposure to sunlight. Calcium and iron are found in legumes, beans, nuts and dark, leafy vegetables. Levels of omega-3 fatty acids are high in flaxseed, which can be ground and sprinkled on cereal, in soups and in yogurt in the amount of one teaspoon per day. More detailed information can be obtained from Canada's Food Guide, A New Food Guide for North American Vegetarians and the Position of the American Dietetic Association and Dietitians of Canada: Vegetarian Diets. These resources together determine the healthful diet of Canadians, and the resounding consensus is that a vegetarian diet is a healthy approach to eating.

There is no reason to become vegan.

Veganism appeals to a wide range of individuals for different reasons, and not all individuals will share the same view. As described above, ethical, spiritual, medical, environmental and epicurian considerations have varying levels of importance. It is

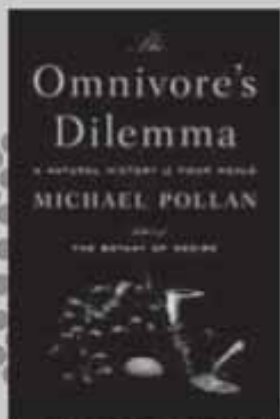
impossible to force others into a decision, and that should not be the goal of any vegan. Rather, information must be presented in order to be assessed by an individual who may or may not be ready to make a transition. Important decisions take time, effort, and careful consideration, and it is fundamental to respect the rights of all human beings to make their own choices.

In conclusion, a vegan lifestyle should be a deliberate decision undertaken by an individual who truly wants it. While we, as vegans, strongly believe in our own personal choices, it is important to encourage and teach new vegans in a positive manner by offering access to resources, support, reliable information and fantastic food.

Information in this article is not intended to replace the advice of a physician or dietitian. Please consult your licensed healthcare professional regarding any modifications to your health regimen.

Nadia Mohabir, MSc (Medical Sciences), is an ethical vegan, a member of the NCVA and Executive Chef of Morsel Foods (morselfoods.com), a supplier of delicious, vegan and fair-trade foods in the National Capital Region.

Nadia Mohabir



Book Review Omnivore's Dilemma by Michael Pollan by Hannah Dayan

According to Statistics Canada, the average Canadian family spends approximately 11% of their total income on food – about \$6800 on average per year. I couldn't find a breakdown of this spending, but a quick scan of the shelves in the grocery store can be pretty revealing - there are a huge number of convenient, pre-packaged foods. Add in the fact that we live in a pretty busy, fast-paced culture – eating has become about convenience – how fast can we prepare, consume and nutritionally benefit from our food.

Our culture also counts on the media, whether it be televised or webcast, to tell us what to eat – more of this, less of that. Marketers also know that using key words will influence our grocery purchasing – organic, grain fed, pesticide-free to name a few.

Michael Pollan decided to do some research and answer some questions about where our food actually comes from. Omnivore's Dilemma is a summary of three "food chains" – Industrial, Pastoral and Personal.

Continued on page 4

“This direct experience adds to the quality of the information he provides, giving it a little bit of a “reality TV” flavour.”

The industrial food chain includes the corn industry and the mass production of food. This is all about fast food and the fattening up of a nation.

The Pastoral food chain starts with grass. This is what grazing animals were meant to eat (and not corn). Pollan also describes the reality of organic foods - that they too, because of the high demand, have become mass produced and aren't as ethically palatable as we might like them to be.

In the final section, the Personal Food Chain is the most labour intensive for the eater - hunting and gathering. Pollan discusses an obviously important aspect of eating - the ethics of eating animals.

The thing that made this book such an interesting read, other than the obvious fact of learning about the food industry, is that it isn't simply a summary of research. Pollan experiences life as a farmer, as a hunter and even as a vegetarian. This direct experience adds to the quality of the information he provides, giving it a little bit of a “reality TV” flavour. Some sections can be a little graphic, and made me feel a little queasy (he even admits to his own queasiness at times).

The dilemma of omnivores is that eating isn't a matter of consumption - it can be a matter of high or low carb, life or death (e.g. eating wild mushrooms or berries), religious (kosher or halal), ethics (vegan or omnivore), sit down dinner or fast food... Eating a meal has become a pretty major decision.

Pollan takes us on an eye opening tour of the food industry and reminds us that eating and food HAS indeed become an industry. He reminds us that eating from any of the food chains has an impact - on the environment, on our health and on our culture.

Hannah Dayan

Citrus Cake on Blood Orange & Raspberry Mousse with Vodka-Blueberry Glaze by Ben Kaelan René

Valentine's Day is coming up! If you're planning a romantic dinner with the object of your infatuation, I have a special treat for you. While my gay-Martha Stewart skills in the kitchen have yet to pay off in the dating department, I thought I best try to score major brownie points with Cupid, this year. Ergo, here is a lovely recipe that should help you knock the socks off your mate (or other undergarments, for that matter), this Valentine's Day.

Citrus-Kissed Cake

½ cup unbleached flour
½ cup whole wheat pastry flour
1 tbsp baking powder
1 pinch of salt
¼ cup canola or safflower oil
1/3 cup agave nectar
¼ cup orange juice
¼ cup soy milk
1 tsp finely grated orange rind
1 tsp finely grated lemon rind
1 teaspoon pure vanilla extract

1. Preheat oven to 350 Fahrenheit and oil a mini-cheesecake pan or mini muffin pan.
2. Sift together dry ingredients into a large bowl.
3. Wisk together the wet ingredients
4. Add the wet ingredients to the dry ingredients and stir together until “just mixed” (don't overmix!)
5. Pour the batter into mini-cheesecake molds (makes 12, depending on the pan.)
6. Bake for 20-25 minutes until it passes the toothpick test. Let cool for 10 minutes, run a knife along the edge and release each cake from of its mold.



Continued on page 5

Blueberry-Vodka Glaze

1/3 cup vodka
1 cup fructose
1/2 cup blueberries, each lightly squished open using two fingers.
1 tsp kudzu mixed with
1 tbsp vodka

1. Add the vodka and fructose to a small saucepan and simmer over medium-high heat until the color starts to brown and bubbles start to form.
2. Add blueberries and allow for them to stew for two minutes; the mixture will turn a bright purple. Strain mixture through a fine mesh strainer.
3. Return to stovetop and allow mixture to reach boiling point. Add kudzu-vodka mixture and wait until mixture returns to boiling point.
4. Place the mixture in an airtight container and allow to cool in the refrigerator for 4 hours.



Blood Orange & Raspberry Mousse

2 cups Sarah's blackberry & white grape juice
1/2 cup soy milk
4 tbsp of agar flakes (1 bar)
1 tsp finely grated blood orange rind
1 pinch of salt
1 cup raspberries
1/2 cup blood orange juice
1/2 cup blood orange supremes (membranes removed)
1/2 cup light agave nectar
1/4 cup soy milk
2 tbsp kudzu

1. Using a high speed blender, blend the raspberries, blood orange supremes, blood orange juice and agave nectar to a smooth mixture. Set aside.
2. In a large saucepan, add the juice, soy milk, agar flakes, blood orange rind and salt. Stir regularly on medium heat until the mixture starts to boil. Lower heat and simmer until agar flakes are completely dissolved.
3. Add the fruit mixture to the saucepan and increase the heat slightly.
4. In a small bowl, make a slurry out of the soy milk and kudzu.
5. When the mixture starts to lightly bubble, add the soy milk slurry to the mixture and whisk together. Allow for the mixture to start bubbling again and remove from heat.

To assemble: pour enough liquid to fill a martini glass 1/4 full. Add the mini-cake and pour the rest of the mixture, almost to the rim. If your mini-cakes are too small, cut one in half and anchor the full-sized one on top of the smaller one. Refrigerate for at least 2 hours, until set. Drizzle with blueberry glaze and top with fruit

Ben Kaelan René

Get ready for the event of the year: Ottawa Veg Fest '09!

The countdown is on for what will be Ottawa's most exciting veg-related event of the year, Ottawa Veg Fest '09, which will be held May 31, 2009.



Veg Fest is being organized by the National Capital Vegetarian Association, and is sponsored by **The Table Vegetarian Restaurant** (1076 Wellington Avenue). Other sponsors include Rainbow Natural Foods, Market Organics, and Farm Sanctuary.

The event will feature displays by veg-friendly local and national companies and organizations, food demonstrations, guest speakers, and much more. The NCVA is thrilled to have Brenda Davis, R.D. as Veg Fest's keynote speaker.

Brenda is the co-author of six books - best-sellers, *Becoming Vegetarian*, *The New Becoming Vegetarian*, *Becoming Vegan and Defeating Diabetes*, *Dairy-free and Delicious*, and the newly released, *Raw Revolution Diet*. She is currently working on a 7th book to be released in the summer of 2009.

For more information on Veg Fest '09 as it evolves check the NCVA's Web site frequently: www.ncva.ca.



Made with vegetable & grain ingredients
A good source of protein
Meatless | Low fat
Cholesterol free



itsallgoodfoods.com



FORMERLY THE NATURAL FOOD PANTRY
126 YORK ST, OTTAWA
WWW.MARKETORGANICS.CA

For your best in:

- Vegan and vegetarian foods, treats and ready-to-eat items.
- Organic produce and bulk foods
- Vegetarian friendly supplements
- Health & Beauty Products
- Specialty diet alternatives
- Gluten free alternatives

PH: 613-241-6629

Vegan 101 by Tanya Hanham

Veganism is slightly different from vegetarianism: it's not just the eggs and milk veto. Being vegan is a lifestyle. The goal is to eliminate the use of animals and their by-products from your life. While it may sound intimidating at first, I assure you, it's attainable without going insane.

Some of you may be unaware of the dietary element of the vegan lifestyle. This is really the meat - er...the crux of veganism. The first part of eating vegan is a no-brainer, especially if you're already vegetarian. You Basically, meat is off the menu. Gone are milk, cheese, sour cream, yogurt and other milk-derived products. And we mustn't forget the eggs; these are also out!

Finally, there are products you might overlook: gelatin, chicken broth, fish sauce, honey... The list goes on and can be as exhaustive as you would like it to be. Should you accidentally eat something you wish you hadn't, the key is not to give up. Just push the reset button and start again. It can be tricky, but you'll get the hang of it.

I get a lot of questions about eating vegan and I would like to share them with you. Instead of a boring FAQ, let's pretend I'm chatting with my friend Newbie Vegan Joe. He has a few questions for me:

Other than veggie burgers, what else can satisfy my meat cravings?

There are tons of options. Tofu is delicious, once you figure out how to prepare it to your liking. Find a good vegan cookbook and try out a few recipes. Tempeh is also part of the soy family. It's really tasty and the texture is a bit firmer than tofu. Less known to the general public, is seitan. It's often the stunt meat that people end up liking best. I use seitan to make a "beef" stew that satisfies even the staunchest of meat lovers.

What about cheese? It's going to be hard to live without cheese.

This is something I hear very frequently. There are two ways to tackle the cheese issue: you can either go the fake cheese route or just say buh-bye and do without. I'm in the latter camp, mostly. I don't miss cheese despite having been an avid cheese lover in my non-vegan days. I find that if you have well-seasoned food, you don't need to drown it in cheese. However, this is not the popular vote and I respect that. Lots of people give fake cheese a try. There are many

on the market these days. Notable ones include: Teese, Sheese and Vegan Gourmet. Also, if you are a diehard, try the Uncheese Cookbook by Joanne Stepaniak.

There are so many non-dairy milks! What do you recommend?

Good question, Newbie Vegan Joe. Unfortunately, this is also dependent on personal tastes. You're going to have to do the legwork yourself. I prefer Almond Breeze®, but ask Pamela or Laila, and they will probably confess to liking something else. I am certain you will find a milk-alternative you like. Eventually, you may even forget the taste of cow's milk altogether.

What about all those pesky animal by-products found in processed food? Must I become a label reader?

Unfortunately, if you want to do this well, you have to squint and read those labels. You'd be surprised at how many of your regular products contain modified milk ingredients, lactose, whey etc. Do some research and learn the regular no-nos. Try your best, but don't make yourself so crazy you quit.

Can you recommend some good cookbooks?

You don't have to become a gourmet chef, relying heavily on convenience foods can be expensive. I suggest you give it a shot. Since becoming vegan, I feel much more comfortable in the kitchen and developed a passion for cooking. Some of the big cookbook authors are Dreena Burton, Bryanna Clark Grogan and, my personal favourite, Isa Chandra Moskowitz. You can't go wrong with any of their books.

I have a sweet tooth. Is vegan baking challenging?

Vegan baking is surprisingly easy. The hardest part is finding good recipes. Refer to the authors mentioned above and you'll be wowing your friends, at your next get-together, with fancy cupcakes and delicious cookies. I hear "those are vegan?" a lot when I share my baked goods with friends.

I think I can do this, but I probably need further reading. What do you recommend to learn about nutrition for vegans?

I recommend Becoming Vegan by Brenda Davis, R.D.

Good Luck Newbie Vegan Joe, I know you can do this!

Tanya Hanham

Support the NCVA

Donate: \$20 \$50 \$100 \$

The NCVA does not issue membership cards, and we only accept cash or cheques - you can pay via credit cards online at www.ncva.ca

Name: _____

Address: _____

City: _____ Postal Code: _____

Phone: _____ Email: _____

Please contact me about volunteering

Please subscribe me to your the newsletter

Mail to: NCVA, 3-878 Bermuda Avenue, Ottawa ON K1K 0V9

The NCVA is a not-for-profit membership-based organization created to educate the public about the health benefits of a plant-based diet for the improvement of public health. Our goal is to reach as many people as possible - whether or not they are vegetarian.

Why join - Member benefits

Support a Healthier Community

The more people we reach with our message, the healthier the population in the National Capital Region

Local Discounts

The NCVA is working with local businesses to establish a member discount card

Making Life Easier for You

We are working for you to increase the number of businesses that accommodate plant-based diets

Take Action

Volunteer with the NCVA or run for the board of Directors

Be Heard

With a large membership base we can act as a representative voice in the National Capital Region

Need veg resources? Check out Web site!

Page 6

Mark Your Calendars!
The potluck dates are in!



March 14 • April 11 • May 9



Wild Oat

BAKERY
ORGANIC
FAIRTRADE
VEGETARIAN CAFE

817 Bank St (at Fourth)
(613) 232-6232

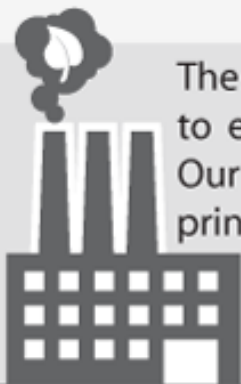


HEALTHY
ORGANIC
FRESH



the table

www.thetablerestaurant.com



The NCVA is committed to eco-friendly practices. Our newsletters are now printed on FSC paper.

Vegetarian Foods
Organic Food & Produce
Vitamins & Herbs
Natural Body Care
Gluten & Peanut-Free Products
Professional Staff
Open 7 Days a Week

rainbowfoods
natural foods

Ottawa's Complete Health Food Store



www.rainbowfoods.net (613) 726-9200
1487 Richmond Rd. at Carling

rawnutrition.ca

Online Shop featuring Vegan Raw Foods,
Dehydrators, Juicers, Sprouters, Vita-Mix

www.rawnutrition.ca

1-888-649-8025

100% Raw Vegan

- crackers
- energy bars
- burgers
- puddings
- cookies
- sprouted trail mix

certified organic & free of any kind of additive, artificial coloring or preservatives

www.bio-sphere.ca



WWW.LIEUTENANTSPUMP.CA



LIEUTENANT'S PUMP
BRITISH PUB

361 ELGIN STREET • 613-238-2949

GREAT SELECTION OF VEG DISHES
NCVA MEMBERS GET 10% OFF MEALS

The Vegina Monologues by Richard Deneault

Greetings fellow parsnip lovers (to be honest, I don't actually like parsnips - just because I'm a vegetarian doesn't mean I love each and every vegetable!) This is the first in what I hope will become a series of personal articles on my journey as a vegetarian through a meat lover's world. Living in an omnivore's world is never that simple; Michael Pollan's work aside, many of them do not see a dilemma in their lifestyle choice. Far be it from me to suggest otherwise - I have enough trouble fighting off my own taste buds at times. As such, below is not any sort of indictment of anyone's personal choices, but rather reflections on the part of a vegetarian who at times struggles to uphold the morals of such a title, and who at other times strives for the avocado laced roads to veganism!

I now present the top 5 most difficult situations for vegans and vegetarians. These are listed in no particular order, and reflect my own personal situation.

5 - The hockey game hot dog

Of all the bastions of North American cultural experiences, sporting events rate pretty low on our otherwise indulgent gastronomic adventure. This applies to most social outings: the theater, music concerts, and even most tourist locations. Simply put, one does not attend a live sporting for the food. Forgetting for a moment any semblance of a vegetarian diet, there is very little food of ANY nutritional value at a hockey arena: potato chips, cola, chocolate bars, popcorn.... Let us not forget, the poster boy of sports food: the hot dog. Hot dogs - despite how little meat they may contain - will send any self-respecting vegetarian running for the hills (vegans must be miles ahead, hiding under a rock). So what is a hungry vegan or vegetarian to do at a sporting event? Other than gulping down beer after beer, not much. Attending sporting events usually requires some forethought and planning; grab dinner before the game and indulge by sneaking some trail mix in your pocket!!

4 - Your mother's turkey dinner

By far, the most common eating dilemma for any vegetarian or vegan to face is confronting their lifelong food provider. Few of us are fortunate enough to be raised in a vegetarian-friendly household. Most have experienced the lamentable cry of outrage by a parent upon hearing that you have renounced meat. Had you announced that you were a serial killer, fewer problems would have ensued! Simply put, a general lack of information on vegetarian or vegan diets cause mothers (and hopefully fathers) to worry about (what they view as) "a poor dietary regime." Faced with such difficulty, mealtime can become problematic. This is especially true of annual holidays or family events that typically include a variety of animal products. Offering your help in the kitchen or cooking your own dishes to serve to others can help them to be more accepting. After all, omnivores don't turn down good food (note to reader: become a decent cook for this strategy to work!)

3 - A cultural spit roast

As a vegetarian, what I often find most difficult is dealing with my own desire to sample cuisine from other cultures and countries. In Canada, we are lucky to have the many sound dietary options available to us, though it may not be obvious when looking at the choices most people make. When I visit other countries, I have an innate desire to taste their food and experience their dishes. Beyond such ethical barriers, the simple fact is that in some areas of the world, you would be hard-pressed to travel on a vegan diet. Your best bet is to research tour companies that offer vegetarian or vegan-based packages. Notwithstanding this, visiting local markets and grocery stores will allow you to prepare food to carry with you during your travels within your chosen destination.

2 - Summertime BBQ

This activity is actually becoming easier for vegetarians and vegans. There is a growing selection of vegan hot dogs, burgers and other tofu-based foods which make it quite simple to attend communal events with your own food. Most people likely won't realize that you are eating non-meat alternatives. If you wish for your food to be cooked on a separate surface from the ones cooking meat, you may encounter some difficulty. In this case, you may need to be creative and bring your own grill or pan. A point to bear in mind here - thank goodness beer is vegan. [Editor's note: unfortunately not all beer is vegan. If you want to find out which ones are, go to www.barnivore.com/beer/]

1 - Pizza anyone?

Finally, the group pizza order. Should you often find yourself in social outings that involve pizza, you may find it difficult to "fit in". A friend of mine, who was raised vegetarian from birth, tells me that when he was a kid, he attended birthday parties where pizza was served. As he recalls, his friends' mothers usually encouraged him to simply "pick the pepperoni off." Well, that is one solution, although one I think most readers would rather avoid. If you are vegetarian, this difficult situation can be manageable. Usually, groups will have no issue with simple cheese pizza. For vegans, the pizza order can be grating. Just hope they don't ask you to contribute \$5 for your share, which you won't end up eating!

Richard Deneault

Capital Veg News

Advertise in Capital Veg News - For more information visit ncva.ca

1 Issue: \$42 +GST or 6 Issues: \$227 +GST

Capital Veg News is published six times per year, with 1,000 copies printed and hundreds more distributed electronically.

Co-Editors: Tanya Hanham & Ben Kaelan René

Designer: Ben Kaelan René

Join us for a potluck!

Page 8