

Yes! I pledge to choose vegan foods for 7 days as a simple yet effective way for me to help protect the planet, my health, and animals!

NAME: _____

STREET: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

EMAIL: _____

Currently, I eat:

- All types of meat Only chicken and turkey
 Only sea animals Vegetarian

Reasons for trying a vegan diet:

- Health Environment Animals
 Yes! Please send me a Vegan Starter Pack*

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*Request will be fulfilled by VegFund/Compassion Over Killing