

VegFund “Ask-A-Vegan” Table

VegFund is willing to PAY top-notch vegan activists to sample out great vegan food and distribute educational literature!

We have found that one of the easiest and most effective forms of vegan activism is to table at a natural food store or member co-op. The people shopping at these stores are frequently well educated and environmentally aware. Managers there are often happy to have you sample out store products (inside the store!) because they won't have to pay someone on staff to do it. As a result, you will very likely get FREE vegan food to draw people to your table full of vegan literature.

A few of us have done this many times and call our tabling “Ask-A-Vegan.” It has been very successful. Many people want to know what motivates a vegan and how you are able to follow the lifestyle. You don't have to have all the answers because you will have lots of literature for them to take. You just need to be positive, polite and answer any questions as honestly as you can. You can even get people to sign up for a local vegan group email newsletter, if you have one.

This form of vegan outreach has proven to be the best, cheapest and most rewarding of almost any other we have tried! Simply visit the manager of a store in your area and make your pitch. When he/she agrees, be sure to follow all directions and leave the sampling area cleaner than when you arrived. The store will most likely want you to come back regularly. We do it for four hours (typically on a Saturday when it is the busiest), near the front door and four to six times a year/store.

Here is a checklist of things you will need (anything not available free through the store or from your home, VegFund will reimburse you, with pre-approval):

- 6 or 8' table (store may have this)
- Ask-A-Vegan table sign
http://www.vegfund.org/files/Ask_A_Vegan_Table_Sign.pdf
- Tablecloth
- serving bowls
- display plates
- napkins
- fancy toothpicks
- cooler
- ice cubes (to keep food cool in bowls)
- sanitary gloves
- cutting board
- sharp knife
- vegan literature and starter kits (VegFund pays for)
- wastebasket
- digital camera (to capture some of the action :)

Prepackaged food items we regularly use that the public loves (all of these foods can be eaten by hand or with a toothpick, thus minimizing waste and work):

- pre-packaged baby carrots
- organic blue corn chips
- whole grain crackers
- red pepper hummus from Tribe (or the store's own recipe, if good)
- baked teriyaki tofu (cut into dozens of cubes & served with toothpicks)
- cookies (maybe from the store bakery - free!)

What we need from you:

- Store name and location
- Manager/owner's name and phone number who approved tabling
- Date and time of your tabling
- Hours you worked table (minimum 4)
- Complete set of photos of table, location of table and people sampling food
- Receipts for items not covered by store
- An address to send a check for expenses and an additional \$100 for your efforts!

Applications for "Ask-A-Vegan" outreach will get preference over all other applications. We will waive the 30 day submission requirement and fast track you for up to an additional \$100 in expenses. Visit your local natural food store or co-op today and workout the details prior to applying!