SPECIES UNITE
VEGAN NIGHTS

Your one-stop guide for an awesome plant-based evening with friends and family.

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WELCOME

AND THANK YOU FOR DOWNLOADING YOUR FREE PLANT-BASED DINNER GUIDE!

Vegan Nights is a celebration of plant-based foods and a way for vegans (and non-vegans, too) to share tasty plant-based dinners with friends, family, neighbors, or anyone that you want to invite. And, if the cheffing part is too much for you, you can always order a vegan meal from a restaurant - it counts too.

The point is to share a really good meal with anyone in your circle and to talk about what it means to eat plant-based - meaning how delicious it is, how adventurous it can be, how abundant the food is, and how joyful it makes you feel, or anything else.

And if you’d like to liven up your evening a bit, our guide includes film and activity recommendations, too! So, share a feast, watch a documentary, take a quiz, create whatever kind of plant-based evening your heart desires.

Enjoy and have fun!

Elizabeth Novogratz
Species Unite Founder

P.S: We'd LOVE to see photos from your plant-based dinner. We'll be sharing and reposting photos on our Instagram - just be sure to tag @speciesunite or use the hashtag #SpeciesUniteVeganNights! Or if email is more your thing, send your snaps to hello@speciesunite.com.
VEGAN TOFU RAMEN

METHOD

1. Prepare the vegetable stock and add to a large pot along with the remaining broth ingredients.
2. Bring to the broth to a boil and simmer for around 30 minutes. Meanwhile, prepare the remaining ingredients for the ramen.
3. Cook the noodles according to instructions, drain and rinse with cold water.
4. Cube the tofu and pan fry (or bake) in a little oil until crisp and golden.
5. Slice the pak choi in half lengthwise and sear on a hot frying pan for around 2 minutes per side.
6. Gently fry the remaining vegetables until cooked as desired.
7. Divide the cooked noodles into serving bowls and add the cooked tofu and vegetables.
8. Strain the broth and ladle over the ramen, then serve immediately.

INGREDIENTS (SERVES 2):

For the broth:
- 2 garlic cloves
- 3 inch ginger
- 1 tbsp miso paste
- 34 us fl oz vegetable stock
- 2 tbsp soy sauce (or tamari)
- 1 tsp agave syrup

For the ramen:
- 4 oz ramen noodles (or rice noodles)
- 4 oz firm tofu, fried
- 4 oz carrots, julienne
- 1 head pak choi
- 2 oz mushrooms
- 2 oz corn

No-Bake Lemon and Date Cheesecake

METHOD

1. First create the crust by blending together the oats and hazelnuts. Then, add the soaked raisins and mix again.
2. Line the sides of a cake tin (15 cm in diameter) with baking paper. Add the crust mixture to the tin and press down well. Store in the fridge while preparing the cashew dough.
3. To create the cashew dough, transfer the soaked cashews into a blender or a big bowl. Add the juice and peel of a lemon, a pinch of salt, the coconut milk (just use the thick, dense part of the coconut milk) and fresh dates.
4. Mix everything together to create a smooth, creamy dough-like substance.
5. Add the cashew dough to the cake tin, then decorate the top with rose flakes and raw pistachios or coconut flakes.
6. Freeze for 2 hours or refrigerate overnight (or 8 hours). Then serve and enjoy!

INGREDIENTS:

For the crust:
- 1/2 cup of oat flakes
- 1/2 cup hazelnuts, minced
- 1/2 cup of soaked raisins (soak for 3-4 hours)

For the cashew dough:
- 1x 1/2 cup of soaked cashews (soak for 8 hours or overnight)
- 400g can of coconut milk (we recommend storing in the fridge overnight)
- 1 lemon
- 15 fresh dates (remove the pits)
- A pinch of Himalayan salt
- Optional: vanilla extract

Recipe by Josie Walshaw
Recipe by An Apple a Day
**PEANUT BUTTER MACADAMIA CHOCOLATE FUDGE CAKE**

**INGREDIENTS:**
- 1.5 cups brown rice flour
- 1/4 cup oat flour
- A pinch of salt
- 1 tsp baking powder
- 1 tsp ground cinnamon
- 2 tbsp chia seeds
- 1/2 cup cocoa powder
- 1/3 cup coconut sugar (more if necessary)
- 1 tbsp vegan butter, melted
- 1 tsp pure vanilla extract
- 1/3 cup creamy peanut butter (more or less depending on taste)
- 1 cup non-dairy milk
- 3-4 tbsp macadamia nut meal
- 1/4 cup semisweet chocolate chips + a dab of vegan butter, all melted
- Optional: toppings such as coconut flakes or dried goji berries

**METHOD**
1. Preheat oven to 350 degrees. Spread a thin layer of vegan butter or olive oil in a small baking pan.
2. Combine the flours, salt, baking powder, cinnamon, chia seeds, cocoa powder and coconut sugar in a large bowl and mix well. If you don’t have or want to use oat flour, just omit it and add an extra 1/4 cup of brown rice flour instead.
3. Melt the butter and add the peanut butter to it. Whisk together to help it soften before adding to the dry mixture.
4. After soaking the raw macadamia nuts overnight, drain and rinse them. Then put in the blender with some fresh filtered water and blended until as smooth as possible. Then strain to separate the milk from the leftover nut pieces (nut meal). Top tip: store the homemade macadamia nut milk in the fridge and use for your tea, coffee, or cereal!
5. Add your butter/peanut butter mixture, vanilla extract, non dairy milk and nut meal to the dry ingredients. Stir well and adjust ingredient if needed (if it’s dry add more milk, if it’s too thin add more peanut butter or flour).
6. Pour the batter into a baking pan and put in the preheated oven for about 10-15 mins.
7. Melt some semisweet chocolate chips with a little vegan butter and smooth over the finished cake like frosting. Sprinkle coconut flakes and dried goji berries on top and enjoy!

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**LOADED BAKED SWEET POTATO**

**INGREDIENTS:**
- 2 sweet potatoes
- 3.5oz tempeh
- 7oz cannellini beans
- 2 small onions
- 1x clove of garlic
- 3.5oz frozen kale
- 1x 1/2 cup crushed tomatoes
- 2lbs tomato paste
- 2lbs grape-seed oil
- 1/3 tsp salt
- 1/4 tsp red pepper flakes
- 1lbs hemp seeds
- 1lbs nutritional yeast

**METHOD**
1. Preheat the oven to 400°F
2. Wash and scrub your sweet potatoes, then pat dry and place onto a lined baking tray. Using a fork, poke a few holes in the sweet potatoes and bake for 60 minutes, or until soft on the inside and crispy on the outside.
3. Grate the tempeh and peel and dice the onions.
4. Heat the grape-seed oil on medium heat in a pan, and sauté onion and tempeh for 5 minutes
5. Season with salt and red pepper flakes, then press 1 clove of garlic into the pan and add the crushed tomatoes, tomato paste, cannellini beans, and kale. Continue to cook for a few minutes, stirring regularly.
6. After 60 minutes, the potatoes should be ready. Be sure to check them with a knife (if the knife goes in softly, they are cooked). If they’re still a bit hard, bake them for a further 10 minutes.
7. Finally, slice the sweet potatoes lengthwise and load them with the filling from the pan. Sprinkle with hemp seeds and nutritional yeast, and enjoy!
HEARTY BAKED LASAGNE

INGREDIENTS

For the vegetable layer:
- 2 tbsp olive oil
- 1 large yellow onion, diced about 2 cups
- 6 garlic cloves, minced
- 2 cups carrots, sliced into thin rounds
- 16 oz sliced cremini, shitake or white button mushrooms
- 3 cups corn, fresh, canned, or frozen and defrosted equivalent of 2 - 15 oz. cans
- 6 cups fresh spinach, chopped
- 2 1/2 tsp salt

For the tofu ricotta layer:
- 2x 14 oz packages firm tofu, drained
- 1 2/3 cup nutritional yeast
- 1 tsp garlic powder
- 2 tsp sugar
- 1 tsp salt
- 4 tsp dried oregano
- 1 tbsp dried rosemary

For layering lasagne:
- 16 oz no boil lasagne noodles
- 2x 25 oz jars marinara sauce
- 1x 15 oz can marinara sauce
- Store bought vegan mozzarella (or try Beantown Kitchen’s cashew parmesan)
- 1/2 cup fresh cilantro, chopped, to garnish

METHOD

For the vegetable layer:
1. In large pan, heat olive oil or water over medium high heat.
2. Saute onions for 5 minutes with a pinch of salt adding more water, 2 tablespoons at a time, if necessary.
3. Add garlic to the pan and saute for 30 seconds.
4. Add carrots and mushrooms, salt and more water if necessary.
5. Cook for 7-10 minutes until liquid from mushrooms has been released and mostly cooked off.
6. Stir in the corn and spinach and saute for a minute or so until the spinach has just wilted.

For the tofu ricotta layer:
1. In a large bowl, use a potato masher or strong fork to blend all of the ingredients.

For layering lasagne:
1. Preheat the oven to 375°F.
2. Line the bottom of a 9X12 or 10X13 (preferable) baking dish, with marinara sauce. Be sure, when layering the lasagne, to reserve enough sauce to cover the top layer of noodles.
3. Top with a layer of noodles, 1/3 of the ricotta mixture, 1/3 of the vegetable mixture and a layer of sauce. Repeat this step two more times.
4. Top with a final layer of noodles and remaining sauce.

Baking the lasagne:
1. Cover with foil and bake for 40 minutes.
2. Remove the pan from the oven and top the lasagne with cashew parmesan or vegan mozzarella.
3. Bake, uncovered, for an additional 10 minutes.
4. Let sit for 15 minutes. Garnish with cilantro, slice and enjoy.

Recipe by Beantown Kitchen

Recipe by Beantown Kitchen
DON’T FEEL LIKE COOKING?
NO PROBLEM.

From award-winning restaurants to trendy food trucks, there are plenty of apps showcasing the best of plant-based food delivery options near you, whilst helping to support local businesses and communities. Here are the ones we recommend:

A HAPPY COW has been the number one source for vegan and veg friendly restaurants in 180+ countries since 1999. The app is teeming with vegan restaurants, pop-ups, delivery services, and more, helping you find some of the tastiest plant-based grub in your area.

Download the app on iOS and Google Play for $3.99, or visit HAPPYCOW.NET to use their services for free.

SUGGESTION: Potlucks are also a great way to bring everyone together - each guest contributes a different, often homemade, dish of food to be shared. If your guests are struggling for inspiration, we recommend checking on speciesunite.com/vegan-recipes for recipes, and speciesunite.com/news-stories/best-vegan-cookbooks for our favorite vegan cookbooks.

ABILLION is a free to review platform that allows users to discover and rate vegan food, from supermarket finds to restaurant dishes. One of the great things about abillion is that it makes it easy for you to plan your next meal. You can find vegan dishes near you and filter results by cuisines, categories, distance, prices, and ratings!

Visit ABILLIONVEG.COM to learn more, and download their easy-to-use app today on iOS and Android.

FOR HOSTS IN THE U.S., head to speciesunite.com/news-stories/-black-owned-restaurants to find and support the black-owned plant-based eateries in your state.

SUGGESTION: Why not spice things up a bit by asking your guests to take part in a cooking competition? Everyone brings their own dish and you (the experienced vegan) pick the winner!
Want to chill with a movie after dinner? Here are our award-winning documentary and film recommendations to inspire, entertain, and inform your friends or family.

**RECOMMENDED FILM**

**OKJA**

**SYNOPSIS:**

For 10 idyllic years, young Mija has been caretaker and constant companion to Okja - a giant, gentle, lovable pig and an even bigger friend - at her home in the mountains of South Korea. But that changes when a multinational conglomerate Mirando Corporation takes Okja for themselves and transports her to New York, where image obsessed and self-promoting CEO Lucy Mirando has big plans for Mija’s dearest friend. Mija sets out on a rescue mission.

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**OTHER FILM RECOMMENDATIONS**

**FOR ENVIRONMENTAL ENTHUSIASTS:**

**Conspiracy:** a filmmaker uncovers the most destructive industry facing the planet today – and investigates why the world’s leading environmental organizations are too afraid to talk about it.

**Seaspiracy:** passionate about ocean life, a filmmaker sets out to document the harm that humans do to marine species - and uncovers alarming global corruption.

**FOR ANIMAL ADVOCATES:**

**Eating Animals:** an unsettling documentary about how agribusiness resorts to ever greater squalor and cruelty.

**’73 Cows’:** shows the journey of one farmer who transitions away from meat farming after he becomes “friends” with the animals he was raising for slaughter.

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In a poll of 8,000 vegans, 42% said that an instructional video, book, or film had motivated them to adopt the lifestyle.

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Did you know, there was a 65% increase in the number of Google searches for the term ‘vegan’ in the six weeks following Okja’s launch?
Why not liven up your evening? Here are our game, quiz, and activity suggestions:

1. **Cows Need to be Pregnant to Produce Milk.**
   
   **TRUE:** Cows are mammals just like humans and therefore need to be pregnant in order to produce milk. Dairy cows are either pregnant or have just given birth for the entirety of their lives.

2. **Flying is Responsible for More Greenhouse Gases than the Animal Agriculture Industry.**
   
   **FALSE:** Farming animals for food is responsible for more greenhouse gases than the world’s transportation systems combined including planes, cars, trains, and boats.

3. **Vegans Can Be Professional Athletes.**
   
   **TRUE:** There are a growing number of professional athletes who are vegan. A few of the many examples include Kendrick Farris a US Olympic weightlifter, Colin Kaepernick a former NFL player and current civil rights activist, and Tia Blanco a gold medalist surfer.

4. **Vegans Only Eat Healthy Food.**
   
   **FALSE:** Although many people choose to be vegan for health reasons there are many vegans who are not health conscious. Vegan food includes many types of fast food, ice cream, pizza, chips, cookies, fried foods, candy, sodas, and alcohol.

Host a quiz (head to page 17 to use Species Unite’s free true or false quiz focused around the theme of your Vegan Night.

Make your night a dress-up night, the theme can be anything from funny costumes to formal dress-up - it's up to you!

Make it a game night; board games, group video games, anything you think your guests will enjoy.

Celebrate an animal. Perhaps it’s your companion animal’s birthday? Host a “celebration party” for them. Don’t forget the party hats.

Have a cocktail (or mocktail) night.

Host a potluck (see page 8 for recipe ideas). If your people have a bit of a competitive streak, make it a competition to see who cooks the best dish!
5. Cutting out meat and dairy products from your diet could reduce your carbon footprint from food by up to 45 per cent.

**False:** It’s even higher. Choosing to swap out meat and dairy for plant-based alternatives could reduce your carbon footprint by a whooping 73%.

6. Fish are sentient beings with complex social lives that can feel pain and emotions.

**True:** There is a growing body of research that demonstrates that fish are intelligent, emotional beings. Fish have been shown to be able to use tools, to have very good memories and also to communicate in large groups. Countless studies have proven that fish, who have a central nervous system, pain receptors, and brains, clearly feel physical pain.

7. Wool is cruelty-free because sheep need to be sheared.

**False:** Sheep used in commercial wool production have been bred to continuously grow their wool for human use. As workers are usually paid hourly, they try to shear as many sheep as quickly as possible. Many sheep are severely cut, have large sections of their skin removed and have body parts cut off in the process of shearing, while others are accidentally killed outright or left to die of their wounds. The sheep who do survive are only seen as profitable until their wool starts to grow thin and brittle, they are sent to slaughter at the age of 5 or 6.

8. Tens of thousands of American horses are slaughtered for meat every year.

**True:** Although the last horse slaughterhouse in the United States was closed in 2007, every year approximately 80,000 American horses are trucked to Mexico and Canada where they are slaughtered for meat. The USDA has documented that 92% of the horses sent to slaughter are perfectly healthy and could live out full productive lives if rehomed.

9. Some leather sold in the U.S. is made from dogs.

**True:** Although leather produced in the U.S. usually comes from cows and calves killed in the meat and dairy industries, the vast majority of leather sold in the U.S. is produced in India and China where cows and other animals including dogs, cats, pigs and camels are killed for their skins. The international industry makes it nearly impossible to determine the true source of leather, and many American consumers are unknowingly purchasing leather from dogs and other animals.

10. If meat is labeled grass-fed, free-range or cage-free, the animals are well treated.

**False:** Unfortunately labels like these are essentially a marketing ploy designed to appeal to consumers who want some assurances that the animals they are eating were not mistreated. For example, cage-free just means that chickens are not raised in battery cages (tight wire cages that completely restrict a chicken’s movement). Cage-free chickens are still typically kept in dark, filthy, crowded, enclosed spaces and never see the outdoors.
HOW TO TALK ABOUT VEGANISM

WITHOUT MAKING EVERYONE RUN AWAY

THERE ARE TWO WAYS TO TALK ABOUT VEGANISM.

THEY ARE THE:

HOW

WHY

As vegans, especially those of us who are vegan for the animals, typically and especially in the early days want to shout from the rooftops all the reasons WHY one should go vegan.

But, if you want to keep your friends and actually get them to explore the delicacies and delights of a plant-based diet, we suggest that you focus on the HOW.

The HOW is positive, helpful, and inclusive.

And, by the HOW we mean: plant-based recipes, easy food substitutions, creative menu suggestions, fun restaurant ideas, tasty protein replacements, and tips on vegan breakfasts.

As important as the WHY is, let it come later, when someone really wants to know.

Going vegan is most often a process and it takes many seeds being planted before anyone makes the switch.

So, we encourage you to plant a few seeds, share a plant-based feast and focus on the joy.
FAQS

Vegan Nights is the perfect time to catch up with loved ones and share delicious vegan food. Sitting down to a plant-based meal with non-vegan family and friends will hopefully encourage meaningful conversations around compassion for animals, and to help you respond to some of the questions, we’ve compiled a handy list of FAQs about animal rights.

I UNDERSTAND NOT EATING MEAT BUT WHY AVOID DAIRY AND EGGS?

Many people do not realize that cows are killed for their milk, and chickens are slaughtered for their eggs. To produce milk, cows must become pregnant, just like us. In the dairy industry, female cows are forcibly impregnated, and if her calf is male he’ll likely be slaughtered or raised for veal. Females are kept to be future milking cows. Cows used for dairy are usually slaughtered when their milk production runs out. Chickens are treated in a similar way in the egg industry, male chicks are killed shortly after birth and female chickens are killed when their egg production declines.

DON’T PLANTS FEEL PAIN TOO?

Plants do not have a central nervous system, pain receptors or brains. So no, they cannot feel pain.

WHAT WOULD HAPPEN TO ALL THE FARM ANIMALS IF EVERYONE WENT VEGAN?

Realistically everyone will not go vegan all at once. As people slowly make the shift to vegan diets there will be less demand for animal meat and therefore less animals will be bred and raised for slaughter.

DO VEGANS NOT CARE ABOUT HUMAN SUFFERING?

Vegans are opposed to all forms of cruelty and exploitation and that includes cruelty and exploitation of our own species. Animal agriculture is a very cruel industry not only for animals but also for humans. There are well-documented examples of human rights abuses in factory farms and slaughterhouse in the U.S., there are many cases of environmental racism tied to slaughterhouse pollution that disproportionately affects communities of color, and there is even human slavery involved in the commercial fishing industry. By going vegan you are not only rejecting the unnecessary killing of innocent animals you are also ending your participation in one of the most abusive industries for human beings.

ISN’T IT WRONG TO HAVE PETS IF YOU ARE VEGAN?

Most vegans believe that having companion animals is fine as long as they are taken from a rescue home or an animal sanctuary. Every year around 1.5 million shelter animals are euthanized in the U.S. alone. Vegans do not support breeding animals to keep them in captivity but generally are in favor of adopting animals.

WHAT WOULD YOU DO IF YOU WERE STRANDED ON AN ISLAND WITH ONLY ANIMALS TO EAT?

This will not happen in your lifetime, we promise.
Is organic the same as vegan?

Organic is a term related to the way food is grown and processed. In general, organic food has been prepared without the use of pesticides, chemical fertilizers and bioengineered genes. Vegan food is food that does not include animals or animal derived products. Animal meat is never vegan, but can be labeled organic.

How can you live without cheese?

Thanks to all the amazing new vegan cheese options on the market today no one has to live without cheese. There are several brands like Miyoko’s and Violife that make vegan cheese items that taste so much like dairy cheese many people can’t tell the difference.

Humans have always eaten meat so doesn’t that mean it’s ok?

There are many things that have always been normal throughout human history that have changed thanks to evolving human values. Just because something has always been done does not mean that it is morally correct.
Thank you so much for hosting a Vegan Night and for doing your part to make the world a kinder place for animals! We hope that you and your guests had a wonderful evening and that you will consider participating in other Species Unite events in the future.

We’d also LOVE to see photos from your plant-based dinner! We’ll be sharing and reposting Vegan Night photos on our Instagram - just be sure to tag @speciesunite or use the hashtag #SpeciesUniteVeganNights! Or if email is more your thing, send your snaps to hello@speciesunite.com.

From all of us at Species Unite thanks again for being a part of this event.

Species Unite is a non-profit media organization that is changing the way the world treats animals. We do this with a weekly podcast, the Species Unite Animal News, an ever growing (and delicious) collection of plant-based recipes, education programs, petitions, and campaigns that run throughout the year.

Our podcast interviews are with world changing humans; our weekly news covers everything from the latest in animal protection to the newest in the future of food; and, our campaigns engage, inform, educate and inspire our members to care more about themselves, the planet and all of its inhabitants.

Become a Species Unite Member:

By becoming a member you will have access to all of the above plus bonus episodes, episode outtakes, our annual newsletter and first dibbs to all Species Unite events, as well as stickers and other lovely swag.

speciesunite.com/become-a-member
Vedic Botanicals is a vegan, woman-owned, small business that offers an array of organic Ayurvedic body care products. Their products are not only vegan and cruelty-free but also made using sustainable practices. Vedic Botanicals workshop is fully solar powered, their packaging is non-plastic and reusable, their labels are compostable and they use American made packaging and organic raw materials.

yourvedicbotanicals.com

DefineMe Fragrance is a fully vegan, woman-owned business. Each DefineMe scent and product is formulated using clean, natural, organic, vegan, and cruelty-free ingredients. DefineMe Fragrances do not include any animal derived ingredients or any harmful chemicals such as parabens, phosphates or petroleum. In addition to being dedicated to animal welfare, DefineMe Fragrances donates $1 of every product purchased to educational scholarships for young women in developing countries.

definemefragrance.com

Brianna’s Handmade Soap is a fully vegan, woman-owned, small business dedicated to providing high-quality vegan soap and skin products that promote kindness over suffering. Most mass-produced soap bars contain animal fat, chemical detergents, lathering agents and synthetic fragrances; Brianna’s skin products, however, contain only extremely high quality, plant-based ingredients. Brianna’s Handmade Soap donates 5% of all profits to farm animal sanctuaries.

briannassoap.com

Fat Badger Bakery is a fully vegan, woman-run, small business. The founders of Fat Badger wanted vegan cookies that were not overly processed, dense or sticky sweet so they set out to recreate the classics and focused on bringing out natural flavor. Their fresh baked cookies are certified vegan and free from GMOs, preservatives, obscure chemicals, hydrogenated trans fats, artificial flavors or colors.

fatbadgerbakery.com

Maria Polky is a vegan artist who creates ceramic home decor and tableware in South Portland, Maine. Maria has a BFA in Ceramics from the Rhode Island School of Design and runs a one-woman business. Maria has participated in sculptural art and design shows centered on animal rights with her senior show as well as the 2017 exhibition “We are Animals” that benefitted Farm Sanctuary.

mariapolky.com

LightHaus cleaning products are fully vegan, cruelty free and made with all natural ingredients. LightHaus is made by a coven of witches in Salem, MA. These products are the magical business baby of Jessica LaVoie’s company, Evolving Light, and Erica Feldmann’s shop, HausWitch. From Abracadabra to Holy Smoke, they’ve created a line of natural home cleaners that bring magic and intention into the home and to everyday life.

lighthausmagic.com

MooShoes is a vegan-owned business that sells an assortment of cruelty-free footwear, bags, t-shirts, wallets, books and other accessories through an online store as well as in its flagship retail store in New York City. MooShoes was founded in 2001 by sisters and Queens natives, Erica and Sara Kubersky and was the first cruelty-free store of its kind in NYC.

mooshoes.com

HumYum is a vegan-friendly, woman-owned, small business based out of Humboldt County California. HumYum is a business that is conscious of people with food sensitivities and carries a range of organic, gluten-free and vegan caramel options. Although HumYum is not fully vegan we are always happy when non-vegan businesses carry items that make vegan people feel included and valued. The more businesses that make vegan products the easier it is for everyone to be vegan and that should be celebrated!

humyum.com

Uprise Foods is an independent family-owned plant-based food company based in the Greater Boston area. The company was named in the spirit of uprising against a food system that beats workers down, is cruel to animals, and is harmful to our bodies and planet. Uprise Foods creates foods that are healthy and delicious, certified fair trade, vegan, organic, dairy-free, and non-GMO.

uprisefoods.com

Smax Wax is a fully vegan, small business specializing in lip care. Smax Wax was created to provide a high quality lip balm option for vegans that doesn’t contain beeswax, synthetic chemicals, and petroleum, and doesn’t test on animals. Smax Wax uses, NON-GMO, Organic and Fair Trade ingredients including Palm Oil Free Vitamin E Ester, and utilizes solar and wind energy for production.

smaxwax.com

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yourvedicbotanicals.com