

Earthsave Canada needs YOU!

Your donations and dues fund our initiatives.

YOU can help keep this directory free.

MEMBER / DONOR FORM

Please print clearly or complete online at earthsave.ca/joinus

First Name

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Street Address with Apt #

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Email

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ANNUAL SUPPORTING MEMBERSHIP (select one)

\$36 Individual (\$3/month)

\$48 Family (\$4/month)

\$24 Limited Income (\$2/month)

\$100 Supporting Business

AND/OR I would like to make a **DONATION** of \$ _____

(Charitable # 12995 4707 RR0001 ~ Receipts for donations over \$20)

Please select one: one time

monthly

Name on card

Credit card number

Expiry date (MM/YY)

Signature

Today's date (DD/MM/YY)

You may also send a cheque, or sign up online (Paypal option).

Thank you for your support!

Earthsave Canada will never share your information with anyone.

EARTHSAVE CANADA

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earthsave.ca/donate

Why more Veg?

BETTER HEALTH

The World Health Organization has found that a diet low in animal products, while also higher in vegetables and fruit, was associated with a lower risk of heart disease, stroke, osteoporosis, type 2 diabetes, and various cancers. A plant-based diet rich in fiber, folic acid, and antioxidants is also associated with lower cholesterol, blood pressure and body fat. From children to seniors, a more plant-based diet is a safe and highly recommended way of preventing chronic disease and maintaining a healthy weight. **Prevention is the best prescription.**

A SUSTAINABLE FUTURE

We can make an incredible impact on the environment and slow global warming simply by eating lower on the food chain. It requires an average of 6kg of plant protein to produce 1kg of animal protein, and 100 times more water. The UN reports that animal agriculture is responsible for 14%-25% of global warming emissions worldwide, with cattle ranches and feed production accounting for over 70% of deforestation in the Amazon. The growing livestock sector is the largest source of water pollution worldwide. **The time to act is now.**

COMPASSION FOR ALL

A kinder diet is the key to saving millions of animals. Much like humans, dairy cows carry a single calf for 9 months. Kept almost constantly pregnant, the mothers are cruelly separated from their calves after birth, and later slaughtered when milk production slows. The egg industry destroys millions of male chicks each year as they are not considered profitable. Pigs are routinely subjected to treatment that would certainly be illegal if inflicted upon a cat or dog. **Don't all creatures deserve compassion?**

COMMUNITY & SOCIAL JUSTICE

More can be fed on a plant-based diet: over 70% of grains grown in North America feed livestock, not people. Over 65% of the adult population worldwide have trouble digesting lactose (dairy). By always providing well-labeled plant-based options, we ensure that everyone is welcome at the table. **Plant-based is the most equitable menu there is!**



Members receive 10% discount at Member Discount Program participating businesses (MDP)

VEG

Metro
Vancouver
2016

DIRECTORY

Vegan, Vegetarian & Veg-friendly
restaurants, retailers & more



FREE!

Available on the
App Store

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EARTHSAVE CANADA
A VANCOUVER-BASED REGISTERED CHARITY
HELPING PEOPLE CHOOSE FOODS THAT
BENEFIT OUR HEALTH, THE ENVIRONMENT,
AND THE LIVES OF ANIMALS.



Earthsave Canada
SAVE THE EARTH ONE BITE AT A TIME

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