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#### VEGAN RETAILERS

**Eternal Abundance Grocery** | 1025 Commercial (Grandview) | 604-707-0088  
[eternalabundance.ca](http://eternalabundance.ca) | Daily: 9am-9pm (Su: to 8pm)

**Nice Shoes** | 3568 Fraser @ E 19th (Riley Park) | 604-558-3000 | [niceshoes.ca](http://niceshoes.ca)  
Mo-Sa: 11am-6pm, Su: 12pm-5pm

**Vegan Supply** | [vegansupply.ca](http://vegansupply.ca) | Online (See main section for retail store)

#### VEG-FRIENDLY RETAILERS

**Bonjour Marketplace** | 8496 Granville (Marpole) | 778-889-6865

**Choices Markets** | Abbotsford | Burnaby Crest | Burnaby Marine Way | Cambie Commercial Dr | Kelowna | Kerrisdale | Kitsilano | North Vancouver | South Surrey | Yaletown | [choicesmarkets.com](http://choicesmarkets.com)

**Greens Market** | 1978 W Broadway (Kits) | 604-568-3079 | [greensmarket.ca](http://greensmarket.ca)

**Earth Market** | 1722 Davie (W/End) | 778-379-0200 | [earth-market.com](http://earth-market.com)

**Happy Veggie World** | 13988 Cambie (Richmond) | 604-278-5519  
[happyveggieworld.com](http://happyveggieworld.com)

**Sustainable Produce Urban Delivery** | 604-215-7783 | [spud.ca](http://spud.ca)

**Whole Foods Markets** | W 8th @ Cambie (Fairview) | Robson @ Bidwell (W/End)  
W 4th @ Vine (Kits) | Main @ Marine (West Van) | [wholefoodsmarket.com](http://wholefoodsmarket.com)

#### VEGAN ONLINE ORDERING

**Hooray Truffles** | [hooraytruffles.com](http://hooraytruffles.com)

**Vogue Cakes** | [vogucakes.com](http://vogucakes.com)

**PlantBase Food and Natural Products** | [plantbasefood.com](http://plantbasefood.com)

#### VEGAN PRODUCTS

[craveconscious.ca](http://craveconscious.ca) | [daiyafoods.com](http://daiyafoods.com) | [fieldroast.com](http://fieldroast.com) | [gardein.com](http://gardein.com)  
[glutenull.com](http://glutenull.com) | [livinglotus.net](http://livinglotus.net) | [myvega.com](http://myvega.com) | [onedegreeorganics.com](http://onedegreeorganics.com)  
[silverhillsbakery.ca](http://silverhillsbakery.ca) | [veganyarn.com](http://veganyarn.com) | [zimt.ca](http://zimt.ca)

**GET SOCIAL** | [meetup.com/MeatlessMeetup](http://meetup.com/MeatlessMeetup) | [meetup.com/VegVan](http://meetup.com/VegVan)

**FARMERS MARKETS** | [eatlocal.org](http://eatlocal.org) | [bcfarmersmarket.org](http://bcfarmersmarket.org)

#### CLASSES

[chefsinner.com](http://chefsinner.com) | [feedlife.ca](http://feedlife.ca) | [feelgoodguru.com](http://feelgoodguru.com) | [platesforplants.com](http://platesforplants.com)  
[synergynutrition.ca](http://synergynutrition.ca) | [lowimpactlab.com](http://lowimpactlab.com)

#### CAUSES, FRIENDS & MORE

[animalvoices.org](http://animalvoices.org) | [barnivore.com](http://barnivore.com) | [eleanorboyle.com](http://eleanorboyle.com) | [ethicalelephant.com](http://ethicalelephant.com)  
[furbearerdefenders.com](http://furbearerdefenders.com) | [gomaapp.com](http://gomaapp.com) | [govegan.net](http://govegan.net) | [laura-leah.com](http://laura-leah.com)  
[liberationbc.org](http://liberationbc.org) | [meatlessmonday.ca](http://meatlessmonday.ca) | [mercyforanimals.ca](http://mercyforanimals.ca)  
[nutrispeak.com](http://nutrispeak.com) | [nutritionfacts.org](http://nutritionfacts.org) | [plantfoodscouncil.org](http://plantfoodscouncil.org) | [pcrm.org](http://pcrm.org)  
[vancouverhumanesociety.bc.ca](http://vancouverhumanesociety.bc.ca) | [vancouverislandvegan.com](http://vancouverislandvegan.com) | [veg.ca](http://veg.ca)  
[theveganproject.ca](http://theveganproject.ca) | [theveganrd.com](http://theveganrd.com)

#### EARTHSAVE CANADA

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

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## 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 billions 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 and soy 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!**

#### EARTHSAVE CANADA

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# VEG

Metro  
Vancouver  
& beyond  
2017

## DIRECTORY

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



Earthsave Canada

SAVE THE EARTH ONE BITE AT A TIME

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Spring/Summer 2017

