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VEGAN RETAILERS

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

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

Vegan Supply | 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

Greens Market | 1978 W Broadway (Kits) | 604-568-3079 | greensmarket.ca

Earth Market | 1722 Davie (W/End) | 778-379-0200 | earth-market.com

Happy Veggie World | 13988 Cambie (Richmond) | 604-278-5519
happyveggieworld.com

Sustainable Produce Urban Delivery | 604-215-7783 | spud.ca

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

VEGAN ONLINE ORDERING

Hooray Truffles | hooraytruffles.com

Vogue Cakes | vogucakes.com

PlantBase Food and Natural Products | plantbasefood.com

VEGAN PRODUCTS

craveconscious.ca | daiyafoods.com | fieldroast.com | gardein.com
glutenull.com | livinglotus.net | myvega.com | onedegreeorganics.com
silverhillsbakery.ca | veganyarn.com | zimt.ca

GET SOCIAL | meetup.com/MeatlessMeetup | meetup.com/VegVan

FARMERS MARKETS | eatlocal.org | bcfarmersmarket.org

CLASSES

chefsinner.com | feedlife.ca | feelgoodguru.com | platesforplants.com
synergynutrition.ca | lowimpactlab.com

CAUSES, FRIENDS & MORE

animalvoices.org | barnivore.com | eleanorboyle.com | ethicalelephant.com
furbearerdefenders.com | gomaapp.com | govegan.net | laura-leah.com
liberationbc.org | meatlessmonday.ca | mercyforanimals.ca
nutrispeak.com | nutritionfacts.org | plantfoodsouncil.org | pcrm.org
vancouverhumanesociety.bc.ca | vancouverislandvegan.com | veg.ca
theveganproject.ca | 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 DIRECTORY

Metro
Vancouver
& beyond
2017

Vegan + Vegetarian
restaurants, retailers & more



Earthsave Canada

SAVE THE EARTH ONE BITE AT A TIME

earthsave.ca

Summer 2017

