

Nutrition Information

Nutritionfacts.org: <http://nutritionfacts.org/>
The Position Paper of the American Dietetic Association:
http://www.vrg.org/nutrition/2009_ADA_position_paper.pdf
The Vegan RD: www.theveganrd.com
Five Major Poisons Inherent in Animal Proteins:
<http://drmcDougall.com/misc/2010n/jan/poison.htm>
The Starch Solution by John McDougal MD:
<http://www.youtube.com/watch?v=4XVf36nraw&feature=related>
Prevent and Reverse Heart Disease by Caldwell Esselstyn MD
www.heartattackproof.com/
The China Study and Whole by T. Collin Campbell
www.plantbasednutrition.org
The Food Revolution John Robbins www.foodrevolution.org/
Dr. Barnard's Program for Reversing Diabetes Neal Barnard MD
www.pcrn.org/health/diabetes/
The Multiple Sclerosis Diet Book by Roy Laver Swank MD, PhD
John McDougall's Health & Medical Center: www.drmcDougall.com
Mad Cowboy by Howard Lyman www.madcowboy.com
What Every Vegan Needs to Know About Vegan Diet:
<http://thevegantruth.blogspot.co.nz/2014/06/what-every-vegan-needs-to-know-about.html>

Advocacy Support

Abolitionist Approach: <http://www.abolitionistapproach.com/>
Animal Activism: <http://www.animalactivism.ca/?section=2&PHPSESSID=2be1666d9f1ed8657c8f27c5d825d807>
Carnist Action Network: <http://www.carnism.com/>
Countering Claims Against Vegan Diets:
<http://www.theveganrd.com/2014/04/paleo-advocates-get-vegan-diets-and-saturated-fat-wrong-2.html>
<http://www.theveganrd.com/2011/11/countering-claims-against-vegan-diets.html>
<http://www.wedge.coop/newsletter/august-september-2011/vegan-diets>
<http://www.theveganrd.com/2010/09/review-of-the-vegetarian-myth.html>
Culture and Animals Foundation: www.cultureandanimals.org
Farm Kind: <http://www.farmkind.org/>
FFH <http://freefromharm.org/tag/most-common-objections-to-being-vegan/>
Four Feet Forward: <http://www.fourfeetforward.org/>
HEMP SEED RECIPES Flier: <https://www.facebook.com/photo.php?fbid=10101263653216012&set=p.10101263653216012&type=1>
History of Veganism: <http://www.candidhominid.com/p/vegan-history.html>
Humane Research Council: <http://www.humanerresearch.org/>
Humans Natural Plant Eaters: <http://michaelbluejay.com/veg/natural.html>
Indigenous veganism: Feminist Natives do eat tofu by Margaret Robinson
<http://www.thescavenger.net/animals/indigenous-veganism-feminist-natives-do-eat-tofu-237794-504.html>
ML: <http://legacyofpythagoras.wordpress.com/2014/04/10/master-list-of-vegan-info/>
One Green Planet: <http://www.onegreenplanet.org/>
Our Hen House: <http://www.ourhenhouse.org/>
Pro Vegan: https://www.facebook.com/groups/veganprofessionalnetwork/?ref=br_tf
Primitive Nutrition (Debunking Denise Minger and the Paleo Crowd)
<http://www.youtube.com/watch?v=egq7k5Lzhk>
The Sexual Politics of Meat by Carol Adams:
<http://www.youtube.com/watch?v=kU2VkrXSUo&feature=related>
The World Orchard Project: <http://www.all-creatures.org/wo/core.html>
Veg Fund: <http://www.vegfund.org/>
Vegan Business Guide: <http://www.VeganBusinessGuide.com>
Vegan Mainstream: <http://www.veganmainstream.com/>
WEEAC: www.WEEAC.com
Why We Don't Eat Animals: <http://wedonteatanimals.com/>
Why We Love Dogs, Eat Pigs and Wear Cows by Melanie Joy:
<http://www.youtube.com/watch?v=mjzpkXBer7I>
Wrong Direction: <http://animalrightsruminations.blogspot.com/2012/06/wrong-direction.html>

Vegan Blogs

NYC Local Vegans
Big City Vegan: <http://www.bigcityvegan.com/blog/>
Greek Veganista: <http://www.greekveganitsa.com/>
Lifestyles of the Chic and Vegan:
www.lifestylesofthechicandvegan.com/
Vegan Friendly NYC: <http://veganfriendlynyc.blogspot.com/>
Others:
Angie Palmer: <http://angiepalmer.wordpress.com/>
Colin Donoghue: <http://colindonoghue.wordpress.com/>
James McWilliams: <http://james-mcwilliams.com/>
General Vegans:
Feminist Vegan Agitator: <http://veganfeministagitator.blogspot.com/>
Human Non-human Relations: <http://human-nonhuman.blogspot.com>
Paleo Veganology: <http://paleovegan.blogspot.com/>
Say What Michael Pollan: <http://saywhatmichaelpollan.wordpress.com/>
Skeptical Vegan: <http://skepticalvegan.wordpress.com/>
The Busy Vegan: <http://thevegancommunicator.wordpress.com/>
The Rational Vegan: <http://therationalvegan.blogspot.com/>
The Vegan Truth: <http://thevegantruth.blogspot.com/>
Vegan Empowerment: <http://thevegancommunicator.wordpress.com>
Vegansaurus: <http://vegansaurus.com/>
Vegan Skeptic: <http://veganskaptic.blogspot.com/>
Vegan Scientist: <http://www.veganscientist.com/>

Vegan EATS (Recipes):

Compassionate Cook: <http://www.compassionatecook.com/>
Greek Veganista: <http://www.greekveganitsa.com/>
Post-Punk Kitchen: <http://www.theppk.com/>
OhSheGlows: <http://ohsheglows.com/categories/recipes-2/>
Ordinary Vegan: <http://www.ordinaryvegan.net/>
Raw on \$10 or less: <http://www.rawon10.com/>
The Gluten Free Vegan: <http://www.theglutenfreevegan.com/>
The Joy of Vegan Baking: <http://www.joyofveganbaking.com>
The Vegan Stoner: <http://theveganstoner.blogspot.com/>
Thug Kitchen: <http://thugkitchen.com/>
Veg Web: vegweb.com
Vegan Crunk (Southern cooking): <http://vegancrunk.blogspot.com>
Vegan Dad: <http://vegandad.blogspot.com/>
Vegans Eat What?: www.veganeatwhat.com
Will Travel for Vegan Food: <http://www.wtfveganfood.com>

Facebook? Pick your interest and there likely is a group/page: Veganic Farming, Vegan Singles, Vegan Dogs, Vegan Cats, Vegan Influence and Persuasion, Vegan Parenting, Vegan Humor, Vegan State (Your state, city or country), Vegan Teen Support, Vegan Veterans, Vegans with MS, Vegan Doctors, Vegan Lawyers, Long Term Vegans, Raw Vegans. Vegan Sanctuary, Vegan Scientific Facts, Venting Vegans.

Get Connected

When they ask;
“How did you hear about us?”
tell them;
“300 Vegans!”

300 Vegans & The Vegan Connection
are projects of VeganShift.org

NEW YORK CITY

VEGAN

COMMUNITY RESOURCES

Mostly Local & Regional, Some National & International



This brochure is available under Resources at
www.VeganShift.org



Image credit: NonviolenceUnited.org

Why and How Vegan Resources

Local Vegan Support

300 Vegans New York: www.facebook.com/groups/300VegansNY/
New Jersey/New York City Metro Vegans: www.facebook.com/groups/113256635391344/
NYC Vegans and Vegetarians: www.facebook.com/groups/7037746007/
NYC Vegan Meetup Group: www.meetup.com/nyceatup
NYC Veg/Vegan Meetup Group: www.meetup.com/vegkids/
Vegan Drinks: www.vegandrinks.org/
Vegan New York: www.facebook.com/groups/VeganNewYork/

Local Vegan Businesses/Charities

Angelica Kitchen: <http://angelicakitchen.com>
Beyond Sushi: <http://beyondsushinyc.com>
Bliss Grand: www.blissgrandresteraublk.com/
Blossom Bakery: www.blossomnyc.com
BabyCakes: www.babycakesnyc.com/
Candle 79: www.candle79.com
Caravan of Dreams: www.caravanofdreams.net
Collectively Free: www.collectivelyfree.org
Dun-Well Doughnuts: <http://dunwelldoughnuts.com/>
Foodswings: www.foodswings.net/
Happy Buddha: <http://happybuddha.com/>
HanGawi: www.hangawirestaurant.com
JivamukTea Café: jivamuktiyoga.com/centers/jivamuktea-cafe
Loving Hut: <http://lovinghut.us/>
MooShoes: www.mooshoes.com/
One Lucky Duck: <http://oneluckyduck.com/>
PAN Vegan Pledge: panveganpledge.org/
Peace Advocacy Network: www.peaceadvocacynetwork.org
Priti NYC: www.pritinyc.com/
Pukk (85% vegan): <http://www.pukknyc.com/home.html>
Rescue Chocolate: www.rescuechocolate.com/
Skinny Skinny: <http://www.skinnyskinny.com/>
Terri: terrinyc.com
The Green Spa: <http://greenspany.com/>
The Seed: theseedexperience.com
Vaute Couture: <http://vautecouture.com/>
Worldwide Vegan Bake Sale: <http://www.veganbakesale.org/>
Woodstock Farm Animal Sanctuary: woodstocksanctuary.org/
Zen Palate(85% vegan): www.zenpalate.com/

Vegan Conferences and National Events:

300 Vegans Events: <http://tinyurl.com/nlt5jmr>
Vegan Soulfest (Baltimore Oct 25th 12-5pm): www.vegansoulfest.com/
Vegetarian Summerfest 2-6 July 2014 PA. <http://vegetariansummerfest.org/>
FARM Animal Rights Conference LA July 10-13th 2014: www.arconference.org
Veggie Pride Parades: vegiepride.com
World Vegan Summit Mar 20-22, 2015: <http://worldvegansummit.com/>

General Vegan Support

The Vegan Kit: <http://vegankit.com/>
AELLA: <http://aella.org/>
Abolitionist Vegan Society: www.abolitionistvegansociety.org
American Vegan Society: www.americanvegan.org
Animal Rights Zone: <https://www.facebook.com/groups/arzone/>
Collectively Free: <http://www.collectivelyfree.org>
Dimensión Vegana (Spanish): <http://www.dimensionvegana.com/>
Direct Action Everywhere: <http://directactioneverywhere.com/>
Global Vegan Registry: www.facebook.com/groups/711149255575582/
Grassroots Veganism: <http://www.vegsource.com/jo/qa/qahungry.htm>
Evolve Campaigns: <http://evolvecampaigns.org.uk/evolve/default.aspx>
Finding Vegan: <http://www.findingvegan.com>
PAN Vegan Pledge: <http://panveganpledge.org/>
Peace Advocacy Network: www.peaceadvocacynetwork.org
The Informed Vegan: www.facebook.com/theinformedvegan
The Vegan RD: www.theveganrd.com
The Vegan Society: www.vegansociety.com
TVT Article: Worldwide Vegan Advocates: <http://thevegantruth.blogspot.com/nz/2013/05/a-special-feature-worldwide-vegan.html>
Vegan Action: <http://www.vegan.org/>
Vegan Bodybuilding & Fitness: www.veganbodybuilding.com
Vegan Cuts: <http://www.vegancuts.com/>
Vegan Directory: <http://vegansdirectory.com/>
Vegan Drinks: <http://www.vegandrinks.org/>
Vegan Humor: www.facebook.com/groups/vegan.humor/
Vegan Information Project: www.theveganinformationproject.org
Vegan Meme: www.facebook.com/pages/Vegan-Meme/114329428741346
Vegan Muscle & Fitness: www.veganmuscleandfitness.com
Vegan Pledge: www.veganpledge.com
Vegan Publishers: www.veganpublishers.com
Vegan Shift: www.veganshift.org
Vegan Shirt: www.veganshirt.com
Vegania Nation (online community): www.veganianation.com
Veganic Farming: www.goveganic.net/article96.html
Vegtalk: www.vegtalk.org/
VegGuide: www.vegguide.org/ (Dining out)
Veg News: www.Vegnews.com

Phone Apps

Happy Cow: www.happycow.net/
Is It Vegan: isitvegan.net/
Go Vegan: www.goveganapp.com/

Crucial Viewing & Reading

Videos

A Life Connected: www.veganvideo.org
Animal Rights: <http://www.abolitionistapproach.com/video/>
Cowspiracy: <http://www.cowspiracy.com/>
Do You Want to Make History?: <http://tinyurl.com/cqlrkft>
Damian Mander: <http://www.youtube.com/watch?v=9FCsyK4aRXQ>
Earthlings: http://earthlings.com/?page_id=32
Forks Over Knives: <http://www.forksoverknives.com/>
Live and Let Live: <http://vimeo.com/ondemand/liveandletlive>
Making the Connection: <http://vimeo.com/15849273>
Meat the Truth: <http://www.meatthetruth.nl/index.html>
The Witness: http://www.tribeofheart.org/sr/sr_witscreeningroom_english.htm
Peaceable Kingdom: <http://vimeo.com/2913942>
Phillip Wollen: <http://www.youtube.com/watch?v=uQCe4qEexjc>
Speciesism the Movie: <http://vimeo.com/ondemand/speciesism>
Vegan Strength: <https://www.youtube.com/watch?v=djvQICfIFyQ>
Vegucated: http://www.youtube.com/watch?v=GKzngI_byMY

Reading

The Cambridge Declaration of Consciousness: <http://fcmconference.org/img/CambridgeDeclarationOnConsciousness.pdf>
Eating Animals Overcoming our most Common Justifications: <http://freefromharm.org/eating-animals-addressing-our-most-common-justifications/>
Letter from a Vegan World by Joanna Lucas: <http://www.peacefulprairie.org/letter.html>
PCIAFP Report Putting Meat on the Table: <http://www.ncifap.org/images/PCIFAPSmry.pdf>
The Politics of Extinction by Captain Paul Watson: <http://www.eco-action.org/dt/beerswil.html>
Treatise for a Vegan Shift by Eriyah Flynn: <http://www.veganshift.org/media/treatise-for-a-vegan-shift>
UN Food and Agriculture Report Livestock's Long Shadow: <http://www.fao.org/docrep/010/a0701e/a0701e00.HTM>
Vegan but Not an Activist? Sure. Animal Lover but Not A Vegan? Nope: <http://tinyurl.com/5soenro>
World Peace Diet by Will Tuttle
WWI Report Livestock and Climate Change: <http://www.worldwatch.org/files/pdf/Livestock%20and%20Climate%20Change.pdf>

