



Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

Newsletter

Issue 3/23 September 2023

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EVENTS

VEGSA TALK TO THE HERB SOCIETY OF SA

Early in August VegSA was invited to speak to a meeting of The Herb Society of SA at its monthly meeting. The two groups have exchanged newsletters in the past and have quite a bit in common. Four VegSA members attended. We outlined the advantages (especially for health and the environment) of a plant-based diet and lifestyle, as well as some of the challenges: identifying ingredients, reading labels etc. This was a very engaged audience and our team answered a range of interesting questions as well as getting the chance to chat individually to Herb Society members. VegSA literature (information pamphlet, recipe book and previous *True Natural Health* magazines) all proved popular.

The Herb Society meets on the first Monday of each month (except in January) at 7.30pm for an 8pm start at the Findon Community Centre, 222 Findon Road, Findon, where the Society also has its own herb garden. The Society also holds special events, e.g. Herb and Salvia propagation workshop (Sept 10th) and Herb Day Market (Nov 5th) See Diary Dates P8 for details.



“PLANT BASED” at PLANT 4 BOWDEN

On Saturday August 12th members of VegSA, Adelaide Vegans, Animal Liberation SA, members of other groups as well as other individuals attended the Plant-based evening at Plant 4 Bowden. As well as familiar stalls like Live A Little Ice cream and trucks by Nagev and Stazzi and Co, there were other stalls with vegan food (some of which also serve conventional dishes at other events). With food available from 5pm - 9pm, live music and vegan alcohol until “late” this was a great event for seeing something new on offer and particularly for catching up with others of like mind.

Plant 4 is at 5 Third Street, Bowden.

MOVE TO ESTABLISH AN INDEPENDENT OFFICE OF ANIMAL WELFARE SA

The SA Greens MLC Tammy Franks has introduced a bill to establish an Independent Office of Animal Welfare for South Australia. This had its second reading in February. On July 29th members of the public and representatives of animal rights groups, including VegSA, attended a meeting addressed by Tammy Franks and Federal Greens MP Mehreen Faruqi, who are anxious to have support for this campaign.

See next page.

Establishing an Independent Office of Animal Welfare – continued from previous page.

The Greens are keen for individuals to sign their petition to support the bill and for interested groups to promote it. Currently, the oversight of the needs of animals is chaotic with a number of industries that use animals able to self-regulate and different government departments having different, often incompatible, responsibilities. According to The Greens' literature, "We currently have a complex web of government departments, charities and industry groups responsible for the welfare of animals. This creates gaps in animal welfare and if these gaps remain we will continue to see animals suffer. We need clear independent advice, free from industry. An independent Office of Animal Welfare would be able to create clear direction based on expertise and scientific knowledge." VegSA will look into how we can support the campaign.

You can contact The Greens at Parliament House, North Terrace, Adelaide ph. (08) 8237 9296

email: franks.office@parliament.sa.gov.au

For more information and to sign the petition go to:

https://www.tammyfranks.org.au/independent_office_of_animal_welfare_petition

ATTEMPT TO ABOLISH GREYHOUND RACING IN SOUTH AUSTRALIA

On August 5th, following recent reports in the media of greyhounds being physically abused, Greyhound Welfare Initiative and the Coalition for the Protection of Greyhounds organised a protest outside Parliament House.

Tammy Franks, The Greens Animal Welfare spokesperson, addressed the rally. Some weeks before there had also been reports of greyhounds being involved in live baiting. The Greens would like to see greyhound racing abolished in SA. A few days before, the Premier of South Australia had also announced an independent enquiry into Greyhound racing. For more information see:

https://www.tammyfranks.org.au/sa_greens_welcome_independent_inquiry_into_greyhound_racing

PRISONER ON HUNGER STRIKE REQUIRING VEGAN FOOD

Following an article in the advertiser (P23, Friday August 2nd) VegSA Committee was somewhat startled to receive a phone call from an ex-prison chaplain regarding a prisoner on hunger strike. The prisoner had been on strike for over thirty days because, as he said, he was not receiving the vegan food he had requested and to which he was entitled.

The Department of Correctional Services' website says, "Prisoners who identify themselves as vegetarian upon admission are eligible for the vegetarian menu option" and "Prisons endeavour to provide meals for prisoners with cultural, ethnic or religious beliefs that require special food preparation." However, it does not specifically spell out the meaning of "vegetarian" or, in this context, mention "vegan". We contacted the Minister for Correctional Services by email, asking for clarification about the prisoner's dietary entitlements. Although we received an acknowledgement, we have not yet received a reply to our queries.

Whilst the committee members' primary concern was for the prisoner's welfare there is still the broader question: what are the entitlements, with regard to food, for prisoners in South Australian jails?

On Tuesday 15th August we heard that the prisoner had been transferred to the Royal Adelaide hospital and later that he had started eating and recovering after fasting for 59 days. It looks as if he will be transferred to another site with also a written guarantee of vegan food.

While our main concern was naturally the survival of the prisoner there is still the matter of what would happen to other vegans in those circumstances. Veg SA will seek more clarification about this issue.

THE CONSERVATION COUNCIL OF SA (CCSA) SUPPORTS THE INDIGENOUS VOICE TO PARLIAMENT

In line with its aims to uphold "healthy, humane and environmentally sustainable" principles, VegSA is a member of the CCSA. This gives us the opportunity, not only to communicate with other environmental groups, but to have our own ideas heard. In May, shortly before our quarterly committee meeting, we were surprised to hear that CCSA, at its next members' meeting, would ask the group reps to discuss "Whether your peak body should take a formal position on the Voice to Parliament". Considerable time at the next (zoom) meeting was given to one speaker who explained why she supported the "yes" vote, but nobody was organised to speak on the "no" vote. Several of the reps besides VegSA's Ken Lawson felt that they could not speak for their groups as they did not know what their members' opinions were.

Continued on P6.



Products on the Market

CHEESES

As animal free products become increasingly popular we are blessed with a range of vegan cheese. These are, no doubt, a “blessing” for those of us who love the cheesy flavour on our pasta and, even more so, for people who find it really hard to give up traditional cheeses. However, if you look at the ingredients in most of the vegan cheeses in the supermarkets, are we really getting value for money?

Some typical listed ingredients are: Water, Vegetable Oils, Coconut Oil (23%), Modified Starch (E1404, E1412, E1450), Preservative (Potassium Sorbate (202), Mineral (Calcium Citrate), Colour B-Carotene, Natural Flavours, Vegan Cheddar Flavours, Monosodium Glutamate (627) (631) and Carrageen (407).

Numbers in the 14 hundreds are modified starches, which are starches treated with chemicals, some of which are toxic. They are “Prohibited in food for infants” because “babies’ resistance to chemicals is in question.” “May be derived from wheat, corn etc., to be avoided if on a gluten free diet”.¹

Several cheeses use carrageenan (number 407), which is a suspected carcinogen.¹

Potassium Sorbate (202) is a preservative to which some people are allergic.

It would also be interesting to know what “Natural Flavours” means.

1. **The Chemical Maze** - app for mobile phone, gives an assessment of the safety, or not, of a wide range of ingredients listed by their numbers or by their common names. The original book is only available second hand.

These cheeses typically **cost between \$6 and \$9 in the supermarkets**. Whilst handy to have, they are generally not outstanding for their flavours or nutrition.

At the same time, we have handmade cheeses in South Australia, which generally cost more but can have much more flavour and usually have more nourishing ingredients e.g. nutritional yeast flakes and cashews. **Nutritional yeast flakes** have fibre, protein, trace elements and B vitamins, which often includes B12.

Info on internet e.g. Healthline: <https://www.healthline.com/nutrition/nutritional-yeast#nutrients-and-benefits>

Studio Voodoo at Morphett Vale makes a range of cheeses, mostly cashew based or with refined organic coconut oil, which is flavourless/odourless. All are palm oil and gluten free, many also soy free. Among the 150g cheese varieties currently on offer are: French Onion & Chive, Blue Turmeric and Black Pepper, Almond Fetta, Cashew Bocconcini, Smokehouse Moxarella (155g). Sun Dried Tomato & Oregano (135g) **, Cranberry Macadamia (125g), French Blue which is “creamy and bitey with genuine French Roquefort mould” and Pine Nut Parmesan Sprinkle (180g) in reusable glass jar.

The vacuum-packed cheeses have a shelf life of 3 months if kept below 5°C in the fridge. Just released is a brand-new variety called **Everyday Cheese** (200g), developed to be more economical so as to be accessible to families. Also nut free, so it is particularly useful for school lunches. It is only in one or two stockists so far.

Currently stockists include the larger **Foodland** stores e.g. Norwood, Pasadena and Munno Para, **Tony and Marks** at Newton, Brickworks, Glenunga and Golden Grove, **Organic Market and Café at Stirling**, **House of Health** Stall 73 in the Adelaide Central Market, **Go Vita** at Semaphore, **Great Nature** at Christies Beach and a number of others mainly in suburbs and townships to the south of Adelaide. For information on stockists convenient to you contact Studio Voodoo, but VegSA also has a list recently sent to us by Studio Voodoo.

Contact: Anna & Matthew, Studio Voodoo, Bone St Morphett Vale, SA email: studiovoodoo@iinet.net.au ph.0449 844 278. <https://www.livingahimsa.com.au/post/studio-voodoo-~-vegan-cheese-review-australia>

We tried the **Sun-Dried Tomato And Oregano. This is a soft cheese that would be good with crackers etc. It has plenty of flavour so will go quite a long way. It has: Cashews, Filtered Water, Organic Refined Coconut Oil, Nutritional Yeast Flakes, Lemon Juice, Celtic Salt, Fresh Garlic, Onion Powder, Sunflower Oil, Sun-Dried Tomato, Vegan Probiotic, Vegan Culture, Coconut, Gluten-Free Cornflower, Liquid Smoke, Fresh Oregano, Cayenne and Citric Acid. Cost \$13 for 135g at Great Nature, 48 Beach Road Christie’s Beach.

However, if you are not particularly turned on by some of the cheaper brands on offer or find some of the others a bit too expensive to buy often, why not make your own? See recipes on P5

Interview with Vineet Patel from Veggo Sizzle



Veggo Sizzle's "new" roomy venue

VegSA members and friends, for quite some time, have regarded Veggo Sizzle as one of their favourite places to eat. We are curious to know more about the business and the people who work there. Editor Anne Sanders asked Veggo Sizzle's **Vineet Patel** some questions.

AS: We understand that you were not born in Australia. Where were you born and what made you come to Australia?

V.P I was born in India, and I came for Study to Australia.

AS: Where and how did you acquire your cooking skills?

V.P I am fond of cooking from early teenage, being vegetarian since birth I learnt most of the skill from my parents.

AS: When you set up your business in Adelaide, why did you decide to make it vegan?

V.P When I came across the cruel reality of the dairy industry, I turned vegan and always dreaming to contribute to this sector, I had a vision for it from a long time and Veggo Sizzle is fulfilling it.

AS: Was there a health component in that decision?

V.P Health is always the priority. A balanced plant-based diet can supply all the nutrients required for our body. Be green and Be Clean is our motto.

AS: Many of our members and friends enjoyed the food at Veggo Sizzle in King William Street, what made you move to Pulteney St?

V.P We know people love that venue as it was in the heart of city, however, we were not able to serve all our vegan family over there. Our main reason of shifting is to accommodate more people as we hate to say No to our vegan family.

AS: Has the COVID-19 pandemic made things more difficult since you made that move?

V.P Yes, as covid hit most of the businesses, it has affected Veggo Sizzle as well. But with love and care from our staff and customers, we are recovering because of our vegan and loyal members of Veggo Sizzle.

AS: The Pulteney Street venue is comparatively large. Have you thought of using the space, regulations permitting, for other events?

V.P Yes, we have thoughts of organising events, birthday parties, and other events at this venue.

AS: What is the connection between Veggo Sizzle here and your sister business in Sydney?

V.P The Sydney branch is the identical to Veggo Sizzle Adelaide and have the same vision in Sydney so that we can serve the community and serve people fresh and healthy plant based food.

AS: Is the Indian community here generally supportive of your business? Are there any other groups that are particularly interested?

V.P Yes, Indian community is supportive as most of Indians are vegetarian and they love our vegan menu. We get a well support from the Asian community and Australians.

AS: What is currently the most popular dish on your menu?

Continued next page.

V.P The most popular dish on our menu is Sizzling supreme, but people love our laksa and Avocado Fries, with Mango lassi.

AS: Thank you for answering our questions and we wish you good luck with this enterprise.

Veggo Sizzle is at 4 /465 Pulteney St, Adelaide ph (08) 8918 1513 email: info@veggosizzle.com.au
Open: Mon - Thurs : 5pm - 9pm, Fri- Sun: 12pm - 9pm Parking: Pulteney St, Delhi St and South Terrace

RECIPE - VEGAN CHEDDAR CHEESE (no nuts, gluten or dairy)

Ingredients

13.5 oz (400ml?) can coconut milk or *2 cups any plain plant-based milk plus 3 tsp oil.
1/2 cup water * (omit if using 2 cups of plant-based milk.). 1/2 cup nutritional yeast
2 tablespoons agar-agar powder (or 6 tbsp aga-agar flakes) 1 1/4 teaspoons salt. 1 teaspoon lemon juice
1/2 teaspoon paprika or smoked paprika 1/4 teaspoon onion powder 1/8 teaspoon turmeric
Add after boiling: 1 tablespoon warm water mixed with 1 teaspoon white miso paste (or any mild-flavoured miso) or tahini.

*Optional for cheddar that melts and stretches (see below) 2 tablespoons + 1 teaspoon tapioca starch (aka tapioca flour)

Instructions

1. Prepare a cheese mould by spraying a smooth glass container with a little oil.
2. Pour all of the ingredients, except the water and miso, into a medium-sized saucepan.
3. Stir the ingredients and turn on the heat to medium.
4. Cook your cheese sauce until it has slowly boiled for 6 minutes while stirring frequently.
5. Mix the miso and water until the miso is dissolved completely. *Include the tapioca if making meltable cheese.
6. Pour that mixture into the cheese sauce.
7. Stir the cheese sauce until the miso (and tapioca) is incorporated.
8. Pour the cheese into the chosen mould.
9. Cool for about 15 minutes and then cover and put it in the refrigerator for 2-3 more hours until it sets completely.

Notes

Once the cheese sauce begins to boil, turn the heat down so that it is bubbling, but not so hot that it will burn. Be sure to stir the cheese sauce very frequently.

Simmer for 6 minutes to melt the agar-agar and allow it to bind completely with the ingredients.

Adding the miso at the end avoids killing the beneficial probiotic in the miso.

This is a sliceable and grateable cheese, but quite mild in flavour. Experiment with adding more of the suggested and/or other flavourings.

***Variation: To make meltable vegan cheddar:**

Only add 1/4 cup of water instead of 1/2 cup and only add 4 tsp of agar-agar instead of 2 tbsp.

Add 2 tbsp plus 1tsp of tapioca starch (7tsp) to 1/4 cup of cold water and stir until it dissolves. Add this to the boiled mixture together with the miso/tahini.

RECIPE - VEGAN PARMESAN CHEESE to sprinkle on pasta etc

3/4 cup raw cashews, 3 Tbsp nutritional yeast, 3/4 tsp sea salt, tsp garlic powder. Add all ingredients to a food processor and mix/pulse until a fine meal is achieved. Stored in the refrigerator, will keep for weeks.

At Natural Food Barn shop 23 Firlie Plaza (next to Kmart), Glynburn Rd, Firlie. ph 8331 7578.

Nutritional Yeast (includes vit B12) 200g cost \$14.20.

Agar-agar 75g cost \$24. 1tsp weighs approximately 2.5g. Can sometimes be replaced by cheaper gums.

Tapioca 500g cost \$8.25.

At ALDI

Natural Cashews 750g cost \$11.95

CCSA Supports The Indigenous Voice To Parliament

FOOD FOR THOUGHT SEPTEMBER 2023

At the subsequent meeting in August the issue was raised again and reps were asked to vote on the formal motion: **that the Conservation Council of SA adopts a formal position of public support for the Voice to Parliament.** Ken told the meeting that he was disappointed that no one had been appointed to explain the “no” position and that, as we had not been able to canvas all our members, he would abstain from voting. Two of the reps voted against the motion. However, it was past with the necessary two-thirds majority.

From the discussion from the floor of the meeting it seems that support for the “yes” vote is mainly to do with the land management that indigenous groups are able to take up and their ability to inform the wider community, including on strategic burning techniques.

The day before the vote on this issue, CCSA sent to its member groups a list of relevant Internet resources. We will send this on to all VegSA members that receive our emails.



Eateries Update

CLOSED

Dukes And Western, 647b Marion Rd Ascot Park. Most recent information is that the site was advertised for lease, but no sign yet of who is taking over and whether it will even be a café.

CHANGED OWNERSHIP

Green Room at Willunga has new owners since July 1st. The Green Room has been one of our veggo icons in the southern area for a number of years and it is good to know that it has new owners who are able to continue the work there. We wish the new owners well and hope that maybe a VegSA group will be able to visit there sometime in the near future. Open: 8.30am - 3.30pm Mon – Fri, 8.30am - to 3pm Saturday, closed Sunday. At 2 High St, Willunga SA 5172 ph (08) 7071 0903. Also contactable via Facebook Messenger.

Uraidla Bike Café 1195 Greenhill Road, Uraidla, ph. 0401 575 871, email: stall1195uraidla@gmail.com

If you are in the Hills and need a snack or meal, members tell us that the Bike Café can manage a good vegan option. (Possibly best to call them.) Open: Monday 9am – 1.30pm, Saturday and Sunday 8.30am – 1pm

MEAL DELIVERY

Herbidoor: All vegan, refrigerated delivery from Gold Coast. Mains cost \$8.95 to \$15.95. Order on line: <https://herbidoor.com>

Soulara: All vegan, SA based. 7 meals/week \$86.10. Choice of up to 24 meals for \$218.40. Order on line: <https://www.soulara.com.au> These meals in biodegradable containers are also at a number of **Romeo stores**.

Cooking Classes and Courses

Food For Life Course 2 November - 30 November 2023

High quality nutrition program by the Physicians Committee for Responsible Medicine, brought to you by Dr Heleen Haitjema, Certified Food for Life Instructor. Providing research-based nutrition information combined with cooking demonstrations and tastings. 5 Thursday nights in a row from 7 till 9pm, 2nd - 30th November at Fullarton Park Community Centre, 411 Fullarton Road, Fullarton 5063. Cost \$160. Limited places. Book at : <https://www.trybooking.com/events/landing/996729>

Wednesday 13th Sept. Tyler Tolman, Longevity Tour:

Discover How To Look and Feel Younger, Radically Reduce Your Risk of Ageing, Disease and Cancer. Be The Most Vibrant, Healthy Version of Yourself! At Cowandilla Community Room 175 Sir Donald Bradman Drive, Hilton. Cost \$36.26. More information at: <https://www.tylertolman.com/tour>

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THANKS to all those who have contributed and to staff at office of John Gardner MP for printing.



From the Media

After an 8-year long review, Australian Agriculture Ministers have finally endorsed a legal ban on battery hen cages. But it won't come into effect in most states until 2036. There is so much I could write about this flawed and elongated process - getting our laws and systems to work for animals is a 'work in progress'. Rest assured we are far from done in our efforts to bring about an end to caging hens sooner. But for today I wanted to share that while it's important to get legislation in place, real and lasting societal change comes not through laws, but through a shift in thinking, a shift in attitudes, a shift in choices. Legislation, in the end, simply rubber stamps the paradigm shift caring individuals such as you have already forged and created.
Lyn White AM, Director of Strategy. Animals Australia 14 Jul 2023

The South Australian parliament will investigate ways to tackle the recycling of soft plastics following the collapse of the REDCycle program.

The Liberal opposition's spokesperson for the circular economy Heidi Girolamo said REDCycle was a simple scheme that helped consumers keep plastic bags and packaging out of landfill. The supermarkets are searching for an alternative recycling scheme but have warned it could be a slow process.

The SA parliamentary committee will identify short and long-term opportunities and solutions to ensure soft plastics can be recycled. It will also examine strategies to reduce soft plastic waste and consider if government funding had been sufficient to support businesses and councils in their recycling efforts.

Australian Associated Press

2 servings of avocado per week for a 16% percent lower risk of cardiovascular disease.

A large recent study by researchers at the Harvard T.H. Chan School of Public Health. They analysed data from 68,786 healthy women (ages 30 to 55 years) who participated in the Nurses' Health Study and 41,701 healthy men (ages 40 to 75 years) who took part in the Health Professionals Follow-up Study. The volunteers filled out questionnaires about their diet every four years for 30 years. After ruling out other risk factors, they found that people who ate at least two servings of avocado each week had a 16 percent lower risk of cardiovascular disease and a 21 percent lower risk of coronary heart disease, compared to those in the studies who never or rarely ate avocados. The team also found that replacing half a serving daily of margarine, butter, egg, yogurt, cheese, or processed meat with the same amount of avocado was associated with a 16 to 22 percent lower risk of cardiovascular disease events, including heart attack and stroke. NHS10 May 2023

Belem, Brazil: Eight South American countries will launch an alliance to fight deforestation in the Amazon, vowing at a summit in Brazil to stop the world's biggest rainforest from reaching "a point of no return". Bolivia, Brazil, Colombia, Ecuador, Guyana, Peru, Suriname and Venezuela signed a joint declaration in Belem, at the mouth of the Amazon River, laying out a roadmap to promote sustainable development, end deforestation and fight the organised crime that fuels it.

Competition heats up for cow-free milk

Cows' milk consists of 80 per cent casein, a protein which gives the white colour. The protein gives dairy many of its treasured properties, and a lack of it is one of the reasons vegan cheese substitutes rarely melt like the real thing. New Culture, a start-up in America, claims it has "cracked the code" and can now make casein without animal milk or non-vegan products, creating "dairy identical" food. Other companies are creating non-animal based casein from yeast, including California-based Perfect Day, and several ice cream brands have started using their product. British start-up Better Dairy uses a similar yeast process, and claim their product is just as good as the real thing.

Around 3 per cent of Australia's total carbon emissions comes from the dairy industry, 19 per cent of the total agriculture emissions. While non-animal based casein producers claim to be more environmentally friendly, it is unclear how large emissions would be if their products are mass-produced.

Parker McKenzie The New Daily 1.8.23



VegSA Diary Dates

EVERYONE IS WELCOME TO ATTEND VEGSA'S SOCIAL EVENTS

- ♦ Sunday Oct 8th 12.30pm VegSA's Northern Star group: **Lunch at Simply Vegan and Veg**, Shop 1, Montague Farm Shopping Centre, 2 Montague Road Pooraka. Book by Wednesday Oct 4th with Karin: phone/text 0416 899 813 or contact VegSA email: info@vegsa.org.au ph 0466 972 112. Simply V & V has a very extensive menu with its vegan dishes also listed separately.
- ♦ Saturday Sept 23rd 12.30pm. **Lunch at Sarah's Sisters** Please book by Wed Sept 20th with Su: email: veg-su2003@yahoo.com.au or text/phone: 0468 397 219
- ♦ **VegSA's Northern Star Group** meets once or twice each quarter for a shared meal either at a member's home or at a vegetarian or vegan eatery. For further details contact Karin: phone/text 0416 899 813 email: karinbasse@
- ♦ **VegSA Southern Social Group: Second Saturday each month** at 12.30pm get-together at **Great Nature** 3/48 Beach Rd Christies Beach. No need to book, but check in case of changes with Su: ph. 0468 397 219 or veg-su2003@yahoo.com.au
- ♦ **VegSA mail-out workshop**. Usually Quarterly at the Joinery 111 Franklin St Adelaide. Meet fellow members and share ideas. Help is always appreciated. Next mail-out is planned for Sunday Nov 26th. Check with Anne: 0466 972 112 or email veg-socsa@gmail.com. Also, at 1pm VegSA Committee meeting. Members welcome to participate (but only Committee members can vote). Bring lunch or food to share.

♦ The Vegan Market

Friday 20th Oct 2023 5-9 pm. Saturday 21st Oct. 10am-5pm Sunday 22nd Oct. 10am-5pm
Local and interstate vegan brands. Wayville Pavilion, Adelaide Showgrounds. Entry \$5
See: <https://www.theveganmarket.com.au>

THE HERBS SOCIETY OF SA

Contact: ph. 8445 6645 email: herbsocietysa@gmail.com also on Facebook. website: <https://www.herbsocietysa.com.au>

♦ Sunday Sept 10th 2 pm - 4 pm Herb and Salvia Propagation Workshop

At the Society's Herb Garden, rear of Findon Community Centre, 222 Findon Road Findon SA 5023

♦ Sunday Nov 5th 10am – 3pm Herb Day Market.

Hundreds of potted herbs and salvias for sale, also seeds, books and light refreshment.
Fullarton Park Centre, 411 Fullarton road, Fullarton. Admission and parking free.

RESOURCES

- ♦ **Animal Liberation SA (ALSA)** conducts demonstrations and campaigns for animal rights and against animal abuse. Members' meeting held 1st Sunday each month at The Box Factory, Regent St South, Adelaide. (If driving enter off Halifax St.) See website for information: www.animalliberation.org.au or phone 0401 870 957 or email: animal.lib.sa@gmail.com
- ♦ **Adelaide Vegans** brings vegans together for networking and social gatherings alternate weekends - dinner on Friday or lunch on Saturday - usually at vegan or vegetarian establishments, sometimes at places with good vegan options. Bookings essential. See: <https://www.adelaidevegans.org/events> or ph Ken: 0415 382 121 or see Adelaide Vegans' Facebook page.
- ♦ **Doctors for Nutrition** is working to ensure that medical practitioners of the future are trained in sound basic knowledge of nutrition. Meanwhile, Doctors for Nutrition has prepared a pack of evidenced-based information on "whole food plant-based nutrition across all life-stages" that you can hand to any doctor who needs this educational material. This is available from the website where there are also many useful articles. See: www.doctorsfornutrition.org and www.doctorsfornutrition.org/articles/
- ♦ **South Aussies for Animals** works to improve conditions for animals in SA, including animals in laboratories. New website: <https://southaussiesforanimals.org.au> email: suzanne@southaussiesforanimals.org.au
- ♦ **Plant Powered Adelaide** is a support and social group for people who live in the Adelaide area and would like to learn more about a healthy way of eating. Whole Food Plant-Based Nutrition (WFPBN). See: <https://www.facebook.com/groups/PlantPoweredAdelaide>
- ♦ **Vegan Education Adelaide**: campaigns to educate the public about what a vegan diet and lifestyle means. See: linktr.ee/education/veganeeducation and <https://www.facebook.com/veganeeducationadl/>
- ♦ **The Chemical Maze**. App from Apple or Google or printed copy (out of print) only available on line or second hand. Helpful for checking ingredients by name or number for assessed safety. See: <https://chemicalmaze.com/chemical-maze-book/>

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Whilst VegSA makes every effort to provide accurate information to the best of its knowledge at the time of publication,

this cannot be guaranteed.

Always check for possible changes.

