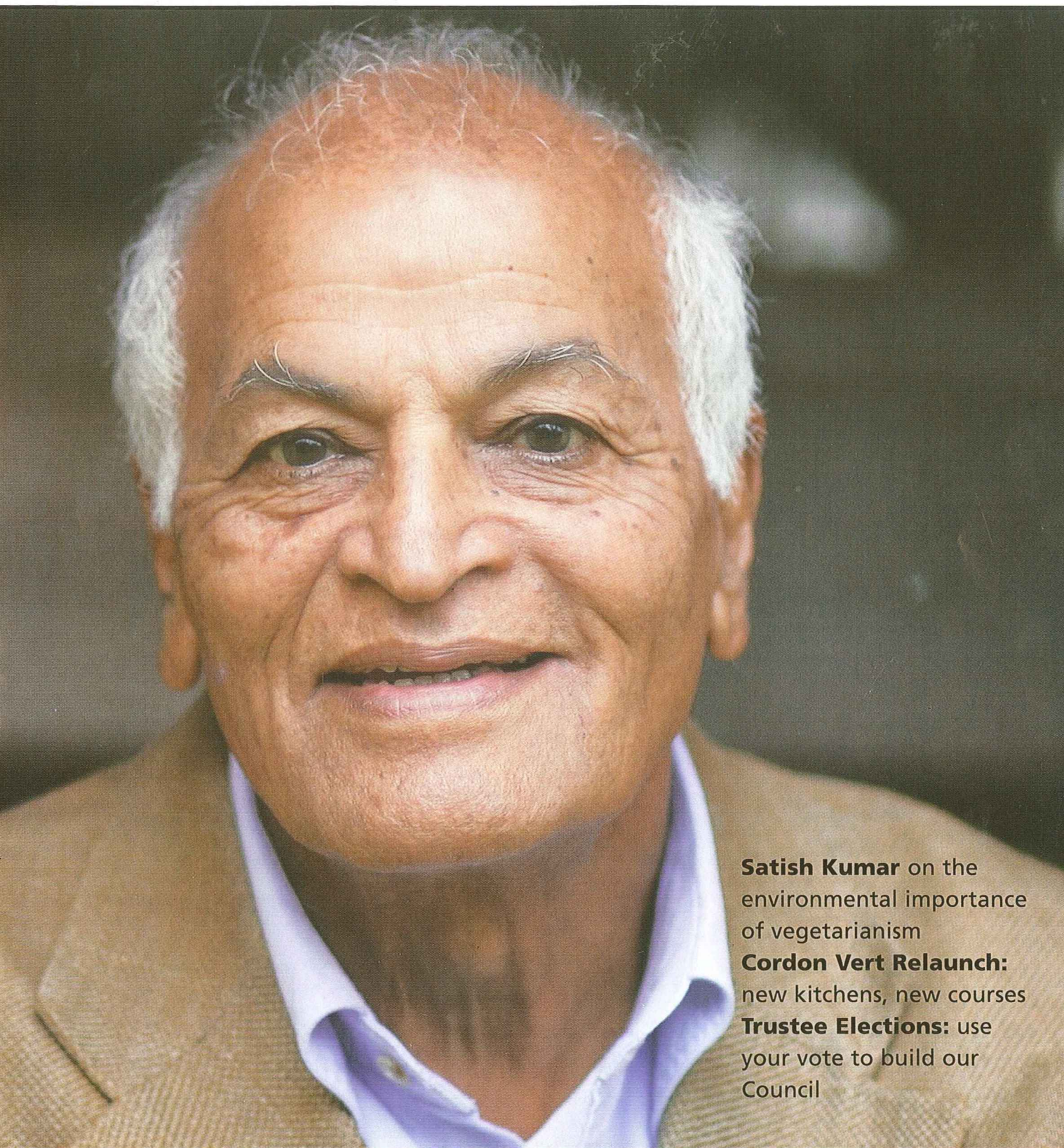


THE VEGETARIAN

THE QUARTERLY MAGAZINE OF THE VEGETARIAN SOCIETY



Satish Kumar on the environmental importance of vegetarianism

Cordon Vert Relaunch: new kitchens, new courses

Trustee Elections: use your vote to build our Council

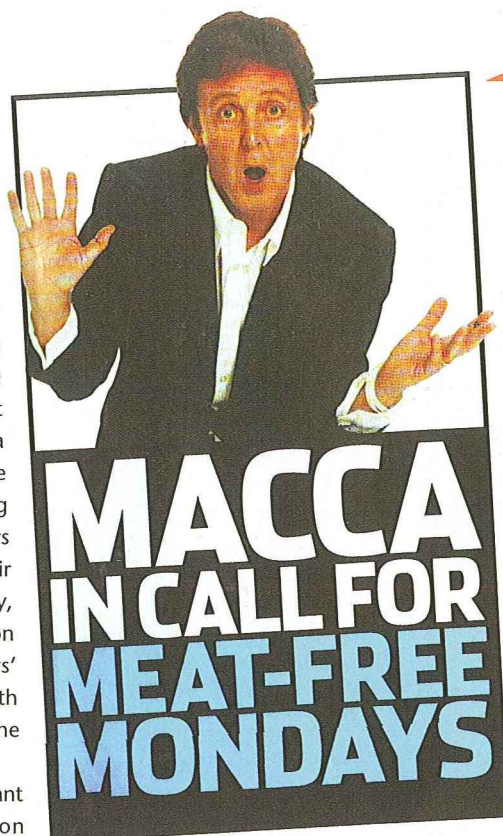


Vegetarian
SOCIETY

Macca champions Meat Free Monday

Sir Paul McCartney has called on Britons to embrace Meat-Free Monday to cut carbon emissions. Sir Paul was speaking to *The Grocer* magazine (21 June 2008) in an interview about the environment and the Linda McCartney Foods Range. 'Meat-Free Mondays' is an Australian marketing campaign that encourages meat-eaters to eat vegetarian one day a week. Sir Paul, a patron of the Vegetarian Society, said, "A lot of people go to the gym on a Monday. With 'Meat-free Mondays' it's a bit like going to the gym, but with the added advantage of protecting the planet."

He added, "One of the most significant conclusions of the recent report on climate change was that we should eat less meat. This is not the Vegetarian Society that said that. It's the UN." The interview was picked up by the Press Association and then went on to appear in over 150 regional papers – so well done Sir Paul, keep up the good work.



HOT

DAVID BLUNKETT - for promoting Hendersons Relish (an approved client) on the F Word.

DR JANE GOODALL - the world-renowned primatologist has been given a special award from Eurogroup for Animals for outstanding service to animal welfare.

OPRAH WINFREY – for completing her three weeks as a vegan and being so positive about the experience.

NOT

THE F WORD – for so many reasons, but especially for the episode where 50 'vegetarians' took up the challenge to eat veal. WHY?

PARMESAN – it's not vegetarian so please will magazines and food manufacturers stop using it in veggie dishes?

ASDA – for launching its 2p credit crunch sausages.

JOURNALISTS who condemn veggie and vegan diets for children – but do not criticise unbalanced meat based diets.

UNITED NATIONS FOOD SUMMIT tone down menu – in June the UN held its food summit in Rome. Gone was the foie gras and goose but veal and shrimps were there to replace them.

What are they putting in the tea at Parkdale?

Congratulations to Vegetarian Society staff, Liz O'Neill and Georgia Soley, who are celebrating their new arrivals.



Head of Communications, Liz, brought a second strapping young veggie into the world back in February, when Orla Maisie Ryan was born, weighing a fairly sizable 4.1kg (just over 9lbs). At five months she is absolutely thriving – cutting your first tooth and learning to roll over seem to be all in a day's work when there's a big brother to keep up with. Three year old Laurence, meanwhile, loves having a baby sister (most of the time!) and is starting to understand that

his family is a little bit different from many of his friends, observing the varied reactions to his typically direct query, "do you eat animals?". "Becoming a parent challenges many of your own beliefs and values," Liz commented, "but Laurence's simple acceptance of the concept that killing is wrong is the very best kind of validation. Our children's commitment to vegetarianism may not stand the tests of adolescence and independent living but at least they're starting out with an understanding of why we choose to reject what society deems the norm."



Supporter Development Officer, Georgia, gave birth to Josephine (Josie) Soley Gerrard in June, who weighed 7lb 3oz. Georgia said, "I'm loving mummyhood and am in absolute awe of my beautiful daughter. She's not had the easiest of first weeks on this earth, so I'm really proud of her for being so strong!" Of course, Josie will be brought up as a veggie.

Salty sausages

During National Vegetarian Week you may have read the headline news research about vegetarian sausages and burgers being just as salty as their meat equivalent products. The saltiest burger in the survey contained more salt than three packets of crisps and the saltiest sausage contained more salt than five packets of crisps.

The Vegetarian Society agree that people should look carefully at food labels and that labeling itself needs to be clearer. However the report also showed that over 95% of the products surveyed contain one third or less of your daily recommended salt intake. Unfortunately, however, that does not make such a good story for newspaper editors.