

“My wife actually got worried about my drinking so much regular milk, you know, so she got me into rice milk and now soy milk, which I greatly enjoy. A soy mocha’s a fine thing.”

—Willie Nelson

What Is a Vegetarian?

Even those who don’t know any vegetarians themselves have almost certainly heard the term. What exactly does it mean? What foods do they and don’t they eat? The answers are here ...

In general, vegetarians do not include certain animal products in their diet. Here are some basic definitions:

Vegetarians

- Eat a plant-based diet of edible vegetables, fruit, grains, legumes, seeds, and nuts.
- Do not eat the flesh or flesh byproducts (e.g., lard, or cheese with rennet) of any animal, including mammals, birds, fish (“But I eat fish” means you’re a pescetarian, not a vegetarian), reptiles, and invertebrates—any living entity with a face, awareness, or a nervous system.
- May or may not eat animal byproducts (e.g., dairy, eggs).

Ovo-Lacto Vegetarians: Eat no flesh, but do include eggs (that’s the ovo) and milk products (the lacto) in their diets.

Vegans: (Hard “g”; accent on first syllable) do not eat or use animal products of any kind, including eggs and dairy. This means steering clear of fur, leather, wool, down, honey, and cosmetics or other products tested on animals.

Sacramento Vegetarian Society

Mailing address: P.O. Box 163583, Sacramento, CA 95816
E-mail: sacveggie@gmail.com • Web: sacveggie.org
Meetup: meetup.com/Sacramento-Vegetarian-Society/
Facebook: <https://www.facebook.com/SacVegSociety>

The Reasons...

There are many valid reasons to choose vegetarianism; most vegetarians cite one or more of these:

Animal welfare: Ethical vegetarians are concerned about animal cruelty. Billions of animals live in abysmal, tortuous conditions from birth until slaughter. Even small family farms raise animals for slaughter in unnatural, stressful conditions and subject them to painful procedures.

Environmental degradation: Animal agriculture is environmentally unsustainable, resulting in massive water-quality and waste-disposal problems and antibiotic overuse. Animal agriculture is the #1 causative factor in global warming and the #1 user of increasingly scarce water.

Health: A healthful vegetarian diet can decrease the risk and symptoms of chronic diseases such as diabetes, arthritis, and heart disease.

Food safety: Over 5,000 Americans die of food-borne diseases each year. There have been many large-scale recalls of meat contaminated with *E. coli* and other pathogens, and numerous incidents where restaurant patrons were sickened by improperly cooked meat, dairy, and eggs. Vegetable-product recalls are almost always due to contamination from animal wastes, including animal-based fertilizers.

Spiritual beliefs: Hinduism and Buddhism see vegetarianism as an ideal way to promote nonviolence and spiritual fulfillment. Other religious groups that avoid meat include Jains and Seventh Day Adventists.



... and the #1 reason to go vegetarian:
The food tastes great!



We are a friendly, diverse group of vegans, vegetarians, and omnivores. Our activities are open to all, from committed vegans to those looking to incorporate healthier meals into their menu. All will find support here!

There are many reasons to adopt a plant-based diet. Whatever your motivation, our goal is to encourage, support, offer guidance, and learn from each other.



Sacramento Vegetarian Society

For the animals. For your health. For our planet.

What is SVS?

- The oldest vegetarian group in Northern California outside the Bay Area—serving Central Valley vegetarians, vegans, and omnivores since 1986;
- A nonprofit, tax-exempt organization;
- A democratic, member-run organization;
- A place where vegetarians and non-vegetarians are welcome and supported.

What We Offer

- **Social and educational events**—dine-outs, vegan potlucks, speakers, films, and special events like our annual Thanksgiving dinner
- **Cooking classes**
- **Discount program** with local businesses
- **Free subscription** to VegNews magazine
- **Online options:** SVS Web, Meetup, and Facebook sites
- **Updates on veg-friendly/animal-friendly legislation**, regulation, and food standards

Purposes

We're an education and outreach group, promoting vegetarianism to members and the public, including underserved groups (e.g., low income, children), through meetings, talks, classes, and other activities.

We're a social and support group, providing opportunities to meet, socialize, and share information, ideas, and recipes.

We're an advocacy group, speaking out on issues that connect to vegetarianism—including individual and public health, animal rights, and the environment.

We're connected

SVS collaborates with allied community groups working on a variety of issues. We are also a member organization of regional and international groups, including:

- The Environmental Council of Sacramento,
- International Vegetarian Union.

Veggie Factoids

For the animals ...

- Approximately 450,000 factory farms nationwide confine animals.
- Calves (for veal) are confined in crates so small they can't even turn around.
- Millions of animals die each year from the stress of transport and living conditions.

For your health ...

- Eating a vegetarian diet can cut your risk of heart disease and cancer in half.
- We need only 10–15 percent of our calories from protein, which is easily obtained on a vegetarian or vegan diet.
- Essential fiber only comes from plant foods.

For our planet ...

- Factory farms have replaced industrial factories as the #1 polluter of waterways.
- U.S. livestock produce 1.4 billion tons of manure every year—130 times the annual production of human waste.

The standard four food groups are based on American agricultural lobbies. Why do we have a milk group? Because we have a National Dairy Council. Why do we have a meat group? Because we have an extremely powerful meat lobby.

—Marion Nestle



Sacramento Vegetarian Society Membership Application Date: _____

First name _____ Last Name _____

If family, list all member names* _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Join SVS: Individual \$28 Family \$45*

* To qualify for the family rate, all family members must reside at the same address.

Please mail this application with payment of annual membership dues to:



Sacramento Vegetarian Society,
P.O. Box 163583, Sacramento, CA 95816-9583

Questions? E-mail: sacveggie@gmail.com

Optional extra:

- Sign me up for a **free** subscription to VegNews magazine.

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