**Veganism** is a way of living which seeks to exclude, as far as is possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose.

Veganism is becoming the largest social justice movement in the history of time. Could you go vegan? Why would you want to?

There’s a whole host of other reasons why someone would choose a plant based diet.

DID YOU KNOW THAT…

It takes [2,400 gallons of water to produce 1 pound of meat](http://www.vl-irrigation.org/cms/fileadmin/content/irrig/general/kreith_1991_water_inputs_in_ca_food_production-excerpt.pdf) whilst it takes only [25 gallons to produce 1 pound of wheat](http://www.vl-irrigation.org/cms/fileadmin/content/irrig/general/kreith_1991_water_inputs_in_ca_food_production-excerpt.pdf).

* Raising animals for food takes up [*half* of all water used in the U.S](http://www.onegreenplanet.org/animalsandnature/facts-on-animal-farming-and-the-environment/)



* + - Animals are legally classed as property under Australian law. Farmed animals are treated like commodities in a production line when really they are sentient and give and receive love just as we do
* Animal agriculture is responsible for more Greenhouse gas emissions than the entire transportation industry combined.
  + - * + 53% of land in Australaia is devoted to agriculture/410 million hectares
* Australia’s greenhouse gas emissions are rising to the highest figures seen in years, according to official government figures, increasing 1.6% in the last quarter and 1% in the past year.

Australia’s emissions in the year to March 2017 are the highest on record at 550.3m tonnes of CO2equivalent when emissions from land use change are excluded

Every second a football field of rainforest is destroyed to allow for the growth of animal agriculture. A sustainability issue that cannot be denied.

* + - * 1. 1/3 of the earths land is used for animal agriculture.
* We currently produce enough calories to feed 10-11 billion people worldwide, however, the majority of this food goes to feed livestock, not hungry people. Did you Know Just One Simple Shift in Your Diet Can Help Combat Global Hunger?
  + - If we don’t change course very soon, we’re heading towards a future of potential [food](http://ngm.nationalgeographic.com/2009/06/cheap-food/bourne-text), [energy](http://globalpublicsquare.blogs.cnn.com/2014/07/31/u-s-must-act-to-prevent-regional-energy-crisis/), and [water shortages](http://www.washingtonpost.com/blogs/wonkblog/wp/2012/08/10/where-the-worlds-running-out-of-water-in-one-map/.%20)

Animal agriculture is the leading cause of ocean dead zones

* + - Animal agriculture is the leading cause of species extinction
* Scientists predict that there will be fishless oceans by 2048

70% of human diseases are linked to animal agriculture

* Hormones used in Animal Agriculture can be passed through manure and into water ways where they cause reproductive problems in fish (& humans aswell)

1. Eating 50g of processed meat a day-less than 2 slices of bacon – increases the chance of developing colorectal cancer by 18%
2. More than 80% of pigs have pneumonia upon slaughter
   * + - * A battery chicken lives on space smaller than your ipad (free range is not much larger)
3. Animals are forced to grow up to 3 times faster than nature intended
4. Dairy cows are killed after just 3 lactation cycles
   * 1. Baby calves are separated from their mothers at birth and the mothers have been documented to mourn by bellowoing for days on end
        + Genetic manipulation leaves 90% of broiler chickens unable to walk
          1. 99% of U.S farm animals never get to express natural behaviours

* Cows milk is designed for very hulking animals. It contains 3 times the amount of protein than human milk and when consumed by humans creates metabolic disturbances that lead to bone problems later

1. Eating meat can increase your risk of dying from heart disease by 50%
   * If eating animals is a personal choice? Why would you choose to be cruel?

FOR MORE INFORMATION PLEASE WATCH THE FOLLOWING INFORMATIVE DOCUMENTARIES

* FORKS OVER KNIVES
* EARTHLINGS
* LUCENT
* WHAT THE HEALTH
* COWSPIRACY

You might be thinking; “Wow! I didn’t know that. I create a demand for these products every time I purchase them. Indirectly I am contributing to a global world crisis. What about today’s children that have to live in the wake of this destruction tomorrow? The animals who want for nothing but a simple, peaceful existence. The starving children whose food we feed to animals? What about my health, the quality of my own future”?

Every issue is presented with the same solution. A choice you make 3 times a day. #govegan. “BUT HOW?

Are you up for the challenge? For all the support you could possibly need, at no cost, please visit, <https://www.challenge22.com/challenge22/>

“If we could live happy and healthy lives without harming others… why wouldn’t we?”

Staazi & Co is a mobile food truck bringing delicious Greek vegan food to the streets of Adelaide at local events, major hotspots and also offer services for private functions.

A vision that came to life from a desire to educate through example, that you don’t need to contribute to any of these senseless atrocities to enjoy a delicious meal.

Our mission is to provide you ethically created dishes with locally sourced produce where possible at a reasonable price.

Plant based eating is not a difficult, extreme lifestyle. It is abundant and meals as satisfying as the ones you will try on our menu are available across all cultural food groups.

Our commitment is to care for the welfare of all animals and the environment. All our meals are made without the use of any animal products, inclusive of meat, milk, cheese, butter, cream and eggs. Our ingredients are 100% plant based. We are confident we can change any preconception you may have that being vegan is limiting.

WE ADVOCATE FROM A PEACEFUL PERSPECTIVE. OUR INTENTIONS COME FROM A PLACE OF LOVE, COMPASSION & EMPATHY.

\*BE KIND, TO EVERY KIND\*

for locations and an up to date schedule of our calender be sure to follow us on FB IG or twitter