*Vegan Feasts Day, Bristol Triratna Buddhist Centre 13 June 2015*

**Resources and Inspiration**  
**Websites and blogs**

[Veganuary](http://www.veganuary.com) – try vegan for a month any time, not just January – recipes, eating out and more. Plus a very helpful Facebook community, v.friendly.   
[Viva! 30 Day Vegan](http://www.viva.org.uk/30dayvegan) – as Veganuary  
[L-Plate Vegan shop](http://www.viva.org.uk/resources/campaign-materials/guides/l-plate-vegan)[Catering Guide](http://www.viva.org.uk/viva-catering-guide) (useful for encouraging businesses to provide more)

[Shabkar](http://www.shabkar.org/) pan-Buddhist veggie site, lots of useful articles/links/podcasts   
[Vegan Recipe Club](http://www.veganrecipeclub.org.uk) 100% vegan recipes; articles; blog and   
[Vegan Family House](http://www.google.co.uk/url?sa=t&rct=j&q=vegan%20family%20house&source=web&cd=1&ved=0CFIQFjAA&url=http%3A%2F%2Fwww.veganfamily.co.uk%2F&ei=RhAZUNL9Aoej0QX4jIGgAQ&usg=AFQjCNHANTKLFU09SDB73ETp_08-9LlhRg)   
[Frugal Vegan](http://www.frugal.org.uk/) from the Vegan Family House lot.

[Joyful Vegan](http://www.joyfulvegan.com/) positive and inspirational – recipes, vegan loveliness  
[Cooking for Vegans](http://www.cookingforvegans.co.uk/)

[Vegan Yum Yum](http://www.google.co.uk/url?sa=t&rct=j&q=vegan%20yum%20yum&source=web&cd=1&ved=0CFEQFjAA&url=http%3A%2F%2Fveganyumyum.com%2F&ei=NxIZUICkDuSM0wXM7YGgAw&usg=AFQjCNEL6H1V7vsgDE2oQS-rITsSVcmVaw) – award-winning food blog  
[Little Miss Meat Free](http://www.littlemissmeatfree.co.uk) – all vegan, contemporary feel, nice recipes  
[Vegan Buddhist](http://veganbuddhist.wordpress.com/)

[Healthy Kitschy Vegan](http://healthykitschyvegan.wordpress.com/2012/04/10/mindful-monday-buddhism-and-veganism/)  (is a Buddhist)

[The Thinking Vegan](http://thethinkingvegan.com/tag/buddhism/)

**Books: animal rights/ethics/Buddhism/animal emotion and behaviour**

*The Great Compassion: Buddhism and Animal Rights*. Norm Phelps

*Why we love dogs, eat pigs and wear cows*. Melanie Joy

*The Emotional Lives of Animals*. Marc Bekoff

*The Animal Manifesto: Ten Reasons for Expanding Our Compassion Footprint*. Marc Bekoff

*The World Peace Diet*. Will Tuttle

*The Exultant Ark*. Jonathan Balcombe

*The Pig Who Sang to the Moon*. Jeffrey Masson

*Eating Animals.* Jonathan Safran Foer

**Recipe books and more**Some excellent stuff emerging from both North America and the UK., as you’ll see from a quick search on Amazon or Viva!Shop etc. With North American books, a quick Google will help you find unfamiliar ingredients or a UK equivalent brand. (measuring cups cheap in Asda and Wilco etc!

*1,000 Vegan Recipes*. Robin Robertson – no illustrations but everything you could ever want to cook. Brilliant.

*Vegan on the Cheap*. Robin Robertson

*A Vegan Taste of* … (international cooking series, eg France, Eastern Europe, Mexico, India etc etc). Linda Majzlik

*Vegan with a Vengeance; Vegan Brunch* (etc) – Isa Chandra Moskowitz

*The Complete Book of Vegan Cooking* Tony and Yvonne Bishop-Weston

*The Viva! Cookbook* (sorry, had to give it a plug!) *Easy Vegan*. Ryland, Peters & Small

*Vegan's Daily Companion: 365 Days of Inspiration for Cooking, Eating, and Living Compassionately*. Colleen Patrick-Goudreau

*River Cottage: Veg Every Day*. Hugh Fearnley-Whittingstall. Not all vegan. One third recipes are – another third can be veganised using replacements, eg tofu/vegan margarine/soya or coconut yoghurt/rice or soya cream/vegan cheese etc.

Ms Cupcake: The Naughtiest Cakes in Town. Uk measurements, great vegan baking tips, totally indulgent and not at all healthy. Wonderful cakes and photos.

Videos and feature films

[The Sirens of the Lambs](https://www.youtube.com/watch?v=WDIz7mEJOeA) – 53 seconds, Banksy. Shocking yet not at all gory – very clever

[The Secrets of the Food Industry](https://www.youtube.com/watch?v=mKTORFmMycQ) CIWF 7 minutes

[Where Does My Milk Come From](http://animalaid.org.uk/h/f/CAMPAIGNS/blog//4//?be_id=284) Animal Aid 4 minutes or so

Melanie Joy Ted Talk 18 minutes: [Carnism – beyond Carnism and towards rational and compassionate food choices](https://www.youtube.com/watch?v=o0VrZPBskpg)  
[Making the Connection](https://www.youtube.com/playlist?list=PL932A35B5E6B8965A) Vegan Society 31 minutes (but discrete sections so can be shown in entirety or in part)

[Rip Esselstyn Ted Talk– Plant Strong & Healthy Eating.](https://www.youtube.com/watch?v=AAkEYcmCCCk)  18 minutes Ex-firefighter, handsome and is funny, moving and engaging. Particularly good about men, their self image and diet. My straight female friends and gay male friends love him!

Feature films  
Cowspiracy – meat/dairy industry and the environment expose

The Ghosts in Our Machine – extraordinary. Beautifully shot, heart-rending but also optimistic, showing there is a real alternative. Really thinks out of the box.

Forks Over Knives – diet over surgery, basically and why a vegan diet can do it.

Get Vegucated – funny, clever, entertaining