

"Oppression thrives off isolation. Connection is the only thing that can save us."

– Yolo Akili, *Dear Universe: Letters of Affirmation & Empowerment For All Of Us*

Vegan Life Colorado is against all forms of oppression. While our mission is focused on the humane and ethical treatment of non-human animals, we believe in equality and justice for our fellow humans as well. As a mostly white community, there is more that we can do to educate ourselves about institutional racism. There is more that we can do to promote equality in our community, right here in Colorado.

In the past, we've promoted some of our potluck themes as "ethnic foods". We didn't intend to be offensive but realize now that this term is racist: [4 Reasons Why We've Got to Stop Using 'Ethnic' to Describe People of Color](#). This article was written four years ago, but it didn't come into our awareness until the recent tragedies brought so many racial injustices to the forefront. Yes, it is sad that it took the killing of George Floyd and so many other black men and women to light this spark. But an important part of change is to be open and vulnerable, to listen, to admit wrongdoing. We're listening and we commit to doing better.

To be absolutely clear: We stand with Black Lives Matter. Everyone will be welcomed and respected at our community events. Everyone will be heard. If you have ideas on how to take action toward anti-racism in our vegan community, please reach out. In the meantime, we have shared some resources below.

-- Vegan Life Colorado, Vegfest Colorado, Animal Action Network

Resources

There have been countless anti-racism books shared online, so we're focusing our selection on the intersection of race and veganism.

[Black Food Justice Reading List: 25 Articles, Books, and People to Follow](#)

Books:

- [Food Justice: A Primer](#)
- [Veganism in an Oppressive World](#)
- [Sistah Vegan: Black Female Vegans Speak on Food, Identity, Health, and Society](#)

Documentary:

- [The Invisible Vegan: A Movement Toward A New Consciousness](#) (free from MCPL)

Articles:

- [Black VegFest's 7 points of Allyship for the White Vegan Community in Defense of Black Lives](#)
- Animal Charity Evaluators: [Black Lives Matter](#)
- [Why Some Black People Turned To Veganism During COVID-19 Quarantine](#)
- [Why white vegans like me should listen to black veganism](#)

Pages to Follow:

- [Afro Vegan Society](#) (please consider donating)
- [Black Vegans Rock](#)
- [10 Black Vegan Influencers](#)

Podcasts:

- The No Bullshit Vegan Podcast:
[Gigi Carter and Alissa Nash on human rights, and the increasing number of Black vegans](#)
- The Jealous Vegan: [Health Disparity In The Black Community And How To Be The Exception](#)
- The Bearded Vegans: [Exploring The 7 Points Of Allyship For The White Vegan Community In Defense Of Black Lives](#)
- Food for Thought: [Pig Laws and Black Codes: Why Voting Matters](#)
- Beyond Species: [Black Lives Matter](#)