

Special labels, like these, tell shoppers that the products they are buying are cruelty free:



No animal by-products

100% Vegan

This product was created without animal ingredients or animal testing.



Project: Go to your closet and read the labels in your clothes. How many items can you find that a vegan would wear? Try to find different products in your home that have these labels. Also, try this when you go to the store. How many did you find?

Scoring
 20+ Vegucated Shopper
 10-19 Doctor Detecto
 0-9 Bunny Saver



Now you know that vegans don't eat, wear, or use anything that came from an animal. You also know that they don't buy any products that have been tested on animals. But *why* do vegans go to all this trouble to avoid animal products? And why would anyone *want* to be vegan? Some people are vegan because they want to be very healthy. Eating meat,



... can lead to conditions such as diabetes, and it can make you overweight! They know that their diet, exercise, and good habits like not smoking, not drinking alcohol, and not doing drugs is the best way to stay well.