



Project: Next time you are grocery shopping, point out foods that vegans can eat and count how many you find. If you're having a hard time, start with the items on Page 4. When you find all those, try to find these:
 soy or rice frozen dessert • soy or rice milk
 tofu hotdogs • veggie burgers • salad dressing.



SCORING

- 40+ Veganator
- 30-39 Tofu Bud
- 20-29 Veggie Freak
- 10-19 Dairy Dud
- 0-9 Meathead

Vegans don't wear anything that comes from an animal. They check labels on items like shoes, jackets, belts, hats, pants, dresses, and shirts. So, vegans don't wear silk, fur, leather



lakeskin



wool
 ashmere



BUT you might find vegans wearing cotton, rayon, satin, polyester, imitation leather, canvas & nylon.

Vegans are very careful when they shop. They read labels to make sure that products don't contain any animal ingredients. They also check to make sure the products were not tested on animals. Vegans read labels on cosmetic products such as shampoo



and on other items, such as cleaning products, yard care products, office supplies and furniture.