

EVEN Update – January 2023



EVEN is Excited to Introduce SmartVegan.org!

With the simple understanding that all life is interconnected, **SmartVegan** offers valuable and varied information along the path of compassion and non-violence. A new awareness awakens us to a higher level of possibilities.

Visit SmartVegan.org soon and often for the latest vegan news.

~~~~~

⚡ **EVEN celebrates 18th Year Anniversary - 2005 to 2023** ⚡

~~~~~

All the forces in the world are not so powerful as
an idea whose time has come. - **Victor Hugo**

~~~~~



**Dependable. Compassionate. Green. Affordable.**

We provide Eco-Friendly Alternatives for all of your printing needs — from paper items, to boxes, to trade show graphics, & more! We Specialize in these printed items & much more! Using Recycled Papers and/or eco-friendly options whenever possible!

**++Packaging**

**++Labels**

**++Apparel Screen Printing  
& Embroidery**

**++Paper Items**

**++Various Types of**

**Mailings**

**++Signs of all shapes and  
sizes**

**++Trade show Graphics**

**Free Estimates**

**[www.VeganPrinter.com](http://www.VeganPrinter.com)**



# Vegan Heaven

Hi, My name is **Sina** and I'm the blogger behind **Vegan Heaven**. I do all the recipe development, photography, and writing over here. Thanks so much for stopping by!



I've been vegan since 2012 and I really fell in love with plant-based food since then. I started this blog in late 2014 to share my experiences and recipes when I was still fairly new to the vegan lifestyle.

Since then, **Vegan Heaven** has grown a lot. I'm a trained high school teacher, but Vegan Heaven is now my full-time job and I couldn't imagine having it any other way.

As a mom of young twin boys, I love to create and share **delicious plant-based food that the whole family loves!**



All of the recipes you will find on my blog are vegan. I try to use **easy-to-find and affordable ingredients**, so everyone can make my recipes.

You will find a great variety of vegan dinner recipes that are perfect for busy weeknights. Most of the recipes on **Vegan Heaven** are savory lunch and dinner recipes.

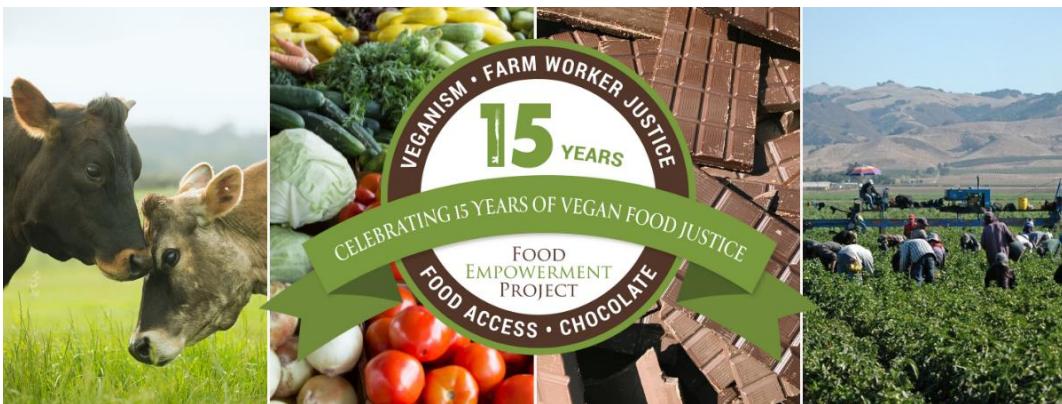
But you will also come across delicious vegan breakfast and vegan dessert recipes here and there. [\*\*>>MORE\*\*](#)

~~~~~

Surely the earth can be saved by all the people who insist on love.
– Alice Walker

~~~~~

## Food Empowerment Update



**Food Empowerment Project** seeks to create a more just and sustainable world by recognizing the power of one's food choices.

We encourage healthy food choices that reflect a more compassionate society by spotlighting the abuse of animals on farms, the depletion of natural resources, unfair working conditions for produce workers, and the unavailability of healthy foods in low-income areas.

By making informed choices, we can prevent injustices against animals, people, and the environment. We also work to discourage negligent corporations from pushing unhealthy foods into low-income areas and empower people to make healthier choices by growing their own fruits and vegetables. In all of our work, **Food Empowerment Project** seeks specifically to empower those with the fewest resources.

To counter the dairy industry's National Milk Day (on January 11), we launched our “**One Glass at a Time**” booklet, which connects issues related to animal cruelty, environmental racism, colonization, and more.

You can [see our video here](#)

~~~~~

Being Vegan Made Easy: Here's A List Of The Tastiest Food Options

Veganism is unquestionably an excellent kind of self-care for your body and mind. Vegan cuisine may make a big difference in how you feel and function, especially if you've had health concerns after eating a non-vegan diet. Vegans who wish to stay healthy should **eat a nutrient-dense diet that includes both whole and enriched foods.**

As a result, here are some great choices you can make!



Legumes

Vegans must consume something that can replace all of the nutrients and vitamins obtained from milk, meat, or eggs because they do not consume animal products. As a result, legumes may be a terrific way to add variety to your vegan diet.

Beans, lentils, and peas are excellent sources of essential minerals and vitamins. Beans and legumes also include antioxidants, which aid in the prevention of cell damage as well as the prevention of illness and aging. The fiber and other nutrients are good for the digestive system, and they may even help prevent malignancies of the digestive tract. Be it breakfast, lunch, or supper, legumes can be added to every meal and can surely make a positive change in your diet.

Smoothies

Oh, those delicious smoothies! They're a fantastic addition to your diet, especially during the hot summer months when they may cool you down and provide you with the vitamin boost you need to stay healthy. They're also simple to make at home, but if you don't have much time, we recommend ordering smoothie kits from Blendtopia to get the fruity and vegetable boost you need. Smoothies may be created using a variety of fruits and vegetables; it all depends on your own preferences. Plus, the best part is that they won't make you gain weight because they're light and nutritious at the same time.

Fruits and Vegetables

Fruits and vegetables may be consumed on their own or as part of a delightful smoothie, and they are undoubtedly a popular element of everyone's diet, whether vegan or not. These may also be a terrific substitution for vegan-friendly foods; for example, mashed bananas make a delicious egg substitute when baking your favorite cookie. Furthermore, if you discover a decent recipe, eggplant and mushrooms may give you that meaty texture that will also taste delicious.

Dark Chocolate

Dark chocolate is undoubtedly one of the most popular sweets consumed worldwide; thus, if you are a vegan, it is also a healthy way to fulfill your sweet appetite. **Dark chocolate is recognized for its health advantages, and unlike conventional milk chocolate, it is dairy-free and has significantly more minerals and health benefits.** Dark chocolate, which has a high proportion of cocoa, provides a rich, complex experience. Due to its high content of antioxidants, minimal sugar, and lack of dairy, it is also the cleanest and most vegan-friendly alternative available. However, go through the ingredient list for dairy-containing ingredients like caramel, toffees, and the like.

Nuts and Seeds

Nuts and seeds are high in proteins, vitamins, and other essential nutrients that you need to keep healthy. If you're a vegan, you'll need to include more of these things to replace the meat and dairy products you don't eat.



Nuts like hazelnuts, almonds, Brazilian nuts, walnuts, pistachios, and others are high in healthy fats and low in saturated fats, which can cause health concerns if ingested in excess. Not to mention all of the vitamins found in nuts, such as vitamins B and E. As a result of all of their components, nuts and seeds can help you lower your risk of heart disease and diabetes.

Milk Substitutes

Of course, as a vegan, you cannot eat animal milk, but there are several alternatives that are both nutritious and delicious. Soy milk is one of the most naturally nutritious and low-fat milk substitutes. It's a simple substitute for regular milk that will taste virtually the same, if not more delightful, in your coffee or smoothies, depending on how you prepare it. Almond milk has half the calories of ordinary dairy milk. It's extremely adaptable, allowing it to be used in smoothies, porridge, and even conventional cooking. It's gluten-free and best used in sweets and beverages.

Coconut milk is a popular and creamy addition to meals, derived from the liquid of coconut meat. It's naturally sweet and has a low carbohydrate content.

We hope that this post will assist you in determining which food selections are ideal to include if you are a vegan looking to improve your diet. Fortunately, there are many healthy and delectable choices available nowadays, so the choice is yours!

Happiness is when what you think, what you say,
and what you do are in harmony. – **Gandhi**

Sister River Foods/Parma!

www.eatparma.com



Here at **Sister River Foods**, we are dedicated to providing healthful, pure products. We use only the highest quality ingredients and nothing that you can't pronounce.

Our recipes are simple, nutritious, and great tasting.

Our mission is to provide healthy, earth-friendly culinary delights,

uplift humanity's consciousness through business, and leave the world a better place than when we found it.

Parma! is completely natural. It's wheat-free, gluten-free, non-GMO, and candida-free. Parma! is made here in Southern Oregon using only raw organic walnuts, Red Star nutritional yeast, Celtic sea salt, and love.

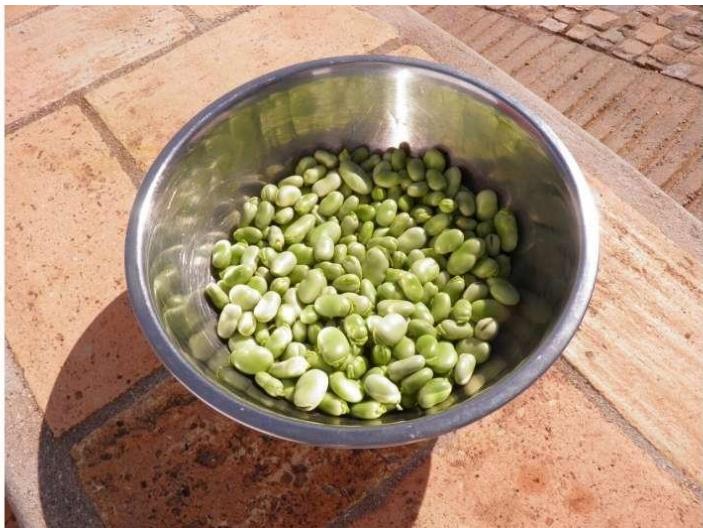
Parma! is a high potency food source of Omega 3's, B-12, and trace minerals. Parma! is sugar free and contains no artificial anything -- and it's enzyme rich.

Lastly, **Parma!** tastes great! It's a product the entire family will love and will benefit from. Try Parma! on popcorn, salad, pizza, rice, greens, and more. See our website for more information www.eatparma.com



Vegan Diet Rich in Legumes Beneficial for Decreased Weight [new study shows]

by **Physicians Committee for Responsible Medicine**



A vegan diet improves diet quality, leading to decreased weight and improved insulin sensitivity, according to a new study by the **Physicians Committee for Responsible Medicine** published in the Journal of the Academy of Nutrition and Dietetics. Decreased weight was most associated with increased intake of legumes and decreased intake of meat, fish, and poultry.

"Our research shows that the best way to improve the quality of your health is to improve the quality of the foods you eat," says **Hana Kahleova, MD, Ph.D., director of clinical research at the Physicians Committee and a study co-author.** "That means avoiding animal products and eating a vegan diet rich in fruits, vegetables, grains, and beans."

The participants in the **16-week study included 244 overweight adults** who were randomly assigned to either make no diet changes or to follow a low-fat vegan diet, without calorie restrictions, consisting of vegetables, grains, legumes, and fruits.

Researchers tracked diet quality, body weight, fat mass, and insulin sensitivity. The final data analysis included 219 participants who completed the whole study and submitted their final diet records.

Participants on the vegan diet lost an average of 13 pounds and 9.1 pounds of fat mass. Body weight and fat mass did not decrease in the group that made no diet changes. In the vegan group, increases in fruit, legume, meat alternative, and whole grain intake and decreases in animal products, added oils, and animal fats were associated with weight loss:

- Fruit: Increased intake of whole fruit was associated with a decrease in body weight.
- Legumes and Meat Alternatives: Increased legume consumption was associated with decreased weight, fat mass, and visceral adipose tissue. Consuming more meat alternatives, including tofu, tempeh, and veggie burgers, was associated with a decrease in body weight.
- Grains: Increased consumption of whole grains was associated with decreased body weight and fat mass.
- Eggs and Dairy Products: Decreased egg intake was correlated with decreased weight. Decreased high-fat dairy intake was associated with decreased weight and fat mass.
- Meat, Fish, and Poultry: Reductions in the combined intake of total meat, fish, and poultry were associated with weight loss and a decrease in fat mass.
- Added Fats: Decreases in intake of added animal fats were associated with decreases in weight and fat mass. Decreased intake of added oils also correlated with decreases in weight and fat mass.

The vegan group also experienced improvements in insulin sensitivity.

The vegan group's diet quality, measured by the Alternative Healthy Eating Index-2010 (AHEI) score, also increased by 6 points on average in contrast to no significant change in the group that did not make a diet change. The AHEI was developed by researchers at the Harvard School of Public Health to identify dietary patterns associated with lower risk of chronic disease. The index is comprised of foods to eat more often, such as fruits and vegetables, and those to eat less often, such as red and processed meat. The higher the AHEI score, the lower the risk for chronic disease.

Turning Vegan

Nancy Siy, founder of **Manila Vegans**, explains to *BusinessWorld* reporter Ashley Erika O. Jose that **veganism is not a plant-based lifestyle but a social justice movement grounded in morality and ethics**.



https://www.youtube.com/watch?v=O6EzBN75QIE&ab_channel=BusinessWorldTV

Man must get his thoughts, words and actions out of this vast moral jungle. We are not predators. We are, hopefully, more than instinctive killers and selfish brutes. Why take such a dim view of our potentials and capabilities? — **H. Jay Dinshah**



The Pot Thickens

<https://www.youtube.com/c/theapotthickens>

My name is Greg and I live in Fargo, North Dakota. I am a self-taught cook and strive to make healthy, wholesome, plant-based foods from all over the world. In order to understand food, I like to burrow down to the roots of a recipe and learn about its origins. While I do try to make authentic international cuisine using authentic techniques, I'm also known for fusing different cuisines and making easy hacks to achieve flavor.

Violence begins with the fork. - **Gandhi**



New Online Vegan Magazine! LUV4All: Vegan Peace Movement for a New World

Until we, the human collective, fully awaken—from within our hearts—to acknowledge the Absolute Truth that we are One with ALL Life, ONLY then can we ensure the survival of Mother Earth and her Universal Family.

Check it out [here!](#)

Vegetarians in Paradise



A Nonprofit Vegan Public Service Publication

Serving the World Vegan Community Since January 1999

By Zel and Reuben Allen

Congratulations to VIP for 25 heartfelt years of inspiration to thousands! Free newsletters filled with a potpourri of nutrition, stories, humor, recipes and milestones in the vegan community world-wide.

It's 2023 now and **VIP** wishes a Happy New Year to all!

A new year with new beginnings and many opportunities to deliver new vegan happenings, new vegan recipes, and plenty of new ideas to fill your to-do list for the whole year.

As a vegan, you're no doubt aware that vegans are always aiming to make the world a better place, a kinder, gentler place that gathers more people becoming vegan.

We hope you'll join our celebration as we light another candle on our birthday cake for 25 years of publishing **Vegetarians in Paradise**. As always, we continue to aim higher and continue to spread the word about the pleasures and health benefits of following a vegan diet.

[Sign up for free newsletter with Vegetarians in Paradise.](#)

If Fish Could Scream from 2010 begins with an interesting quote from **[Peter] Singer's** father. While observing people fishing, he claimed that he didn't "understand how anyone could enjoy an afternoon spent taking fish out of the water and letting them die slowly." This essay points out inhumane treatment of fish, including suffocation out of water, gill nets and impaling. Fish show intelligence in scientific studies as well, including the potential to feel pain. An unsustainable 2.7 trillion fish likely get caught each year globally. Not to mention the United Nations' estimate of over 60 billion animals killed annually for human consumption.

Endometriosis and a Plant-Based Diet - Katherine's Story



Katherine Lawrence changed her diet after she was diagnosed with stage 4 endometriosis and told that she should schedule a hysterectomy. Read Katherine's full story and learn more about how foods affect our hormones in Dr. Barnard's new book, *Your Body in Balance: The New Science of Food, Hormones, and Health*

https://www.youtube.com/watch?v=0jgggM5w5TU&ab_channel=PhysiciansCommittee



Discover all **VeganWelcome** hotels in more than 20 countries!

So that you can enjoy vegan cuisine at a high level on vacation, we are constantly expanding the **VeganWelcome** network with new partner hotels.

Warmest regards from Berlin,

Thomas Klein and the VeganWelcome team



Hi, I'm **Nisha**, a lawyer-turned-foodie! I'm excited to show you how to master vegan cooking at home.

Here at **Rainbow Plant Life**, you'll find wildly flavorful vegan recipes, entertaining cooking videos, and tips for making a vegan lifestyle easy, sustainable, and rewarding.

<https://rainbowplantlife.com/>



Listen to some of EVEN's powerful live lectures:



- Video – [see it here!](#) Dr. Joanne Kong – The Power of Veganism -



- Video – [see it here!](#) Dr. Alan Goldhamer, Escaping the Pleasure Trap -



- Video – [see it here!](#) Dr. Will Tuttle – Healing Our World, A Deeper Look at Food -



Aho Mitakuye Oaysin. (We are all related.) - **Lakota Saying**





The Vegetarian Resource Group

HEALTH | ENVIRONMENT | ETHICS

Congratulations to VRG - 40th anniversary!

*The Vegetarian Resource Group is thrilled to celebrate its 40th birthday of promoting a more compassionate and healthier world. Thanks so much to all the individuals and groups, such as **the Eugene Veg Education Network**, which have accompanied us and other vegans/vegetarians on this path. We all know the incredible progress that has been made, but how much more work there is to do. Thank you everyone for your caring. - The Vegetarian Resource Group/Vegan Journal*

VRG-NEWS is our **free** email newsletter offering recipes, ingredient information, reviews of new products, announcements of new books, free samples of products, and highlights of activist materials. Also included are VRG activities, outreach, alerts, and how you can help spread the message.

To subscribe to VRG-NEWS, you just need to type in your email address at: <https://www.vrg.org/vrgnews/index.php#subscribe>

People are the only animals that drink the milk of the mother of another species. All other animals stop drinking milk altogether after weaning. It is unnatural for a dog to nurse from a giraffe; a child drinking the milk of a mother cow is just as strange.

- Michael Klaper, M.D.



Janice Stanger, PhD - Author, Speaker, Educator, Consultant

EVEN: What, in your opinion, is the most misunderstood idea about veganism?

Janice: People worry that a plant-based diet is inadequate to meet nutritional needs. This is the exact opposite of the actual facts. Think of it--- plants are the base of the food chain. Do plants need to eat animals, or do animals eat plants? It's obvious that plants are nutrient producers, and animals are nutrient consumers. You get your nutrients from their original source by eating plants.

EVEN: What do you think makes veganism hard for people?

Janice: First is that people imagine they need to give up their favorite foods, and will never enjoy eating again. This is a myth. Your tastes change when you adopt new food choices. Soon the new foods taste great, and the old favorites are no longer appealing. Second is that eating only plants is unfamiliar and you might not immediately know how to put together a meal. This issue is easily dealt with. So many vegan choices are available in restaurants and grocery stores, and if you search online for "vegan (fill in name of whatever food you want, such as burger or pasta sauce or whatever)," you will find enough options for a lifetime. Finally, and most important, people may hesitate to make choices different than those of family and friends. There are many articles, books, websites, and online groups that can help you understand how to work through social issues like this successfully - as can groups such as EVEN.

[Read More by Janice Stanger, PhD, in EVEN's Exclusive Interview HERE.](#)

The Worldwide Vegan Food Industry is Expected to Reach \$91.9 Billion by 2027

This report incorporates an in-depth analysis of the vegan food market, including market estimations and trends through 2027. Major players, competitive intelligence, innovative products and technologies, market dynamics and regional opportunities are discussed in detail.

The report examines recent developments and product portfolios of major players. The patent analysis focuses on technological trends in recent years in regions such as the U.S., Europe and Japan....

Report Includes

- 111 data tables and 40 additional tables
- Analyses of the global and regional market trends, with historic market revenue for 2021, estimates for 2022, and projections of compound annual growth rates (CAGRs) through 2027
- Highlights of the upcoming market potential for vegan food, growth driving factors, and areas of focus to forecast this market into various segments and sub-segments....

Consumer demand is driving demand for vegan food items, which is driving up demand for producers of plant-based goods. Consumer interest in vegan food is fueled by several factors, including expanding research into the health advantages of plant-based diets, rising support from medical professionals and expanded media coverage of these advantages.

A decision by the U.S. Food and Drug Administration (FDA) favouring health claims about plant-based protein products and the growing availability of vegan food products in mainstream supermarkets as more mainstream processors enter this market are two more important factors driving growth. Pea-based vegan meat also has a sizable market share. The pea is an excellent source of plant-based meat due to its reasonable price, versatility and nutritional profile, as well as its widespread availability and applicability.... [**>>MORE**](#)





The National Health Association (NHA) is the oldest plant-based nonprofit organization in the world. Its mission is to educate and empower individuals to understand that health results from healthful living. Become a Member and Enjoy...

- **Quarterly *Health Science Magazine*.** Get powerful information, recipes, and interviews sent straight to your door with the real printed copy of our ad-free magazine! Get a free pdf copy of the latest issue when you subscribe.
- **Early Notice to the Annual NHA Conferences each June,** where like-minded health enthusiasts come together in-person and online to reignite the fire for healthful living. Hear the latest science-based information from top speakers, attend exercise classes and hikes, and enjoy great-tasting, healthy food prepared by master chefs.
- **The NHA Digital Library** with over 43 years of content from the organization including past issues of the magazine, newsletter, health books on fasting, nutrition, and more (many of which are now out of print).
- **Member-Only Discounts** with Vitamix and other trusted health companies.
- **Other Free Online Events and interviews throughout the year** like the Power your Health Q&A series.
- **Plant-Based Cruises-** The opportunity to register for adventures with other NHA members and friends who care about their health and eat delicious, plant based food while traveling.

[**Join the NHA**](#)



EATING PLANTS IS AN UPBEAT TV SERIES THAT EXPLORES PLANT-BASED FOOD, THE WORLD'S FASTEST GROWING CULINARY TREND.



EATING PLANTS Trailer (Official 2022)

https://www.youtube.com/watch?v=h_uU6xkIGRA&t=34s&ab_channel=Indievillage

~~~~~

Surely the earth can be saved by all the people who insist on love.  
– Alice Walker

~~~~~



Vegan Charcuterie Board

The ultimate vegan charcuterie board is among the best vegan charcuterie board inspiration ideas for fall because it includes a selection of plant-based products rich in flavor and texture.

PLUS The Best Vegan Guacamole Recipe



This vegan guacamole recipe is fresh, creamy, and irresistible. Plus, it has a wonderful flavor that you will surely enjoy and love.

Source: Viva Glam Mag



Why I Went Veg



If you want to [share and submit your story](#) to EVEN describing why you went veg, let us know. Some of us might even remember the exact moment or circumstances! You can inspire others the same way so many have inspired us. We encourage you to share your thoughts, your experience, your insights. Thank you!

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy. - **Martin Luther King, Jr.**

People everywhere are making choices more connected with their values.

We are simplifying our lives, buying less and living more because we know that the Earth provides enough to satisfy everyone's need, but not everyone's greed.

We recycle because we know the Earth's resources are limited and that we must share those resources with those yet to come...>>[A Life Connected](#)

Source: *Nonviolence United*



Southeast Neighbors Annual Festival

What a wonderful neighborhood!

Thank you, Eugene's **SE Neighbors**, for such a warm welcome to your marvelous event! Thank you, **Kevin and Robert**, for your tabling know-how and expertise! More than 120 veg starter kits were distributed, along with recipes and nutrition booklets! Woo-hoo!



[**>>MORE**](#)

An age is called Dark, not because the light fails to shine, but because people refuse to see it. - **Space by James A. Michener, American Author**

EVEN's 18th Annual Peaceful Vegan Thanksgiving Dine Out (2022)

Now *here's* a happy, thankful group if ever there was one!

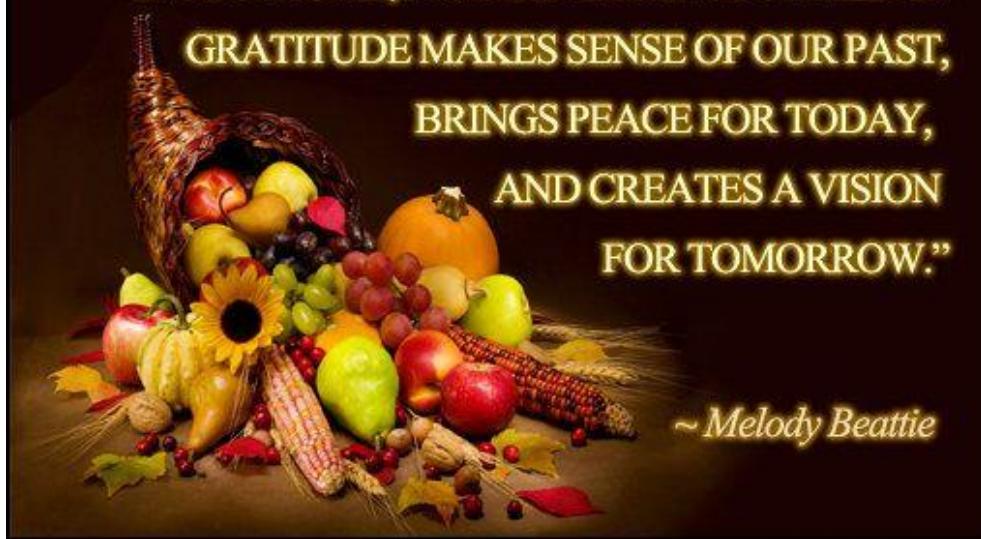
Although EVEN couldn't arrange its usual Thanksgiving public potluck in a format that would satisfy everyone, **Café Yumm!** provided us a safe, happy venue with great vegan food, as well as extraordinary service and hospitality! Thank you, Café Yumm! And thank you, **Sister River Foods**, for yummy vegan full-size samples. **Thank you EVEN volunteers: Janice, Russ, Stacy and Jay!** And wow! So many newbies. **Welcome to EVEN!**



[**>>MORE**](#)

If there are no dogs in Heaven, then when I die, I want to go where they went. - **Will Rogers**

“GRATITUDE UNLOCKS THE FULLNESS OF LIFE.
IT TURNS WHAT WE HAVE INTO ENOUGH, AND
MORE. IT TURNS DENIAL INTO ACCEPTANCE,
CHAOS TO ORDER, CONFUSION TO CLARITY.
IT CAN TURN A MEAL INTO A FEAST, A HOUSE
INTO A HOME, A STRANGER INTO A FRIEND.
GRATITUDE MAKES SENSE OF OUR PAST,
BRINGS PEACE FOR TODAY,
AND CREATES A VISION
FOR TOMORROW.”



~ Melody Beattie

*Eugene Veg Education Network
---EVEN - serving as a vegan resource since 2005---*

⚡ EVEN celebrates 18th Year Anniversary - 2005 to 2023 ⚡

The Eugene Veg Education Network (EVEN) is a 501(c)(3) non-profit serving as a resource for those seeking information on a healthful, vegan lifestyle. EVEN's emphasis is one of non-violence, compassion and sustainability. Focus is on the interconnectedness of all life and how a plant-based diet benefits the earth, non-human animals, and the individual. EVEN's Mission Statement is to inform, educate & encourage our members--- as well as the larger community ---by providing information on veganism and its positive impact on the health of the planet and all its inhabitants. We'll miss you but, if you would like to opt out of EVEN's free email list, **reply** to this email, include "Unsubscribe" in the subject line, and click **Send**. If you would like to receive EVEN's free mailings, just **reply** to this email, include "Subscribe" in the subject line, and click **Send**.

###