

Resources – BAVEG offers a range of online tools to help you learn about vegetarianism and educate others, including:

- The “Ultimate Guide to Vegetarian Living in the SF Bay Area,” available as a printed handbook as well as a searchable database of vegetarian restaurants and businesses
- Hundreds of recipes for delicious animal-free foods
- Original articles and brochures to read, print and distribute
- Advice and support from experienced mentors on going and staying veg



Author Erik Marcus speaks

Education –

BAVEG is dedicated to bringing vegetarianism and animal rights into the mainstream through community education. Our Compassionate Living

program provides people with essential, practical information about veg living and animal rights activism. BAVEG also hosts film screenings of important animal rights documentaries and invites prominent speakers to give public presentations.

Support Vegetarianism

BAVEG already plays a vital role in promoting vegetarianism and animal rights in the Bay Area, but we could be even more effective with your help and financial support.

Volunteer

Basic Membership – free*

*please submit online, unless ordering a book

Supporting Member: [\$5 [\$10 [\$20*
[\$30* [\$50* [\$100* [Other

Business Member*: [\$50 [\$100
[\$200 [\$500 [Other

*Please send me a complimentary copy of *Vegetarian Bay Area: The Ultimate Guide* (for donations of \$20 or more)

Please do not acknowledge my gift online.

Name/Address/City/State/Zip

Email Address:

Phone number: _____
(optional)



PO Box 371215, Montara, CA 94037

415-57-VEG-57 (578-3457)

a 501(c)(3) non-profit organization

www.bayareaveg.org



BAY AREA VEGETARIANS

www.bayareaveg.org

**planting the seeds of
compassion and good
health**

**Your local source for
vegetarian networking,
news and events**

Who We Are

Since 2001, Bay Area Vegetarians (BAVEG) has been bringing together people who share an interest in vegetarianism. Every month, BAVEG's members host and post dozens of events happening throughout the SF Bay Area on BAVEG's online discussion forum and mailing lists. BAVEG also sponsors over 15 of its own monthly activities in the South Bay, Peninsula, East Bay, Marin and San Francisco. In addition, our website includes many helpful resources, such as articles, recipes and tips for living veg in the Bay Area. With membership numbering over 2500, BAVEG is one of the fastest-growing volunteer organizations in the Bay Area. BAVEG offers so many activities and opportunities that everyone can find ways to get involved and have fun.



Chris & Tammy
BAVEG
founders

BAVEG covers 4 basic areas:

Community
Advocacy
Resources
Education

Community – BAVEG is an all-volunteer organization that anyone can join because it's absolutely FREE. With members from all over the world, BAVEG is a diverse multi-cultural community united by deeply held values, in particular vegetarianism and concern for animals. BAVEG members include vegans and veteran animal activists as well as aspiring vegetarians and open-minded meat eaters, allowing people to learn from one another's differences and foster understanding. We connect and support this unique community with five different email lists and BAVEG's many special events – from regular restaurant outings and potluck parties to film screenings and outreach campaigns.

Advocacy – If you want to help create a more compassionate world, BAVEG is a great place to start. Grassroots vegetarian and animal rights activists throughout the Bay Area regularly post volunteer requests on our discussion forum, and BAVEG also sponsors our own events, from monthly public outreach and education efforts to letter writing parties and tabling at progressive festivals and conferences. With so many ways to get involved, everyone can find an activity that's right for them. BAVEG's Advocacy Rewards program offers additional incentive to take action, allowing activists to earn points and win prizes – like gift certificates for vegan food and cruelty-free clothing – for organizing and participating in events.



BAVEG's outreach table at the
SF Pride Festival