

VEGAN *checklist*

With awareness of the benefits of a vegan lifestyle on the rise, we've selected an array of food, drink and complementary products that are proud to contribute to an ethical and cruelty-free world. Choose to make a lifestyle change today – give some of these a try.

When chicks fly the nest – you can bear it



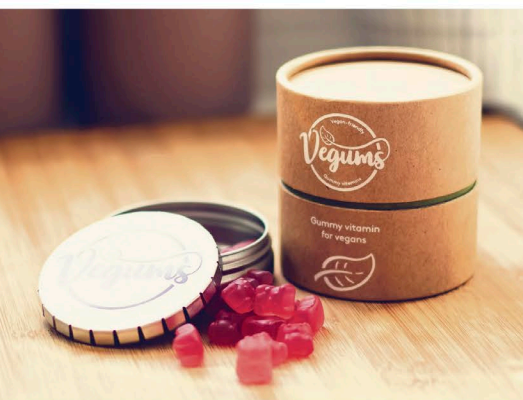
THE IDEA OF YOUR kids growing up and moving out or heading to university is concerning enough, but will they eat properly?

Going vegan, vegetarian or plant-based is great. However, it may leave nutritional gaps in their diet which can contribute to health issues, such as anaemia, lack of concentration and a weak immune system. Don't panic: the pharmacist founders of Vegums have got you covered.

The multivitamin for vegans, Fish-Free Omega-3 and Iron supplements, are all made with real fruit juice into a delicious gummy-bear so you can rest assured they'll actually be taken!



To make sure they don't run out, Vegums is offering a £9.95 monthly subscription plan with free delivery straight to their door – which can be cancelled at any time. Just use the code 'CHECKLIST20' for 20% off the first payment at vegums.com



Isn't it great when it all adds up?

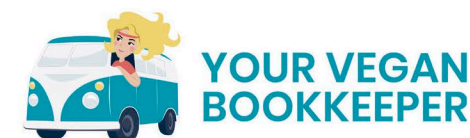
GROWING A BUSINESS isn't just about sales and profit margins, it should also be about reconnecting you with your purpose – why you wanted to run a business in the first place. Remember the day you decided: "I'm going to do this."

Your Vegan Bookkeeper helps vegan, ethical and social enterprises achieve both growth and reconnection, through bookkeeping, accountancy and business strategy for those wanting to make a positive difference in the world. You can focus on growth knowing the numbers will add up.



The team 15 years ago also said: "We're going to do this." Your Vegan Bookkeeper is part of the Buy 1 Give 1 Business for Good scheme. They are paperless and plant a tree every time business goals are hit and sometimes when they just feel like it.

Visit yourveganbookkeeper.com or call founder Tracy Baker on 020 8144 0471.



Have you checked your beauty products?

ANIMAL BY-PRODUCTS ARE USED widely in skin care, make-up, and hair care products. You could be spreading everything from boiled-up bones, animal urine to squished bugs all over your beautiful face.

Some of the animal ingredients to look out for include gelatin; carbamide, lanolin, squalene and stearic acid. It never hurts to review the products you are choosing and the ingredients listed on the back.

There are plant-based ways to condition your skin. Multi-award-winning UK vegan skin care company The Green Woman makes 100



per cent organic natural skin care. The company has a range of luxury moisturisers, including day, night and body creams, with 100 per cent natural plant oils and extracts providing intensive skin pampering and all-day super soft skin.

For more information on what ingredients to look out for and The Green Woman's vegan skin care range, visit thegreenwoman.co.uk



Think before you Drink

THINK WINE GROUP has spent years creating the perfect balance of both healthier and sustainably-conscious wines, without compromising on taste. The result is a carefully crafted, luxurious range of Prosecco and sparkling pinot grigio rosé brut wines. They are 100 per cent organic and vegan, with reduced calorie, reduced sugar, 0g carb and 0g fat. But Think says they taste just as good as standard bubbly, if not better!

To find out more visit [@thinkwinegroup](http://thinkwinegroup.co.uk)



Win a luxury Vegan Bunny Christmas hamper

Worth over £100!

Enter here

hurstmediacompany.co.uk/win/bunny

LOOKING FOR THE PERFECT PRESENT? Treat yourself or a loved one to a cosy and natural hamper that will help ease the everyday routine and make you feel relaxed. The ultimate pampering Vegan Bunny Christmas hamper includes two luxury edition



candles – Jolly Season and Frosted Holly – as well as a seagrass shopper bag, extra-large eucalyptus bouquet and an artisan soap collection.

Vegan Bunny offers natural, sustainable, vegan and plastic-free gifts that come with stunning minimalist gift wrapping.

Get £5 off any order over £30 using the code HAMPER when prompted at the online checkout.



Visit veganbunny.co.uk to see the seasonal range of candles and products.



For fox sake, let's call time on fur

BEFORE BEING SOLD AS A FASHION ACCESSORY, this fox spent his entire life on a Finnish fur farm in a wire battery cage, measuring around one square metre. He had deformed feet, swollen eyes and a single piece of bone as his only 'enrichment'. He will have waited hundreds of days before being electrocuted and skinned for his fur, fur that could be shipped for sale in the UK. The UK banned fur farming in 2000 because it was deemed unethical, but in a glaring double standard still allows cruel fur from fur farms overseas to be imported and sold here.

Around 100 million animals live and die like this each year for the fur trade. As well as causing immense animal suffering, scientists are linking the appalling conditions in fur farms to transmission of deadly diseases like Covid-19.

Designers and retailers increasingly choose fur-free, and fur is unwelcome in the majority of British wardrobes; opinion polls show most Brits (93%) don't wear fur and 72% support a

UK fur sales ban. When the selling stops, the suffering stops too.

Even former fur-trade insiders are calling out the unacceptable suffering in fur. Mike Moser, former CEO of the British Fur Trade Association said: "I spent 10 years working for the fur trade, and I've seen the reality of fur farming. Over time I realised that whatever soundbites we devised, neither welfare regulations nor any industry certification scheme would ever change the reality of these animals being stuck in tiny wire cages for their entire lives."



HUMANE SOCIETY INTERNATIONAL
UNITED KINGDOM

Please sign the #FurFreeBritain petition urging the UK government to ban fur sales at hsi.org/furfreebritain

Fair without the foul stuff

ESTRID ISN'T JUST A RAZOR. Estrid is a fairly priced, cruelty-free, quality razor that is specifically made for women. That might sound kind of obvious, but before Estrid it wasn't. The creators of Estrid had a hard time finding a razor that was designed for women but available at the same price as one made for men, one that didn't contain any animal products in the hydrating strips. They wanted a razor that wasn't marketed just by glossy hairless glamazons, shaving their smooth legs under a dazzling waterfall. So they made one. A female-focused razor without all the bad stuff, at a fair price.

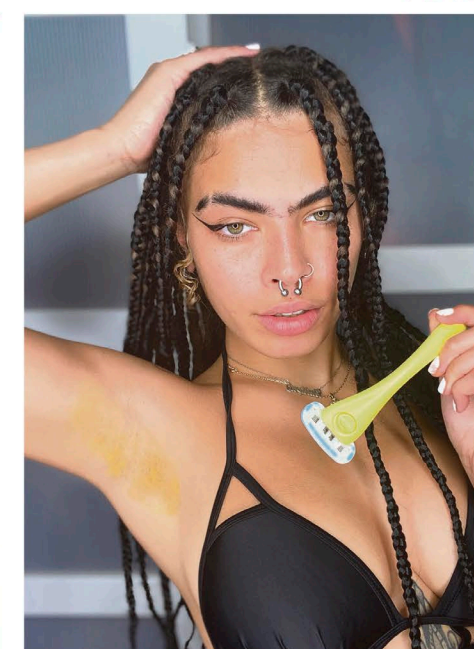
For Estrid's founders, shaving is a choice, as it should be. Estrid is just here to offer a cute, kind, cheap, and super smooth option. Because



that is what we all deserve. That and most other things. Estrid is here for any and everyone who feels like shaving from time to time. And for those who don't too. So whether you enjoy a lil' armpit fluff, have a bikini line that's as smooth as a baby seal belly, nourish a downy upper lip or rock the occasional leg stubble – Estrid's got you.

ESTRID

For more information visit estrid.com



Win an epic plant-based cheese hamper

Worth over £100!

Enter here

hurstmediacompany.co.uk/win/cheese

THIS FESTIVE HAMPER from La Fauxmagerie, the UK's first plant-based cheesemonger, comprises a selection of Britain's most delicious, artisanal vegan cheeses and accompaniments, presented in a beautiful wicker hamper with vegan leather straps.

Whether you're after a festive cranberry-studded cheese, a mouldy blue, or a truffly Camembert-style, their coveted Christmas hampers will have you covered.

Head over to the website and treat yourself to some incredible vegan cheeses and perfectly paired, sustainable vegan wines. Looking for pairing inspiration? Try the Black Truffle cheese and Tibouren Rosé.



Find out more and order at lafauxmagerie.com



Sweet deals for vegan treats

THE CONSCIOUS CANDY COMPANY fills the gap in the market for 100% vegan confectionery. They sell over 100 varieties of sweets, vegan marshmallows, fudge, chocolates, lollipops, biscuits, popcorn and more.

Try their amazing chocolate bar collection, featuring flavours such as White Chocolate Biscoff, Milk Jazzie and Cookies & Cream.

You can also subscribe to a massive 1kg pouch of mixed sweets a month!

With many gluten-free, plastic-free, palm oil-free and compostable packaging options available.

THE
**CONSCIOUS
CANDY CO.**

Visit consciouscandy.co.uk and enjoy 10% off your first order with the code GUARDIAN10.

Premium cookies filling a gap

THE NAKED LADY COOKIES is a vegan cookie company based in Oxford which began with the realisation that there was a gap in the market for a premium vegan cookie. The Naked Lady Cookies are soft and chewy, with exciting flavours that the company believes set it apart from other brands, both vegan and non-vegan.

The firm's most popular flavour is raspberry and white chocolate and it brings out new flavours to correlate with the seasons, including lemon drizzle and apple crumble to name but two.

The naked lady



Having environmental ethics behind the brand is very important to the firm. All its cookies are palm oil free and the team tries to run the business as sustainably as possible, with all packaging being either compostable, biodegradable or recyclable. The company also donates 10 per cent of its profits to a local charity, The Oxford Food Bank.

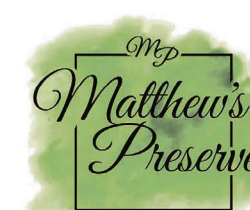
For more information and to order cookies visit thenakedladycookies.ecwid.com

Preserving mental health with great taste

ESTABLISHED AT THE BEGINNING of 2019, Matthew's Preserves is already turning heads with two three-star Great Taste Awards in successive years for innovative chutneys, using the finest plant-based products. Still working out of his kitchen in rural Nottinghamshire, Matthew creates small artisan batches on his stove. He produces an array of perfectly cooked chutneys, jams and marmalade that all the family can enjoy.

Matthew started the business after suffering a mental breakdown in 2018. He was gently pushed by his wife and family to start selling his wares – little did he realise his products would become such a hit.

Matthew says: "I love making my preserves because I get lost in the moment making them, which helps my mental health. With the sale of each jar, 10p is donated to Mind UK."



Discover the tasty range at matthews-preserves.co.uk

For more, follow [@checklistsocial](https://www.facebook.com/checklistsocial)