

How do I find people who are curious about veganism?

They are everywhere. Some just don't know they are vegan-curious until their curiosity is aroused. Remember to be helpful, kind, approachable, and compassionate.

No one wants to learn that they have contributed to harming animals, destroying the environment, or compromising their health. These are difficult issues that require sensitivity and sensibility.

Remember who you were before you became vegan. You deserved love and kindness. Give others that opportunity.

Create curiosity about veganism in positive ways. Be ready with some information or a basic handout about a local event. Do what works for your personality. Here's the start of our list. If you have a suggestion of what worked for you, contact us and we will consider it for the list.

- Wear a vegan t-shirt with a kind, compassionate message.
- Read a vegan book in public.
- Take vegan cookies to work and put them in the lunchroom or other gathering place with a sign saying "Help yourself!" Expect them to disappear quickly. Next time take the same type of cookies in the same container, but put "Help yourself to vegan cookies. See (your name) for the recipe." Even those who are fearful of veganism will recognize the cookies again and enjoy them. People will ask you for the recipe and you have the opportunity to invite them for a vegan dinner or other event. If you don't have an ace cookies recipe ready to use, there are many winners in the book *Dating Vegans* which also has great advice for creating main dishes and navigating social events with nonvegans.
- Host a documentary screening such as *Vegucated*, *Forks Over Knives*, or *Peaceable Kingdom* at your local library or community center. Put up enticing flyers all over town and remember to offer delicious vegan food samples. See VegFund.org for ideas and possible grant.
- Talk with people. Be your positive, radiant self, but not overpowering. The subject of veganism will eventually come up because they want to know why you look great, have energy, seem so youthful, and have enthusiasm for life.
- Ask if you can leave some vegan information at local stores, libraries, restaurants, and other business establishments. My local mechanic recently bought vegan books to put on his table in the waiting area next to all the car magazines!
- Go leafleting on a college campus. VeganOutreach.com will get you started.

- Volunteer at a local animal shelter and get into compassionate conversations. Help people who are passionate about “companion animals” connect their feelings with “food animals.”
- Join a club for a hobby you enjoy such as photography, painting, or bird watching. Offer to bring snacks to a meeting.