

"The greatness of a nation and its moral progress can be judged by the way its animals are treated." -

Ghandi

Starting this journey can be difficult, but just starting can have dramatic and positive impacts on your health and the health of everything the creator has given us. Simple swaps, meat for tofu and switching to our true traditional foods (fry bread is not traditional!) will help animals, the environment, and your health.

INDIGENEITY & VEGANISM

FACTS

- our ancestors did not thrive & survive on a heavy meat diet.
- Many of our traditional foods are already vegan!
- People near leather tanneries have cancer rates 5X higher than average.
- Switching to a vegan diet has shown to ease and prevent complications due to diabetes.
- 139M+ cows, baby cows, sheep, pigs & lambs are killed for food every year

Food

Switching to our staple foods, corn, beans, squash, berries, rice etc. instead of items with dairy will help prevent spikes in blood sugar and prevent the suffering of animals. With our new westernized diet, we have seen a spike in conditions such as diabetes.

Leather

There are many vegan leather options available. They are easy to get AND they cost just as much if not less than the animal skins used previously

VISION

As Indigenous people the goal has been to be culturally active, be good to Mother Earth, and all she has given us. A simple way of doing this is swapping animal products for non animal products. Not only would this be good for the planet, and the animals, it would be good for our health. Keep reading for simple changes for your health and Mother Earth's health!