



Vegetarian Resources

Compassion Over Killing (COK) <http://www.cok.net>

A nonprofit animal advocacy organization working to end animal abuse, COK primarily focuses on cruelty to animals in agriculture and promotes vegetarian eating as a way to build a kinder world for all of us, both human and nonhuman.

Christian Vegetarian Association (CVA) <http://www.christianveg.com>

An international, non-denominational ministry of believers dedicated to respectfully promoting healthy, Christ-centered and God-honoring living among Christians. They advocate nutritious plant-based diets in the global Christian community.

Physicians Committee for Responsible Medicine (PCRM) <http://www.pcrm.org>

A nonprofit organization that promotes preventive medicine, conducts clinical research, and encourages higher standards for ethics and effectiveness in research. It was founded in 1985.

People for the Ethical Treatment of Animals (PETA) <http://www.peta.org>

The largest animal rights organization in the world, with more than 800,000 members. Founded in 1980, PETA is dedicated to establishing and protecting the rights of all animals. PETA operates under the simple principle that animals are not ours to eat, wear, experiment on, or use for entertainment.

Toronto Vegetarian Association (TVA) <http://veg.ca>

The largest and second oldest locally-based vegetarian organization in North America, founded in 1945. The TVA is a registered non-profit charitable organization and is run by volunteers.

Vegan Outreach (VO) <http://www.veganoutreach.org>

A non-profit organization dedicated to reducing animal suffering by promoting a vegan lifestyle. VO is working to promote veganism through the widespread distribution of illustrated booklets, *Why Vegan* and *Try Vegetarian* (formerly *Vegetarian Living*). These are distributed by many people, from middle school students to animal advocacy organizations.

Vegan Society (VS) <http://www.vegansociety.com>

An educational United Kingdom registered charity and a limited company. They promote vegan lifestyles (ways of living that seek to exclude, as far as is possible and practical, all forms of exploitation of animals for food, clothing or any other purpose).