

## VISION FOR NORTHOLT (by FRIENDS OF ISLIP MANOR PARK)

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**To create a thriving, happy, healthy, compassionate and sustainable community.**

The ONLY way to do this, and at the same time save the planet from a climate catastrophe and stop all future pandemics, is a community where everyone is following a plant-based lifestyle.

### Why?

- Animals are friends, not food. If we eat them, or any products derived from animals, they suffer tremendously. They want to live, not die. They have families too.
- The latest research shows that at least 87% of all greenhouse gas emissions are caused by animal agriculture (see [climatehealers.org](http://climatehealers.org)). This means that animal agriculture is destroying the planet, including all of us. At current rates of decline, 100% of wild vertebrates will die off by 2026.
- A plant-based diet is the healthiest of all.
- It's delicious!
- It's cheap, especially when home cooked.
- More and more people are going plant-based, so opening a vegan business or investing in vegan products is very lucrative.

### How?

- Fruits and vegetables are grown everywhere possible (edible streets, rooftop and terrace gardens, community farms, etc.)
- The Council provides people with seeds & plants, and educates everyone how to grow them, in schools, community centres & religious centres.
- The Council facilitates plant-based cooking classes in different locations (in schools, community centres & religious centres), adapted to different cultures.
- Everyone is made aware why this is necessary by handing out the latest research, and via the screening of movies (in schools, community centres & religious centres) such as The Game Changers, Seaspiracy, Cowspiracy, Dominion, Earthlings, Gunda, What the Health, Forks over Knives, Countdown to Year Zero, Eating Our Way to Extinction, etc.
- The Council supports new business opportunities for veg & fruit shops, the manufacturing & selling of plant-based food, and the opening of vegan cafes and eateries .

## HOW TO BECOME VEGAN?

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It's easy!

Have a look at these sites:

<https://uk.veganuary.com/blog/vegan-starter-kit/>

<https://www.bbcgoodfood.com/howto/guide/how-become-vegan>

<https://www.vegansociety.com/go-vegan/how-go-vegan>

Vegan & Muslim: <https://www.bbc.co.uk/bbcthree/article/861ee752-c5ab-4c03-94ed-1fb7e8aab7e2>

## WHAT TO BUY?

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If you want to replace some of your favourites, there is good news!  
Every supermarket sells vegan food now, frozen or chilled.

Here are some recommendations:

- Vegan Essentials Box at Morrisons
- Gro incredible burgers (Co-op)
- Richmond meat-free sausages (Sainsbury's, Tesco & Asda)
- This isn't bacon plant-based rashers (Waitrose - TheVeganKind online)
- Wicked and Naked Glory range in Tesco
- Squeaky Bean (most supermarkets)
- Vegan mince in all supermarkets
- Fry's vegan schnitzels, vegan hot dogs, vegan pies, vegan nuggets, etc. (Sainsbury's)
- Linda McCartney vegan sausages, vegan sausage rolls and vegan pies (most supermarkets)
- Tesco's frozen mini vegan sausage rolls
- Best vegan chicken alternatives: <https://www.vegansisters.org/food-and-drink/best-vegan-chicken-alternatives/>
- Frozen vegan fish (Wing Yip)
- Iceland: special freezer for vegan food
- Oatly (oat milk) - berrista version is best for coffee (most supermarkets)
- Violife vegan feta and vegan smoky cheddar slices (Tesco)
- Tesco Free From, coconut oil based, vegan cheese range
- Alpro vegan yoghurt (most supermarkets)
- Oatgurt greek style (most supermarkets)
- Alpro vegan cream (most supermarkets)
- Vegan icecream: Swedish Glace, Cornetto, Magnum, Tesco Free From, Co-op Free From

Accidentally vegan: <https://www.veganfriendly.org.uk/food-drink/accidentally-vegan-foods/>

## ONLINE RECIPES - VEGAN COOKBOOKS

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If you like cooking and are looking for recipes, here are some good online resources:

[One Green Planet](#) - [One Arab Vegan](#) - [The Vegan Nigerian](#) - [Vegan Richa](#) - [Vegkit.com](#) - [Deliciously Ella](#) - [suprememastertv.com](#) / veganism

And there are plenty of cookbooks around!

Queen of Months: An eco-halal Sufi vegan/vegetarian cookbook for Ramadan -  
Vegan One Pound Meals - Vegan Street Food - Afro-vegan - Caribbean Vegan - Quick & Easy - Dirty Vegan -  
Zaika, Vegan Recipes from India - Vegan JapanEasy - Rachel Ama's Vegan Eats - 5 Ingredient Vegan - 7 Day  
Vegan Challenge - Happy Vegan - Rebel Recipes - BOSH! Healthy Vegan - Green - Mildreds Vegan Cookbook -  
Incredible Plant-Based Deserts - Vegan Chocolate Cookbook - I Can Cook Vegan - Feed Me Vegan - How to Be  
Vegan and Keep Your Friends - LEON Fast Vegan - Vegan Cooking for Everyone - More Plants Less Waste -  
Plants-Only Kitchen - One Pot Vegan - Jackfruit & Blue Ginger - Heavenly Vegan Dals & Curries: Exciting New  
Dishes from an Indian Girl's Kitchen Abroad

## AFFORDABLE VEGAN RESTAURANTS / TAKE AWAYS

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You can find vegan (friendly) restaurants on <https://www.happycow.net/>.

Here are a few:

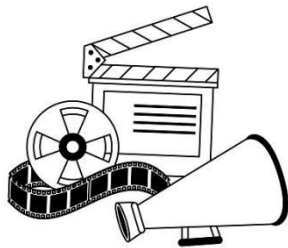
- Mr Falafel, Shepherd's Bush Market
- The Humble Veg, West Ealing
- Texcoco, Harrow
- Karma Oriental, Harrow
- Loving Hut, Archway
- Vegan Hub, Wembley
- Ahimsa The Vegan Cafe, Pinner
- Taco Bell - ask for "Fresco Style" (they can veganise everything)

And more and more vegan fast food is available now:

- Greggs - Vegan Sausage Roll, Vegan Steak Bake, Vegan Sausage Breakfast Roll, Vegan Ham & Cheeze Baguette, Southern-fried potato wedges & Glazed ring doughnut
- Subway - Vegan Wrap & Vegan Patty Sub
- KFC - Vegan Chicken Burger
- Burger King - Plant Based Whopper & Vegan Royale
- Papa John's - Vegan Pizza
- Wenzel's - Vegan Sausage Roll, Vegan Sandwiches, Jamaican Vegetable Slice, Vegan Donuts, Buns & Pretzels

## GOOD MOVIES

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Watching movies is the fastest way to learn why it's so important to be vegan.

This site <https://www.vegmovies.com/> has a wealth of good movies.

Here are a few we'd recommend:

- The Game Changers - netflix
- Seaspiracy - netflix
- Cowspiracy - [https://www.dailymotion.com/video/x2zuhks\\_or\\_netflix](https://www.dailymotion.com/video/x2zuhks_or_netflix)
- Dominion - <https://www.dominionmovement.com/watch>
- Earthlings - <https://vimeo.com/ondemand/earthlings>
- Countdown to Year Zero - Amazon Prime
- Gunda - Amazon Prime
- What the Health - netflix
- Forks over Knives - netflix
- Eating Our Way to Extinction - iTunes, Amazon Prime

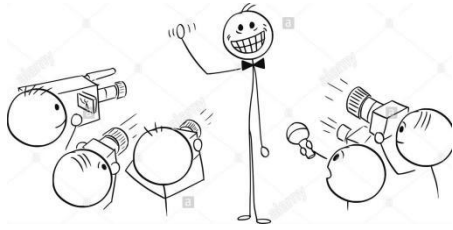
## GREAT APPS

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- 21-day vegan - <https://kickstart.pcrm.org/en>
- Oh She Glows - <https://ohsheglows.com/app/>
- Food Monster app - <https://www.onegreenplanet.org/foodmonster/>
- gonutss - <https://www.gonutss.com/>
- United in Heart app - <https://unitedinheart.org/>

## POWERHOUSE!

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Many celebrities thrive on a plant-strong diet!

See: <https://viva.org.uk/lifestyle/living-vegan/celebrities/>

Here are just a few:

Sportspeople: Louis Hamilton, Novak Djokovic, Venus Williams, Lisa Gawthorne, Tyler Bate, Lizzie Deignan, Carl Lewis, David Carter, John Salley, Patrik Baboumian, Jermain Defoe, Mike Tyson, Fiona Oakes

Actors & Artists: Stevie Wonder, Ariana Grande, Tobey Maguire, Natalie Portman, Pamela Anderson, Nathalie Emmanuel, Joaquin Phoenix, Aamir Khan, Craig Robinson, Alan Cumming, Alicia Silverstone, Rooney Mara, Benjamin Zephaniah, Stella McCartney, Kimberly Elise, Erykah Badu

In History: Albert Einstein, Leonardo da Vinci, Leo Tolstoy, Pythagoras, Mahatma Gandhi, Franz Kafka, Coretta Scott King, Jeremy Bentham, John Wesley, Isaac Singer

## PICNIC MENU

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What's in the boxes today?

- Gro Incredible vegan burger (Co-op) with vegan brioche bun (Aldi), lettuce and Hellmann's vegan mayo (Tesco).
- Richmond vegan sausage (Tesco, Asda, Sainsbury's).
- Homemade wrap with Fry's vegan chicken pieces (Tesco), lettuce, red pepper & gherkin, Hellmann's vegan mayo (Tesco) & Lee Kum Kee vegan teriyaki sauce (Tesco) *[recipe available]*
- Vegan mini sausage rolls (Tesco, frozen) or vegan breaded nuggets (Tesco, frozen)
- Cherry tomatoes and cucumber with pieces of Violife vegan (Greek) cheese (Tesco, Morrison's)
- Homemade vegan cup cake *[recipe available]*
- Ginger nuts, bourbons (accidentally vegan)

We wanted to show you that everything has a plant-based alternative. Of course, there are plenty of plant-based dishes which can be made from scratch using vegetables, legumes, whole grains, etc.

Hopefully we will host more events, offering home made plant-based dishes!

***If you would like more information on how to go vegan or if you like to be notified of future events in Islip Manor Park, please send a text to 07944 051030 or an email to [qyocean@gmail.com](mailto:qyocean@gmail.com).***