New! = newly added

Eatery Companies: 28
Eatery Locations: 36
Click Eatery for web, **[M]** for menu, **[C]** for coupon, address for map, phone to call, other links.

Changes appear in **orange.**

VeganDiego

September 2026 Update

San Diego County's Vegan Directory

Refresh your screen for the latest update or click www.vegandiego.com
To be notified of updates, like & follow www.facebook.com/vegandiego
Please email corrections or changes to mike.weinberg1952@gmail.com

Vegan Virtuous Circle
Vegans supporting vegan entities leads to more vegan entities!

To search directory
[Ctrl F] or [Cmd F]

To open link in new tab
[Ctrl click] or [Cmd click]

100% Vegan Eateries

Thoroughly screened so you can dine with peace of mind at these restaurants knowing there is no need to ask about hidden animal ingredients, no possibility of cross-contamination, and no chance of being inadvertently served animal products.
Usage example: You want a Full Service [FS] eatery that serves alcohol [AL] at 6 pm on Mondays.

Click for an interactive Happycow.net Map of San Diego County's 100% vegan eateries. Zoom in/out & click [Search this area].

Operating info was obtained from the eatery site on or near the footer date below. If in doubt, call before visiting.

FS: Full Service (wait staff)
CO: Counter Order (fast casual)
NS: No seating
VK: Virtual Kitchen (pickup/delivery only)

AL: Alcohol available
GF: 100% Gluten-Free
DE: Delivery available
CA: Catering available

Markets: storefronts, popups, farmers
Food Trucks: fixed, roaming
Food Services: chefs, meal prep, catering
Food Products: snacks, staples, beverages

#	100% Vegan Eatery	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	**Ben & Esther's** CO DE CA [M]	**7a – 3p**						
		Rolando: 6663 El Cajon Blvd (& Montezuma) * 619-467-7825 * Justin King / Marc Bennett						
		SUN	MON	TUE	WED	THU	FRI	SAT
2	**Choice Superfood Bar & Juicery** CO GF CA **[M]**	**M-Sa 8a-5p, Su 8a-3p** Carlsbad Gateway: 5631 Palmer Way (& Impala) * 760-683-5008 * Nastasha McKeon						
		M-F 7a-6:30p, SS 8a-6:30p Carlsbad Village: 430 Carlsbad Village Dr. (& State) * 760-994-0013 * Nastasha McKeon						
		M-F 7a-6p, SS 8a-6p Del Sur: 17135 Camino Del Sur #125 (& Paseo Del Sur) * 858-832-7905 * Nastasha McKeon						
		Daily 8a-5p Encinitas: 90 N Coast Hwy 101 Suite 212 * 760-230-2929 * Nastasha McKeon						
		M-F 7a-6p, SS 8a-6p Little Italy: 1425 India (& Ash) * 619-450-7970 * Nastasha McKeon						
		M-F 7a-6:30p, SS 8a-6:30p Solana Beach: 437 S Hwy 101 #118 (& Dahlia) * 858-704-4346 * Nastasha McKeon						
		SUN	MON	TUE	WED	THU	FRI	SAT
3	**Donna Jean** FS AL DE CA **[B] [D]** [C]	**11a-3p / 5p-9p**	**5p – 9p**	**Closed**	**5p – 9p**			**11a-3p / 5p-9p**
		North Park: 2611 El Cajon Blvd (& Hamilton) * 619-299-5500 * Roy Elam / Mitch Wallis						
		SUN	MON	TUE	WED	THU	FRI	SAT
4	**Eris Food Company** CO DE CA **[M]**	**11:30a – 7:30p**			**Closed**	**11:30a – 7:30p**	**11:30a – 8p**	
		Oceanside: 302 Wisconsin Ave (& Cleveland) * 760-545-7699 * Scott Steele						
		SUN	MON	TUE	WED	THU	FRI	SAT
5	**Evolution Coffee** CO **[M]**	**9a – 2p**	**Closed**	**9a – 2p**				
		North Park (w/ Evolution): 2611 El Cajon Blvd (& Hamilton) * 619-550-1818 * James Victor Balmer						
		SUN	MON	TUE	WED	THU	FRI	SAT
6	**Evolution Fast Food** CO DE CA **[M]** [C]	**11a – 7p**		**Closed**	**11a – 7p**			
		North Park (w/ Val's): 2611 El Cajon Blvd (& Hamilton) * 619-550-1818 * Mitch Wallis						
		SUN	MON	TUE	WED	THU	FRI	SAT
7	**Gentle Grill** CO DE CA **[M]**	**11a – 7p**						**Closed**
		Downtown San Diego: 641 B St (& 7th Ave) * 619-231-4405 * Marley						
		SUN	MON	TUE	WED	THU	FRI	SAT
8	**Gorilla Eats Sushi** VK NS DE **[M]**	**12n – 12m**	**12n – 3p / 4p – 12m**			**12n – 12m**		
		Rolando: Aztec Food Hub 6334 El Cajon Blvd (& 63rd) * 619-400-6563 * Justin Ramirez						

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#	100% Vegan Eatery	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	**Kindred** FS AL **[M]**	**11:30a – 10p**	**5p – 10p**				**5p – 12m**	**11:30a – 12m**
		South Park: 1503 30th St (& Beech) * 619-546-9653 * Kory Stetina						
		SUN	MON	TUE	WED	THU	FRI	SAT
10	**Mothership** FS AL **[M]**	**2:30p – 12m**	**4:30p – 12m**					**2:30p – 12m**
		[Kitchen closes 10p] South Park: 2310 30th St (& Juniper) * 619-630-2187 * Kory Stetina						
		SUN	MON	TUE	WED	THU	FRI	SAT
11	**Mr. Charlie's** CO DE CA **[M]**	**Su-Th 10a-9p, F-Sa 10a-12m** Hillcrest: 3896 Fifth Ave (& University) * 425-340-0020 * Taylor & Aaron						
		Su-Th 9a-9p, F-Sa 9a-1a Pacific Beach: 1560 Garnet Ave (& Ingraham) * 858-352-6597 * Taylor & Aaron						
		SUN	MON	TUE	WED	THU	FRI	SAT
12	**OB People's Deli** CO	**8a – 8p**						
		Ocean Beach: 4765 Voltaire Street (& Sunset Cliffs) * 619-224-1387						
		SUN	MON	TUE	WED	THU	FRI	SAT
13	**One WorldBeat Cafe** CO DE	**11a – 6p**	**Closed**				**11a – 6p**	
		Balboa Park: 2100 Park Blvd (& Inspiration Pt Way) * 619-230-1190 * Makeda Cheatom						
		SUN	MON	TUE	WED	THU	FRI	SAT
14	**Peace Pies** 100% Raw CO GF DE **[M]**	**11a – 8p**						
		Ocean Beach: 4230 Voltaire St (& Catalina) * 619-223-2880 * JP Alfred						
		SUN	MON	TUE	WED	THU	FRI	SAT
15	**Plant Power Fast Food** CO DE CA **[M]**	**8a–9p** Encinitas: 411 Santa Fe Drive (West of I-5) * 760-452-2352						
		T–Sa 11a–8p Escondido Digital Kitchen VK PO DE 1309 Simpson Way, Unit A (West of I-15) * 760-294-2285						
		8a–10p Ocean Beach: 2204 Sunset Cliffs Blvd (& Voltaire) * 619-450-6845						
		SUN	MON	TUE	WED	THU	FRI	SAT
16	**Roots** CO	**Closed**	**11a – 8p** (closed during school breaks)					**Closed**
		UCSD Campus La Jolla: 9545 Scholars Dr N (& Muir Ln) * 858-822-5230 * Panicha Aguilar						
		SUN	MON	TUE	WED	THU	FRI	SAT
17	**Sabor a Vida** CO DE **[M]**	**8a – 3p**						
		Vista: 735 Shadowridge Dr (& Watson Way) * 760-536-3331 * Mario/Veronica Cabrera						
		SUN	MON	TUE	WED	THU	FRI	SAT
18	**Tacotarian** CO AL DE CA **[M]**	**11a – 9p**						
		North Park: 4332 30th St (& El Cajon Blvd) * 619-432-1815 * Tom McGowan / Andres Castillo						
		SUN	MON	TUE	WED	THU	FRI	SAT
19	**Thanh Tinh Chay** FS DE CA **[M]**	**10:32a – 9p**			**Closed**	**10:32a – 9p**		
		City Heights: 4591 El Cajon Blvd (& 46th) * 619-255-0134 * Helen Nguyen						
		SUN	MON	TUE	WED	THU	FRI	SAT
20	**The Plot** FS AL CA **[M]**	**11a – 3p / 4p – 9p**						
		Oceanside: 1733 South Coast Hwy (& Cassidy) * 442-266-8200 * Jessica & Davin Waite						
		SUN	MON	TUE	WED	THU	FRI	SAT
21	**The Purple Mint** FS CA **[M]**	**11a – 8p**						
		City Heights: 4616 El Cajon Blvd #3 (& 46th) * 619-280-3388 * Jay						
		SUN	MON	TUE	WED	THU	FRI	SAT
22	**Throne Room** FS AL **[M]**	**5p – 10p**		**Closed**		**5p – 12m**		
		South Park (w/ Kindred): 1503 30th St (& Beech) * 619-546-9653 * Kory Stetina						
		SUN	MON	TUE	WED	THU	FRI	SAT
23	**Trilogy Sanctuary** CO GF DE CA	**8a – 8:30p**						
		La Jolla: 7650 Girard Ave #400 (& Kline) Rooftop * 858-633-3893 * Leila Dora						

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24	UCSD Food Co-Op CO	Closed	10a – 4p					Closed
		La Jolla: 9500 Gilman Dr, Unit 0323-F (Price Center) * 760-886-0232						
		SUN	MON	TUE	WED	THU	FRI	SAT
25	Uumbal CO **[M]**	Closed	Closed since June 2025; owner confirmed will reopen					Closed
		Chula Vista: 2490 Main St. Unit B (& Jacqua) * 619-349-2512 * Brenda Parra						
		SUN	MON	TUE	WED	THU	FRI	SAT
26	Val's Vegan Kitchen CO DE **[M]**	11a – 12m						
		North Park (w/ Evolution): 2611 El Cajon Blvd (& Hamilton) * 619-333-0573 * Michael & Fernanda						
		SUN	MON	TUE	WED	THU	FRI	SAT
27	Veganic Thai Cafe FS AL DE CA **[M]**	11a – 9p						
		Hillcrest: 1417 University Ave (& Richmond) * 619-230-5540 * Emmy Tan						
		SUN	MON	TUE	WED	THU	FRI	SAT
28	Veggie Grill CO AL DE CA **[M]**	11a–10p						
		Carlsbad: 965 Palomar Airport Rd (& Armada) * 858-609-6066 * Matt & Cierra de Gruyter						

Smartphone Shortcut: To add a VeganDiego Directory icon to your smartphone home screen for easy offline access, search your phone's File Manager "Downloads" or "Adobe" section for **VeganDiego.pdf**. Select or long-hold the filename then the "Add to Home Screen" (or equivalent) option. When an update is released, delete the old icon, download the new release, and repeat the add-to-home-screen process.

Why Patronize 100% Vegan Eateries?

* No worries or questions about hidden animal ingredients.
* No mix-ups of being inadvertently served animal foods.
* No cross-contamination of utensils and cooking surfaces, especially from animal grease that permeates kitchen air.
* No one will be hurting (eating) animals in your presence.
* Omnivorous companions will choose & enjoy vegan options.
* Vegan eatery owners need your help to stay in business—reward their ethics!

The VeganDiego Directory is a free resource maintained as a public service. There is never a charge to be listed. Entities must be 100% vegan and located in San Diego County.

100% Vegan Markets

Storefront Markets

Fixed locations with regular hours. **CO**: Counter Order (fast casual) **NS:** No seating **DE:** Delivery available **CA**: Catering available

100% Vegan Market	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
San Diego Vegan Market CO DE CA **[M]**	9a – 8p	10a – 8p		9a – 8p			
	Grantville: 4606 Mission Gorge Pl Ste A (& Mission Gorge Rd) * 619-521-9788 * Sunny Bhanage						
	SUN	MON	TUE	WED	THU	FRI	SAT
Thousand Petal Lotus NS	10a – 6p		Closed	10a – 6p			
	Vista: 264 Vista Village Dr #A (& Plymouth) * 760-536-3339 * Ky Do						

Popup Markets

Multivendor events. Visit the website for schedules and locations.

Viridian Productions **Michelle May**
Regular Markets: North Park Sustainable Market (North Park Mini Park), San Diego Sustainable Night Market (AleSmith Brewing Company), Vista Sustainable Night Market (Local Roots Boochyard). Special Events: Balboa Park EarthFest, San Diego Sustainable Food Festival, Record Fair, Book Fair, Wellness Fair, San Diego Super Adoption, Winter Fair, Oceanside Sustainable Food Festival.

100% Vegan Food Trucks

Locations & schedules change. Check the website before visiting.

Underdog Food Truck **Mark & Chelsea**
Corn dogs, burgers, hot dogs, fries, sometimes breakfast. Private catering available.

Farmers Markets

Some vegan booths but most vendors are not 100% vegan.

Cardiff 3333 Manchester Ave	Little Italy 600 W. Date	Rancho Bernardo 13330 Paseo Del Verano Norte
Carlsbad 2970 State	Linda Vista 6939 Linda Vista Rd	Rancho Santa Fe 16079 San Dieguito
Chula Vista 300 Park Way	Mira Mesa 10510 Marauder Way	San Marcos 251 North City Dr
Coronado 1201 First St	Mission Valley 7960 Civita Blvd	Santa Ysabel 21887 Washington
Del Mar 1050 Camino Del Mar	North Park 3000 North Park Way	Santee 9608 Carlton Hills Blvd
Escondido 262 E Grand	Ocean Beach 4900 Newport	Scripps Ranch 10045 Carrol Canyon Rd
Fallbrook 100 S Main Ave	Oceanside Morning Pier View & Coast Hwy	SDSU 5500 Campanile Dr
Hillcrest 3960 Normal	Oceanside Sunset Pier View & Coast Hwy	Serra Mesa 3333 Sandrock Rd
Imperial Beach 10 Evergreen Ave	Otay Ranch 2015 Birch	Solana Beach 410 South Cedros Ave
La Jolla 7335 Girard	Pacific Beach 901 Hornblend	South Bay 4475 Bonita Rd
La Mesa Palm & 4th	Point Loma 2740 Chauncey Rd	Vista 345 S. Melrose
Leucadia 185 Union	Poway 14134 Midland	

Vegan Virtuous Circle

Vegans supporting vegan entities leads to more vegan entities!

MaxVegan HEALth Topics: Humans, Environment, Animals, Learning www.maxlearning.net/health.htm

VeganDiegoBlog: Veganizing the world through dining & online activism! www.maxlearning.net/HEALth/VeganDiegoBlog.pdf

Foreign Language V-Cards: Ensuring cruelty-free meals/groceries while traveling! www.maxlearning.net/HEALth/V-Cards.pdf

MaxVegan No-SOS Recipes: Toppings, Meals, Treats. No refined Salt-Oil-Sugar. www.maxlearning.net/HEALth/MaxVeganRecipes.htm

100% Vegan Food Services

Meal popups, catering, meal prep/delivery, virtual kitchens, recipe/menu development, cooking classes, nutrition coaching…

A Plant Based Production www.aplantbasedproduction.com **John Swafford, Skyler Heyman** Sky's the Limit Foods: Dips, sauces, spreads, dressings. (For podcast, see Organizations: Information Sites.)	Dips Sauces **Popups**
Babb's Breakfast Burritos www.instagram.com/babbsbreakfastburritos **Elmira Gorman** Burritos, fried tots, black beans, pico de gallo, queso blanco, avocado tomatillo salsa, and your choice of tofu or Just Egg scramble & choose from bacon, sausage or chorizo, drinks.	Breakfast burritos **Popups**
Brite Moon V'gan Eats www.instagram.com/urbritemoon Singapore vermicelli, noodle soup, spring rolls, eggloaf, chili oil, squid jerky, mushroom jerky, matcha lattes…	Soups / Snacks Lattes **Popups**
Chef Bai www.chefbai.kitchen **Bailey Jeann** Virtual cooking classes, cookbook, mocktail/cocktail eBook, recipes, online shop.	Cooking classes Cookbooks Recipes
Chef Clarisse Jereza https://chefclarissejereza.com Allergy-friendly, gluten-free cakes, sweets & elevated gatherings. Retreat chef. Event catering.	Cakes Retreat Chef **Catering**
Cocina Folklore www.instagram.com/cocina.folklore **Francisco J Morales** Golden Hill. Home kitchen. Traditional Mexican food. Tacos, burritos, pozole.	Mexican **Delivery** Pickup
Cocina Tonalnan www.instagram.com/cocinatonalnan **Diosa Guerrera** Horchata, sushi, arroz con leche, almond treats, falafel, pozole, birria, boba, curry ceviche, cookies, aguachile.	Mexican **Catering** **Popups**
Eat Clean With Sarah www.instagram.com/eatcleanwithsarah **Sarah Considine** Encinitas based: Private chef, meal service, recipes.	Private chef Meal Service
Elevation Eating https://www.elevationeating.com **Perla** Chef, cooking classes, food education workshops, menu design, catering. Artfully crafted grazing tables, boxes.	Retreat chef Cooking classes **Catering**
El Taquero Vegano www.instagram.com/el_taquero_vegano Tacos, quesadillas, birria, el pastor, horchata, ceviche…	Mexican **Catering** **Popups**
Forage & Flame / Vegan Supper Club Socal **Chef Kujo Kumro** www.instagram.com/forageandflame www.instagram.com/vegansupperclub_socal WFPB Food Stylist. Multiple styles of cuisine. Veganize traditional comfort foods. Private events and catering.	Private Events **Catering** Consulting
Green Door Plant Based www.instagram.com/greendoorplantbased **Martin Hall** Gourmet, packaged, vegan and gluten-free meals, desserts, teas. Successor to Green Door Café in La Jolla.	**Catering** **Popups**
Health Buddy www.facebook.com/coachhealthbuddy **Brenda Parra** Chula Vista: Personalized WFPB meal plans / cleanses. Special diets, cancer survivors. Component of Uumbal eatery.	Health Coach Meal prep Cleanses
Health Coach Jenn https://healthcoachjenn.com **Jenn Nemeth, RN, BS, PHN, Certified health coach** Remote health coaching and cooking classes through PCRM Food for Life program.	Health Coach Cooking classes
Katie's Healing Kitchen **[C]** www.katieshealingkitchen.com **Katie Farina** Group classes, personal chef, small scale catering, private lessons, kids cooking parties, pop-up events.	**Catering** Cooking classes Private lessons
Kristy's Market www.kristysmarket.com Vista: Food preparation/pickup. Small, intentional kitchen focused on comfort-driven food made in thoughtful batches.	Food prep Pickup
Let's Go Vegan https://letsgovegan.org **Eileen Elizabeth Popvich** Online health coach, vegan transitional consultant, private chef, weekly delivery & in-home services.	Private chef **Catering** **Delivery**
Ma Table Végane https://matablevegane.com **Sandra Hurtault** French private chef, catering, events, meal prep, cooking classes. Organic whole foods, minimally processed.	Private chef **Catering** Cooking classes

New! **Phatties** www.facebook.com/Phattiesfoodinc Specializing in authentic food from Queretaro, Mexico. Formerly Escondido storefront.	Mexican **Popups**
rawrawrawfood www.instagram.com/rawrawrawfood **Jayna Carter** Holistic Nutritionist & Personal Chef. I make & deliver healthy raw vegan food in San Diego to busy families and people who don't like or want to cook. I help people help themselves to reverse illness & disease through nutrition and detox.	**Catering** **Delivery** Detox
Rooted in Raw www.rootedinraw.com **Kaitlyn Kinder** Chef services, raw food specialist, online cooking courses, retreat catering, cleanse program, meal delivery.	Chef services **Catering** **Delivery**
Santosha Nutrition www.santoshanutrition.com **Liz Murphy** Personalized nutrition coaching services. Free consultation. Vegan food tours, cooking classes, organic farm tours. Santosha is the Sanskrit word for contentment. Learn how eating more plants can change your life and our planet.	Coaching Food tours Cooking classes
Scratch House www.scratchhousevegan.com **Chef Tony Howe, Chef Grant Plummer, Kip Anderson** Artisan vegan cheese, charcuterie, & sauces. Extensive catering menu.	Cheese / Sauces Charcuterie **Catering**
Sibee in the Kitchen www.instagram.com/sibeeinthekitchen **Charles Beard** Meal prep	Meal prep **Delivery**
Soul Purpose Cooking www.instagram.com/soulpurposecooking **Chef Purpose Paige** Plant based from the soul. Breakfast platter, tacos, fish, wraps, BBQ, ribs, mac-n-cheese, samosas, biscuits, desserts.	Variety **Catering** **Popups**
Stone Monkey http://stonemonkeyusa.com Chinese food, catering, delivery, farmers markets	Chinese **Catering** **Delivery**
The Dal y Mama www.instagram.com/thedalymama **Bianca** Dal (dried lentils, beans, peas) dishes and sides.	Indian Food **Catering** **Popups**
The Grateful Taco Company www.instagram.com/gratefultaco Mexican seafood-inspired tacos, dishes.	Seafood Tacos **Popups**
The Remix www.facebook.com/TheRemix619 **Joann & Lori Guillory** Jackfruit Ribs, Mac n' Chz, Candied Yams, Fried Chik'N, etc.	Soul Food **Popups**
The Succulent Vegan [C] www.facebook.com/thesucculentvegan **Vikki Widick** Personal chef, cheese artisan. Enticing all your senses. Certified yoga instructor: private/group lessons.	Personal chef Cheese artisan Yoga
Veg-Appeal [C] www.veg-appeal.com **Tracy Childs** Make us your health partners! Educational cooking classes, corporate wellness, individual cooking lessons, store tours, personal coaching. Achieve your health goals through a whole-food, plant-powered, planet-friendly way of eating.	Cooking classes Store tours Coaching
Vegan Mirai https://www.instagram.com/vegan_mirai Sushi. Popups. Farmers Markets.	Sushi **Popups**
VeggyJess www.facebook.com/VeggyJess-1946287808719024 Burgers, sandwiches, lasagna, tamales. Women-owned, gluten-free options, homestyle cooking.	Variety **Catering** **Popups**
Vibrant Fork https://vibrantfork.com **Angela Stanger** Meal prep, delivery, meal planning, private chef services, catering for events. Formerly Plant Based Meals.	Meal prep **Catering** **Delivery**
Wild is the Wind www.instagram.com/wildisthewindsupperclub **Dylan O'Bosky, Cheyenne Sparrow** Supper club exploring how plants can evoke whimsy and nostalgia. Through rustic, heartwarming cooking, draws inspiration from West Coast flora, storytelling, and adventure. Popups.	Supper club **Popups**
Yuseong Mandu www.yuseongmandu.com Home-style Korean dishes. Kimchi, mandu, kimbap, japchae.	Korean **Popups**

100% Vegan Food Products

Baked goods, cakes, cookies, bars, candy, ice cream, beverages, tofu, fermented foods…

A'SMORE https://asmore.com **Anwaar Spence** Handcrafted artisanal Parisian macarons. Multiple flavors. Gluten free.	Macarons
AstraBakehouse www.facebook.com/astradelic Custom-designed cakes, delightfully crafted.	Custom cakes Cupcakes
Babe Kombucha https://babekombucha.com Linda Vista tasting room. Yerba Mate, Maui Wowie, Sandia, Moroccan Citrus, Cali Gold, Hawaiian POG.	Kombucha
BeanVivo https://beanvivo.com Ready-to-eat seasoned organic beans, dips, and snacks. Formerly Vivotribe.	Bean pouches Dips & snacks
Bear Bar www.instagram.com/eatabearbar **Brian Bowers** Savory energy bar, certified organic, gluten free, low-temp dried.	Energy bars
Beet Rooted www.instagram.com/2beetrooted **Noelia Aquino** Handmade veggie beet patties that are free of gluten, soy, oil, and nuts.	Beet patties
Before The Butcher https://btbfoods.com Uncut/Mainstream gluten-free burgers (beef, chicken, turkey), sausage, chorizo, pulled pork, ground & crumbles, tips.	Burgers /Sausage Pulled Pork
Bibi's Kitchen www.instagram.com/bibiskitchenandthings **Frances Quinones** Cookies, cupcakes, tarts, cookie decorating kits, charcuterie boards.	Cookies / cupcakes Decorating kits
Bitchin' Sauce https://bitchinsauce.com **Starr & L.A. Edwards** Nut-based dips, gluten-free, non-GMO. Bitchin' Organics are certified organic.	Nut-based dips
Bliss Elephant By Misha www.etsy.com/shop/BlisselephantByMisha **Misha Hathiramani** Decorated cookies, PYO (Paint Your Own) & DIY (Do It Yourself) cookie kits. Ships nationwide.	Cookies Cookie Kits
Boochcraft https://boochcraft.com **Adam Hiner, Andrew Clark, Todd Kent** High alcohol kombucha (7% ALC) made using 100% organic ingredients and cold pressed juices. On tap and in bottles in select locations. Product locator tool on website. Chula Vista based.	Kombucha
Botanica Artisan Goods www.instagram.com/botanicaartisangoods **Karima** Plant-based cheese crafted using old world techniques. Inoculated with European cultures rich in natural microorganisms and aged to perfection, each wheel and log is made with love, care and attention to detail.	Artisan cheese
Caña Love www.instagram.com/canalovejuice Fresh pressed sugar cane juice.	Sugar cane juice
Chani's Donuts https://chanisdonuts.com **Chantelle Harris** Murphy Canyon. Gluten-free mini donuts. Free from common allergens.	Donuts
ChipZ Happen www.chipzhappen.com Chips. Gluten-free, non-GMO, no preservatives. San Diego Style. Various flavors.	Chips
Cool Kids Snack Cakes www.coolkidssnackcakes.com **Claire Howe & Jesse** Flavored rice-crispy-like treats to support Raven Corp, a vegan advocacy group.	Rice Crispies
Coyotas Tortillas https://eatcoyotas.com **Janet & Alfredo Flores** Handmade in small batches from cassava flour (peeled, dried, and ground yucca root). Non-GMO.	Tortillas Grain/gluten free
Cross Roots Juice https://crossrootsjuice.com **Kristen Boyar** Raw, organic, cold-pressed juice. Delivery throughout San Diego.	Juices
Down to Ferment www.instagram.com/down2ferment Fermented, kombucha-based hot sauce. Uses vinegar.	Fermented Hot sauce
Fuelthycells https://fuelthycells.com 100% wildcrafted raw & fruit Seamoss gels. Skin care, refreshers, merchandise.	Seamoss gels
Gelu Italian Ice https://www.lovegelu.com **Danny Packard** Escondido mobile van serving San Diego County. Dairy/gluten/fat-free sorbet. Multiple flavors.	Italian Ice
God's Juice https://drinkgodsjuice.com 100% natural, cold-pressed juices with no added sugar or preservatives. Made fresh in San Diego.	Juice

Gourmet M Chocolates www.gourmetm.com **Michael Ross** Handcrafted, small batch, Belgian dark chocolate bars, truffles, multiple flavors. Personalized gifts available.	Gourmet chocolates
Grow Eco Farm https://www.growecofarm.com **Farmer Andy Zemlick** Community Supported Agriculture (CSA). Eco-friendly veg box delivery. Customizable boxes. South Bay plot using regenerative agriculture can supply 15-20 households year round in El Cajon & La Mesa. Looking to expand.	CSA Veg box delivery
Happicanes www.instagram.com/happicanes Freshly squeezed sugarcane juice.	Sugarcane juice
Hazel & Jade http://hazelandjade.com Sep 2026: Closed until further notice. Cakes, pies, cookies, muffins, cinnamon rolls. Nov 2025: Under new ownership. May add nonvegan products.	Bakery
Jenny's Vegan Delicacies www.instagram.com/jennysvegandelicacies Cookies, pumpkin loafs, croissants, donuts. Online order.	Cookies Donuts
Juice Jerky https://juicejerky.com **Michael** Fruit leather: peach, cranberry, mango-pineapple, raspberry, strawberry, blueberry…	Fruit leather
Juice Plus+ https://dareen.juiceplus.com/us/en **Dareen Nasser** (Partner) Blended fruit and vegetable powder capsules, chewables, shakes, bars.	Capsules Shakes / Bars
Kombucha Cares https://kombucha-cares.square.site Pick your choice of flavors. We will hand deliver your kombucha.	Kombucha
Le Beignet www.instagram.com/lebeignetsandiego **Sophie Mebarki** Classic French pastries: deep-fried square pieces of dough generously powdered with sugar. Various flavors/toppings.	Beignets
Lick It Lollipops www.lickitlollipops.com Lollipops & hard candies: 200+ flavors. Bridal showers, wedding favors, birthdays, corporate gifts.	Lollipops Candies
Los Verdes3 www.facebook.com/LosVerdes3Organics Superfood option in Barrio Logan, catering to health conscious, health curious and health needed, providing high nutrition green smoothies. Blended fresh day of sale. Delivery.	Smoothies
Luv Mylk www.luvmylk.com **Vincent Dotson** Hemp mylk, organic, reusable glass bottles. Stores, Farmers Markets, delivery.	Hemp mylk
Magic Chocolate https://magicchocolate.com World's first Regenerative Organic Certified chocolate bars. Formerly Dr. Bronner's Magic Chocolate.	Chocolate bars
MarcieSweets www.marciesweets.com **Marcie** Chocolate & nut products: organic, gluten-free, soy-free, direct trade. Available in bulk.	Chocolate / Nuts
Maya's Cookies www.mayascookies.com **Maya Madsen** Storefronts: Grantville, San Marcos. Online orders. Cookies: gourmet, organic, small-batch.	Cookies
More Life Liquid www.morelifeliquid.com **Ashley Donaldson** Natural cold-pressed juices, teas, cleanses.	Juice / Tea Cleanses
Muffin' Good www.instagram.com/muffingooood Variety of oat-based, gluten-free muffins. No refined sugar.	Muffins
Nibble Chocolate Café [C] https://nibblechocolate.com **Shambra Clifford** Chocolate bars: no artificial flavors, non-GMO. Retail outlets Old Town / Little Italy. Factory in Pacific Beach.	Chocolate bars Retail outlets
No Harm Done – Jerkless Jerky https://jerklessjerky.com **Roberto Trada** Beefless Jerky. Teriyaki Agave Chili, Teriyaki Pineapple	Jerky
Oli's Cookies https://oliscookiescompany.com **Laura Bache** Spreading autism awareness one delicious cookie at a time. Chocolate chip, oatmeal, gluten-free option…	Cookies
Plantiful Kitchen https://plantiful-kitchen.com **Barbara** Carlsbad. Bread, snacks, cookies, cheese. Gluten-free, refined-sugar free. Formerly Rawsome Delights.	Bread Snacks / Cheese
Protective Diet https://protectivediet.com **Julie Marie Christensen** Plant-Based Broth Mix: low sodium, oil free, non-GMO. BPA-free recyclable container. (Also Organizations: Info Sites)	Broth
Pulp Pantry https://pulppantry.com **Kaitlin Mogentale** Chips made from pulp fiber leftover after juicing. Gluten/grain free.	Veggie chips

Rad Chocolate https://radchocolate.com **Davi & Samper** Handcrafted dark and milk chocolate bars, crunch bars, multiple flavors. Small, family-owned company.	Chocolate bars
Rayluca Chocolate https://raylucachocolate.com **Raluca & Bryan** Award winning artisan chocolate treats, protein bars, custom cakes.	Chocolate Cakes
Romolo & Remo www.romoloremo.com **Nico Del Guidice-Piña** Small batch, roman-style, artisanal tomato sauces. Gluten-free, no added sugars, garlic or basil, spicy or mild.	Tomato sauces
Ruth's No. 5 www.ruthsno5.com Authentic Mexican salsa, tortillas, tortilla chips	Salsa Tortillas / chips
Salty Lemonade www.saltylemonade.com Fermented lemonade, apple cider vinegar, kimchi, garlic, lemons, limes. No added chemicals.	Salty lemonade Fermented foods
San Diego Tempeh www.sandiegotempeh.com **Max Petrich** Handcrafted tempeh made from organic beans, seeds, and nuts. Available at retail stores and Farmers Markets.	Tempeh
SeaCo Catch www.seacocatch.com **Mike Perez** Organic, gluten-free, coconut-based fysh tacos. Formerly in Food Truck section.	Fysh tacos
Sequoia Nut Butter https://sequoianutbutter.com **Samantha Grant** Gluten-free nut butters: almond, pistachio, cashew, pecan, macadamia, walnut. Flavors: vanilla cinnamon, sugar cookie, chai spiced, brown sugar, chocolate chip cookie, blueberry lemon, espresso, matcha, strawberry, chocolate.…	Nut butters
Simple Sumptuous Cooking www.mrishtanna.com **Uma Raghupathi** Indian spice powders: Biryani Masala, Bisi Bele Bhath, Chai, Chutney, Garam Masala, Kashaaya, Kurma Masala, Sambar Masala, Tikka Masala, Vangi Bhath. Also Indian recipe index/blog.	Indian Spice Powders
SoCal Lemonade www.instagram.com/socallemonade Flavored lemonades.	Lemonade
Sol-ti https://solti.com **Lindsay Ray** Organic SuperAde and SuperShot Living Beverages. Organic Activated and Sprouted SuperMix, SuperFood Trail Mix. Mira Mesa tasting room with grab-n-go snacks.	Beverages Trail Mix
Split Bakehouse www.splitbakehouse.com **Vanessa Corrales** La Mesa Grossmont Mall. Cookies, muffins, bagels, bread, croissants. No more storefront; order for next day pick up.	Baked Treats
Stacy's Vegan Cake-Mix www.facebook.com/Stacysvegancakemix **Stacy Lighten** Vanilla, chocolate, lemon cake mixes—add water and oil.	Cake Mix
Starry Lane Bakery www.starrylanebakery.com **Jaime & Jennifer Schwartz, Bobbyjo Rodriguez** Allergen-free cookies, bread, bars, tarts, cakes, muffins, cupcakes. DIY mixes. Storefront closed August 2026.	Baked Goods
Superfood & Company www.superfoodandcompany.com Probiotic kefir soda, kombucha, no added sugar.	Kefir soda Kombucha
Sweets by Victoria https://sweetsbyvictoria.com **Victoria Ramos** Assorted pastries, gluten-free options, monthly pastry boxes, custom orders on request.	Pastries
TapShack Kombucha www.instagram.com/drinktapshack **Chris & Amanda** Ocean Beach. Handcrafted kombucha on tap, bottles. Nitro cold brew coffee. Also sold in retail locations.	Kombucha
The Loose Leaf https://thelooseleaftea.com **Meghan Mercier** Variety of tea blends for comfort, detox, insomnia, weight loss.	Tea
The Mulk Co https://themulkco.com **Melissa Finestone** Flavored almond milk: vanilla, chocolate, lavender, strawberry, cold brew, matcha, pumpkin, gingerbread…	Almond milk
Tracy's Real Foods https://tracysrealfoods.com **Tracy Childs, Steven Sarnoff** Whole-food, oil-free cookies, muffins, crackers, granola.	Cookies / Muffins Crackers
Trupo Treats https://trupotreats.com **Brian Trupo** Candy bars: mylk chocolate, rice crunch, caramel cookie, candy cane crush. Helps support animal sanctuaries.	Candy bars
Vegan Dubai Chocolate [C] www.instagram.com/healthcoachingu **Elizabeth Mansur** Small batch limited availability rich dark chocolate with pistachio indulgence—without the guilt. Direct message to order.	Chocolate bars
Violet Vegan Cakery www.instagram.com/violetvegancakery **Tara Gazder** Cakes, cupcakes, cookies, cinnamon rolls, muffins.	Cakes / Cookies Muffins

VeganDiego Businesses

Changes appear in **orange**.

Listed businesses are based in San Diego or have a San Diego branch or representative.
They are vegan-owned or vegan-promoting but are not extensively screened to be 100% vegan.
Click to go to desired category. Click Businesses in header to return to this page.

Animals
Art & Artists
Business Development
Financial Services
Fitness & Wellness
Legal Services
Medical Services
Merchandise
Multimedia Services
Music & Entertainment
Personal Products & Services
Property Products & Services
Real Estate Services
Venues

Animals

Vet, Grooming, Walking, Sitting, Training, Food, Treats

Athena Gianopoulos, DVM, CVA https://feathersandfurah.com Vegan vet at Feathers and Fur Animal Hospital / Eastridge Animal Hospital. High quality compassionate veterinary care for dogs, cats, and birds in San Diego. The best mobile veterinary care right in your driveway.	Vet Services Hospital Mobile Van
Dainty and Debonair Dog www.facebook.com/daintyanddebonairdog Pet sitting, walking, hospice, massage, yoga, psychics, errands, in-home health care. Books pet travel.	Pet sitting Pet walking Pet hospice
Dylan's Pet Food www.dylanspetfood.com **Matthew Miksic** Whole dog food. Cooked low & slow. Frozen fresh. No byproducts, preservatives, corn, soy, wheat, gluten. Quinoa base + bean, pea, or chickpea recipes. Meets AAFCO standards. Customized meal recommendations.	Dog Food
Green Paw Grooming www.facebook.com/greenpawgrooming La Jolla: Grooming at its finest. All natural, earth, and pet-safe products. Come see what the neighborhood is howling about. Now offering self-serve dog wash.	Grooming Self-dog wash Products
K9 Training Time www.facebook.com/k9trainingtime **Sandra Souper** Dog training and walking. Balanced, holistic training. Council of Professional Dog Trainer certified.	Dog training Dog walking
Sarah Vineyard, DVM https://lajollacolonyvet.com Vegan vet at Colony Veterinary Hospital in La Jolla. Preventative care and exams, puppy and kitten care, dental health, lab services, surgery, acupuncture.	Vet Services Preventative Surgery
Totful Treats www.totfultreats.com Health conscious, human-grade, gluten-free dog treats. Candle sales support dog rescue.	Dog treats Candles
Wonder Dog Training https://wonderdogs.net **Jennifer LaBar** We have an amazing team of experienced, talented, caring trainers. We offer in-home training, virtual training, boarding, dog daycare, and board and train!	Dog training Boarding Daycare

Art & Artists

See Merchandise section for Arts & Craft items

Art Of Framing www.theartofframing.net **Blythe Goodwin** Bay Park. Custom picture framing. Individual, corporate, institutional, high volume. Guaranteed.	Picture Framing
Brittany Balcom Art www.brittanybalcom.com Whimsical landscapes, trees, flowers, & figures.	Drawings Paintings
Claudia Verciani Fine Art https://claudiaverciani.com Still life, portrait, landscape, seascape, dog portraits. Del Mar Art Center Gallery Artist Member.	Fine Art Oil Paintings Dog Portraits
Jessica Newman – Artist https://jessicanewmanart.com Fine art painting, urban architecture, street scenes, portraits, figures.	Fine art painting Scenes Portraits
Linda Kelson Art www.lindakelson.com **Linda Kelson** Figurative Expressionism. Fine art oil, oil pastels, gold leaf. Animals, people, abstracts, landscapes. Since 1983.	Fine oil painting Animals, people Offers layaway
Robin Sanford Roberts Art www.facebook.com/Robinsanfordrobertsart **Robin Roberts** Female artist exhibiting & selling mixed media collages, paintings.	Paintings Collages Mixed media

Sandra Marshall Art https://sandramarshallart.com Art made from food used to illustrate children's books, painting events, custom art.	Food Art/Books Painting events Custom art
San Diego Caricature www.sandiegocaricature.com **Genevieve Zzyzyx** FAST Caricature Artists for Birthdays, Weddings, Corporate Events, Parties	Caricature Birthdays, Events
San Diego Chalk Artist www.sandiegochalkartist.com **Katie Bush** Large murals, 3d chalk art, menu art, signs, hand lettering, logos. Festivals, corporate events, trade shows, retail spaces, boutiques, weddings, private homes, restaurants, cafés, coffee shops, bars. (Also Fitness & Wellness.)	Chalk artist Murals Signs
The Vegan Painter www.theveganpainter.store **Alex 'Aria' Enriquez** Online art store dedicated to creating awareness of animal rights, issues, and liberation. Curation, framing.	Paintings Curation Framing
Business Development	
Hoppy Promo Gear https://hoppybeergear.com **Joey Hanna** Merchandise & service branding, strategy, & marketing. Custom apparel, hats, bags, drinkware, keychains, etc. with your name & logo. Graphic & web design. Print, packaging, & display design.	Branding Marketing Web/Print Design
Ink and Laurel http://inkandlaurel.com **Sam Elias** Graphic design, branding.	Graphic Design Branding
Launch Site https://launchsitellc.com **Andrew Lee** Web design, website development, social media management, ad campaigns & PPC, email marketing, SEO & organic traffic, WordPress migrations, logo design.	Web Design Social media Marketing
Shulman Collaborative https://shulmancollaborative.com **Erin Shulman** Virtual Assistant, Administrative & Operational Support, Digital File Organization, Podcast Coordination, CRM Management, Research, Travel Planning. Helping solo professionals & small business owners stay organized.	Virtual Assistant Admin Support Business Ops
Financial Services	
Brave Bookkeeping LLC [C] www.elizabethbrave.com **Elizabeth Brave** Bookkeeping, accounting data entry, tax prep. Over 20 years' experience with commercial and nonprofit industries. Using all versions of QuickBooks. Legal billing. Corporate accounting. Experienced with numerous software packages.	Bookkeeping Accounting Tax Prep
Fitness & Wellness Physical training, Yoga, Sports, Nutrition, Counseling, Coaching	
A One Fasting Retreat https://aonefastingretreat.com **Millan Chessman** Educational, fasting, detox retreat. Healthy, permanent weight loss. Over 42 years of experience.	Detox retreat
Alchemystic Studio https://alchemysticstudio.com **Meesha Sharma** Virtual yoga and meditation melding the wisdom of ancient India and the mission of modern activism.	Virtual yoga Meditation
AriFit Wellness www.arifit.com **Arielle Kantor** Self-defense seminars & strategies. I empower all genders to harness their natural abilities and embrace their body for protection so they can thrive in peace. Myofascial deep-muscle stimulation neuromuscular bodywork.	Self-defense Myofascial bodywork
Becoming Peaceful www.facebook.com/becomingpeaceful **Lisa Howe, MSW** Certified Peaceful Parenting Coach with the education, experience, and knowledge to be a mentor as you navigate the unpredictable waters of parenting. Online or in-person sessions.	Parenting coach
Body and Soul Nourishment www.bodyandsoulnourishment.com **Elaine Bryan, RYT** Nutritional counseling, corporate programs, yoga, classes & events, tower garden, juice plus+, recipes, blog.	Nutrition counseling Yoga
Chain Reaction Therapy https://chainreactiontherapy.com **Azilee Frye O'Neil, Loren O'Neil** Educating your mind and body together. Structural integration, personal training, massage therapy.	Personal training Massage therapy
Coach + Grow www.instagram.com/sarah_hagstrom **Sarah Hagstrom** We help health & wellness coaches make the world a healthier & happier place.	Coaching of health coaches
Earnestly iirie www.facebook.com/earnestlyirie7 **Iirie Elevated Earnest** Kemetic and Ayurvedic Therapies. Mind, body & spirit work, massage.	Holistic health Massage
Elemental Aquatics www.elementalsd.com **Angela Soler** North County: Private swim lessons for infants, children, adults (your pool), lifeguard services, dry land fitness training, staff training. Providing the essential building blocks for learning lifesaving and healthy lifestyle skills.	Swim lessons Lifeguarding Fitness training

Empire of the Sun Spirit www.empireofthesunspirit.com **Lara De Ann** Non-denominational wedding & memorial service officiant. Insightful guidance phone consultations. Poetry, books, greeting cards, world peace necklaces.	Wedding officiant Memorial services Guidance
Estasi Massage Therapy [C] http://sdmassage.com **Kelly Buffo** Therapeutic/medical massage. Specializing in pain management: headaches, carpal tunnel, tendinitis, car accidents, etc. Reflexology, ear coning, salt glow, sugar rubs. Serving San Diego, El Cajon, La Mesa, and Santee.	Massage Pain Management Accidents
Eunoia www.instagram.com/_eunoiaessentials **Veronica Morales** Mental Health approach that specializes in connecting mind, body, and spirit through holistic & alternative therapies to help you heal yourself. Facial reflexology.	Holistic health Alternative therapies
Fabiola Gomes www.fabiolagomes.com Personal trainer, dance instructor. Private, class, in-home, outdoors, virtual.	Personal Trainer Dance lessons
Good Intentions Wellness www.goodintentionswellness.com **Ashley Dawn** Mission Hills: Holistic wellness center, treatments, and workshops. Massage, Reiki, Breathwork, Facials, Astrology.	Holistic health Alternative therapy
Got LOVE Troubles? [C] www.HelpMyRelationships.com **Tera Gardner**, CLC (Certified Life Coach) Communication Coaching. LOVE Addiction Re-patterning! Nonviolent Communication (NVC). Individuals, couples, family, workplace. Classes, workshops. Vegan-activist burnout / relationships with non-vegans. Free initial consultation.	Communication coaching Vegan relations
Half Moon Yoga and Art www.halfmoonyogaandart.com **Hannah Faulkner** Group yoga lessons. (Also Music & Entertainment.)	Yoga
Happy Blue Marble www.happybluemarble.com **Elizabeth** Carlsbad healing center. Intuitive energy work for clearing, recalibration, and connection. Sound journeys using crystal bowls, Tibetan bowls, drums, and chimes. Movement, breath, and meditation. Lunar gatherings, candle work, cards…	Healing Center
Happy Healin' Vegan [C] https://happyhealinvegan.com **April Moor** Fitness, nutrition, positivity, self care, animal love, and healing through food. Online and/or in-person coaching.	Health Coach Fitness Trainer Vegan transition
Kathleen Kastner Wellness Coaching [C] www.kathleenkastner.com **Kathleen Kastner** Coaching, yoga, meditation, weight loss / Food for Life Instructor. Author: "Yoga's Path to Weight Loss."	Coaching Classes Yoga
Katie Bush – Yoga www.artkatie.com/yoga Yoga Alliance certified E-RYT 500. Vinyasa, hatha, yin, restorative, aerial, partner yoga. (Also Art & Artists.)	Yoga
Let's Veg About It www.letsvegaboutit.com **Pearl Jenkins** Online or in-person personal training, couples training.	Personal Trainer Recipes
Millan Chessman https://millanchessman.com Alternative Health Practitioner for over 42 years. Nutrition, detox, books, lectures, Zumba, Colon Hydrotherapy. Look young and stay healthy even after seventy. When you have good health, you have everything.	Detox Zumba Colonics
Moore Fitness https://livemooremethod.com **Sarah Moore** I help busy women (and men), make themselves a priority again, without feeling overwhelmed by restrictive diets.	Fitness trainer Personal coach Health & wellness
Nicole Miller Massage + Yoga, CMT, MLD-C, YTT200 www.nicolemillermassage.com Clinically Intuitive Bodywork certified in Manual Lymphatic Drainage for Post Op Massage. Therapeutic Massage Cupping, Hot Stones. Sliding Scale Private Yogasana Instruction. BIPOC / LGBTQ+ discount. Mobile options available.	Massage Cupping / stones Yogasana
Optimum You Wellness https://linktr.ee/optimumyouwellness **Melanie Kantor** Vegan and nutrition education; virtual and in-person master cooking classes; recipe and eBook creator; nutrition coach; Disordered Eating Specialist.	Vegan education Cooking classes Disordered eating
Raw Vegan Ginger www.rawveganginger.com **Jennifer Joy Patrishkoff** Health & lifestyle coaching. Goal setting, meal planning, recipes, weight loss/gain, nutritional deficiencies, budget shopping, juicing, fasting, eating disorder recovery, detox. eBooks, clothing, insurance.	Health coaching eBooks Clothing
Riffs Yoga Studios https://riffsyogastudios.com **Steve Hart** La Jolla (indoor & outdoor spaces), Ocean Beach (indoor space). Classes or private sessions, massage, sound healing. yoga-teacher training, corporate classes.	Yoga Massage Teacher training
RyThrive www.ry-thrive.com **Ryan Clopine** Holistic health coaching for those interested in a plant-based lifestyle. I am here to empower you to achieve your dietary, exercise, sleep, and weight loss goals.	Health coaching

SoCal Wellness Retreats www.socalwellnessretreats.com **John Quirk** Hosts retreats and helps wellness professionals create retreats for their clients.	Wellness retreats Retreat coaching
The Light Within www.lightwithinheal.com **Dawn Ressel** Healing sessions: Life activation, Soul retrieval, Full spirit activation, Purpose of life reading, Shamanic aura clearing & cord cutting, Ensofic Reiki, Egyptian aura balancing, Crystal healing. Formerly Aurora Love.	Healing sessions Life activation Soul retrieval
The Soul Empowered Empath www.marinayt.com **Marina Yanay-Triner** Transformational coaching for empaths & high achievers.	Empath coaching
Traveling by Groove [C] www.travelingbygroove.com **Tess Collins** Professional dancer offering dance/somatic, yoga, mindfulness, and functional fitness classes and private sessions. Helping people reach their mental and physical goals and feel energized, mobilized, and toned.	Dance Yoga Mindfulness
Trilogy Sanctuary Yoga www.trilogysanctuary.com/yoga-schedule **Leila Dora & others** La Jolla eatery offering class yoga: aerial, vinyasa, heated (infrared), lyra, restorative, prenatal, yin…	Yoga Aerial Prenatal
Zen Rose Wellness www.zenrosewellness.com **Rosavel (Rose) J** Downtown San Diego. Mindful skincare & energy balance services. Cruelty-free facials aligned with our love for the environment, animals, and wellness. Reiki sessions, in-person or long-distance, to harmonize the mind, body, & spirit.	Facials Reiki
Legal Services	
Bryan Pease, Attorney www.bryanpease.com Free speech, civil rights, corporate responsibility, government accountability, environmental protection, animal law, personal injury, landlord/tenant, contracts, civil litigation.	Civil rights Criminal law Animal law
Foldenauer Law Group http://foldenauerlaw.com **Sean M. Foldenauer** Business litigation for owners, shareholders, individuals, small to medium-sized companies. Personal injury specialists for auto accidents, brain injury, wrongful death, premises liability, defective products.	Business Law Personal Injury
Gift of the Gab Interpreting & Translating www.facebook.com/giftofthegabinterpreting **Gabriela Sosa** State & Federal Certified Court Interpreter offering interpreting and translating services in English, Spanish, and French. Over 25 years court, conference, medical, and immigration experience.	Court Interpreter Translator
Joseph W. Bassett, Attorney www.jwbassettlaw.com Serving the legal needs of the California boating community and beyond. Yacht purchase and sale, LLC creation and transfer, maritime, ocean and coastal policy, contracts, and general business law. CA # 338056. 619-600-7461	Licensed Attorney Yacht Broker
T. Cardiff Law www.tcardifflaw.com **Todd T. Cardiff** Helping environmental groups, community groups and individuals weave their way through the complicated world of land use, governmental law, homeowners' association disputes, contracts, and litigation.	Environment Law Organization Law HOA Law
Medical Services	
KAISER	
Pierre (Pete) Sayed Auokar, MD https://healthy.kaiserpermanente.org/southern-california/physicians/pierre-aoukar-1238871#/map	Cardiology Electrophysiology English/Arabic
Luis Esquenazi, MD https://healthy.kaiserpermanente.org/southern-california/physicians/luis-esquenazi-3626259?kpSearch=Luis%20Esquenazi.	Family Medicine
Mark Alan Harris, MD https://healthy.kaiserpermanente.org/southern-california/physicians/mark-harris-8218238 .	Physical Med Rehabilitation
SCRIPPS	
Dustin Grossheim, PA https://www.scripps.org/physicians/43975-dustin-grossheim	Physician Assistant Gastroenterology
Roy Avalos, MD www.scripps.org/physicians/5802-roy-avalos	Cardio diseases English/Spanish
Michelle Dern, MD www.scripps.org/physicians/3926-michelle-dern	Pediatrics
Kelly Van Den Heuvel, MD www.scripps.org/physicians/6600-kelly-van-den-heuvel	Ob/Gyn English/Spanish

SHARP	
Marsha Blount, MD https://www.sharp.com/doctors/marsha-blount	Family medicine Cryosurgery
Allan Gamagami, MD https://www.sharp.com/doctors/allan-gamagami	General Surgery
Alshafie Hassan, MD https://www.sharp.com/doctors/alshafie-hassan	Internal medicine English/Spanish
UCSD HEALTH	
Cardiovascular Institute https://health.ucsd.edu/care/heart-vascular/cardiac-rehabilitation UCSD Health La Jolla – Jacobs Medical Center. Scientifically slowing, stopping, and reversing heart disease.	Plant nutrition Stress reduction Group support
PSYCHOTHERAPY	
Cam Alaasam, ASW https://vanethanlevy.com/therapy-meet-cam Associate Clinical Social Worker. Remote therapy anywhere in California. Queer, nonbinary, Iraqi, neurodivergent. Deep awareness of systemic oppression. Nonjudgmental care and empathy. Supervised by Van Ethan Levy.	Remote Talk Therapy
Michelle M. Carcel, Psy.D. www.drcarcel.com La Jolla. Therapy for depression & anxiety, eating disorders, older-adult concerns, health & wellness, body image, cancer & medical, communication, life transitions, relationships, LGBT, career, insomnia, trauma. Se habla Español.	Clinical Therapy Depression Eating disorders
Stephen White, Psy.D. www.WhitePsych.com Teletherapy for clients in California to address anxiety, trauma/PTSD, dissociation, LGBTQ+, and the challenges of veganism in a non-vegan world. Therapeutic approaches include EMDR, IFS, CBT, and ACT.	Anxiety Trauma Vegan Life
Waves Psychologists www.wavespsych.com **Abigail Weissman, Psy.D** Rancho Bernardo. Counseling for transgender, trans, intersex, lesbian, bisexual, gay, pansexual, queer clients. Training or consultation for therapists working with queer and trans clients and/or Jewish clients or staff.	Counseling LGBTQ+ Training
VARIOUS MEDICAL / DENTAL	
Arnold Kremer, DO www.delmarim.com Del Mar Integrative Medicine & Medical Spa. Chronic disease, immigration physicals, health optimizations, adjustments, physical medicine, contracted muscle relaxation, PRP-Platelet Rich Plasma, Dermal Fillers, Botox, Laser.	General Medicine Osteopathy Cosmetics
Barnard Medical Center www.pcrm.org/barnard-medical-center **Neal Barnard, MD** PCRM-affiliated Washington, D.C. clinic offers California residents the opportunity to consult with caregivers online through their computers or phones. Expertise in combating hypertension, type 2 diabetes, heart disease, obesity.	Telemedicine General health
Before The Script [C] www.beforethescript.com **Subhashini Katumuluwa, MD, MPH** Double board-certified Preventive, Lifestyle and Functional Medicine physician helping individuals identify and address the underlying root cause(s) of their current symptoms/diagnoses using a diet and lifestyle-first approach for treatment.	Telehealth Lifestyle/Functional Medicine
Family Allergy Center http://familyallergy.org **Maryam Zarei, MD** Poway: Treat adults and children for immune system issues, food/drug/environmental allergies, food intolerance, asthma, COPD, skin sensitivity, eczema….	Allergist Immunologist Adult/Pediatric
Find A Doctor www.pcrm.org/findadoctor Search for local or telehealth plant-based care professionals. Provided by Physicians Committee (PCRM).	Physician Search
Finding Health www.findinghealth.info **Walter Cohen, DO** Kearny Mesa / La Jolla: Osteopathic Manual Medicine. Hands-on medicine to address underlying causes of disease.	Osteopathy
Joel Fuhrman, MD www.drfuhrman.com/medical-practice Telemedicine appointments. Health products. Lose weight, reverse chronic health conditions.	Family Medicine
Julie Roth, DO www.drjulieroth.com Shoreline Medical Group. Holistic approach to physical and mental wellness. (Formerly with Sharp Hospital.)	Family Medicine Holistic
Lacey Post PA-C www.perlmanclinic.com/ourteam/lacey-post Board-certified Physician Assistant at the Perlman Clinic specializing in women's health.	Women's Health

Leshay Speaks Medicare [C] www.leshayspeaksmedicare.com **Leshay Bailey** Personal Independent Medicare Agents. Guidance through the world of healthcare options for those eligible for Medicare and aged 65 and above. No cost consultations. Medicare plans.	Medicare Consultations Plans
Love.Life Telehealth https://love.life/telehealth Choose an online doctor. Reverse chronic disease with whole food, plant-based (WFPB) diet, exercise, stress reduction, improved quality of sleep, and maintaining a healthy weight.	Telehealth
Ocean Beach Family Chiropractic https://obchiropractic.com **Kayla Ambert, D.C., R.D.** Chiropractic services: adult, pediatrics, pregnancy, postpartum, athletes. Nutrition services. Exercise services.	Chiropractic Adult / Pediatric Pregnancy
Plantrician Providers https://plantrician.org Find a plant-based healthcare provider near you. Formerly Plant-based Docs.	Physician Search
Solana Beach Acupuncture and Holistic Beauty https://sbacu.nccaomdiplomates.com **Dr. Lori Tusa** Acupuncture, Cosmetic Acupuncture, Chinese Herbs, Microneedling, AMMA Therapy.	Acupuncture Microneedling AMMA Therapy
Vegan Primary Care www.veganprimarycare.com **Dr. Scott Harrington, D.O.** Online appointments. Write prescriptions, order imaging/lab tests, make referrals. Achieve optimum health through a whole-foods, plant-based diet, enjoyable exercise, and quality relationships.	Telemedicine Primary Care
Yige Zhao, DDS www.ranchopenasquitosdentistry.com/meet-our-team/team-member.yige-zhao-staff-id-26084.html Rancho Penasquitos Dentistry.	Dentist
Your Optimal Health Chiropractor www.facebook.com/YourOptimalHealthChiropractor **Dr. Chris McLaine** Pt. Loma/Ocean Beach: Chiropractor, Holistic Health Coach. Ergonomic footwear & bio-engineered orthotics. CBD oil, probiotic antioxidant combo, anti-inflammatory plant-based omega complex, hyperbaric oxygen therapy.	Chiropractor Health Coach Footwear
Merchandise Accessories, Clothing, Arts & Crafts, Jewelry, Furnishings, Shoes, Miscellaneous	
1502 Candle Co. https://1502candleco.com **Caroline** Soy wax candles, diffusers, spray fragrances, hand mist sanitizers. Favor recycled, recyclable, biodegradable materials. 1% of sales benefit environmental nonprofits.	Soy wax candles Diffusers Fragrances
Aromalee Shop www.aromaleeshop.com Candles, incense, car diffusers, roller balls, wax melts, sprays. Formerly Veganlee Shop.	Candles Incense Car diffusers
Aura Gardens www.instagram.com/auragardens Spiritual aromatherapy store. Candles, bracelets.	Candles Aromatherapy Bracelets
Bungalow 360 https://www.bungalow360.com **Susie Pusch** Vegan leather pouches, wallets, hobos. Cotton canvas wristlets, wallets, backpacks, hats, bags, totes, towels.	Pouches Wallets Totes
Call It Spring www.callitspring.com/us/en_US Footwear, bags, wallets available for online order/delivery and/or pickup in various local stores.	Footwear Bags Wallets
Cosmic Kristen www.etsy.com/shop/CosmicKristen **Kristen Allen** Painted glassware, original artwork, unique clothing. DIY tutorials: https://www.youtube.com/channel/UCm7ehSDAa67n6600lsaeCmQ	Glassware Artwork Clothing
FlowersAndTheMoon [C] www.etsy.com/shop/flowersandthemoon **Megan Sewell** Custom hand-painted shoes, jackets, jewelry, drawings, paintings. Everything is vegan; some is animal themed.	Painted shoes Jewelry Drawings/Paintings
Hooksaurus www.etsy.com/shop/Hooksaurus **Shannon Jarrell** Cheerful items for the home, to wear, or just because. Crotchet mini-planters, hats, scarves.	Crochet items Planters Hats
Hakuna Wear https://hakunawear.com **Jessica Boynton** Active eco-friendly swimwear that stays put. Bikinis, surf suits, board shorts, face masks, apparel, sunscreen.	Swimwear Surf suits

Kindred Armory & Lair Provisions https://barkindred.com/collections/shop-all-merch **Kory Stetina** Gift cards, apparel, shirts, patches, beanies, bandanas, etc. for KINDRED, a vegan bar and restaurant in South Park.	Gift Cards Accessories Clothing
Plantbasedfemme www.etsy.com/shop/Plantbasedfemme Home decor-seasonal + Personalized garments/items.	Home décor T-shirts Sweatshirts
Prodigikids https://prodigikids.com **Karen Braveheart** The Adi plate for kids 5+ months. Suction plate with snap tight lid and pivot technology.	Suction food plate for kids
Steezin' It www.steezinit.com Organic, conical hats, cork belts, hacky sack footbags.	Conical hats Cork belts
The Vegan General www.instagram.com/thevegangeneral Mission Valley, inside Sea Hive Mini. Candies, cheeses, condiments, butters, sweets, books, balms/creams, towels…	General store
Thistle + Cork www.instagram.com/thistle_and_cork **Kim Campbell Speed** Carlsbad: Sustainable, cruelty-free luxury fashion. Cork products, wallets, backpacks, messenger bags, vegan leather handbags. All products are Peta-approved.	Handbags Wallets Accessories
Zero Waste Kit www.etsy.com/shop/ZeroWasteKitShop **Marina Qutab** Glass jar holding metal straw & tip, cloth napkin, spork, ceramic knife, cotton produce bags, cork sleeve. Solution for individuals looking to drastically reduce their daily plastic use.	Zero Waste Kit
Multimedia Services Audio, Graphics, Photo, Video	
Binh Tran Photography www.facebook.com/binh.tran.photos **Binh Tran** Individual to family photos. 10% discount for military, 1st responder, teacher, law enforcement, nurses.	Photography Portrait Family
Brisa Roberts Photography www.brisarobertsphotography.com Families, couples, maternity, headshots, branding.	Photography People Branding
Captured Forever Photography www.capturedforever.com **Michele & Kelsey** Mother-daughter team. Engagement, wedding, maternity, birth, newborn, family & kids, senior portraits.	Photography Portrait Wedding
Djibril Camara Multimedia Artist www.djibrilcamara.com Studio artist with digital art skills, character design, animation, digital paintings, 3D modeling.	Digital Art Animation 3D Modeling
Dora Toni Photography www.doratoniphotography.com **Antoinette Albert** North County based. People, families, maternity, nature, food.	Photography People Nature
Electric Eye www.electriceyesd.com **Bridget McGee Houchins** Mission Valley. Retro-inspired portrait studio & pop-up. Mobile studio van. By appointment only.	Photography Portrait Studio Mobile Van
Hoffman Photography https://hoffmanphotography.myportfolio.com **Eddie Hoffman** Activities, animals, people.	Photography Activities Animals/People
Jackie Han Photography www.jackiehan.com **Jackie Han** LGBTQ+ photography group specializing in portrait, event, mitzvahs, and wedding photography. Telling stories through documentary style photography. Formerly Jackie X Studio.	Photography Portrait Wedding
Jennifer Regnier Photography https://jenniferregnierphotography.com Weddings, people.	Photography Wedding People
Kappel Imagery www.kappelimagery.com **Jim Kappel** Weddings, including small backyard and elopements. Promotional & commercial films.	Videography Wedding Commercial films
Keeley Miller – San Diego Boudoir Photographer https://keeleymiller.com Empowering boudoir photoshoot experiences with vegan albums and prints, private studio in downtown San Diego.	Boudoir photography

Lens Flair [C] www.BillBork.com IMDb **Bill Bork** Film making, cinematography, short films, commercials, marketing, special events, streaming. Call 619-985-0110 for booking. Second half day, my labor is free for vegan clients, business owners, or events. Up to a $500 value!	Short films Commercials Streaming
Loni Brooke Photography [C] https://lonibrookephotography.com **Loni Brooke** Portrait photography. Family, children, maternity, high school seniors, headshots.	Photography Portrait Family
Lori Larocque Photography www.facebook.com/lorilarocquephotography Abstract, scenic, commercial, portraits.	Photography Portrait Commercial
Street Documents www.instagram.com/streetdocuments **Jesse Fuentes** Prints of street photography for sale.	Street photographer
Sun Photographer www.sunphotographer.com **Kateryna Fedorova** Weddings, portraits, maternity, family, events. Experienced and friendly photographers, affordable prices, custom packages, sincere emotions, help with posing, 5 stars reviews, and satisfied customers.	Photography Wedding Events
Music & Entertainment Lessons, Performers, Personalities	
Argenti Music Lessons [C] www.argentimusiclessons.com **Jennifer Argenti** Violin lessons. Piano lessons. All ages, experience levels. In person or virtual, customized for each student's goals and needs. North County based.	Lessons Piano / Violin In person/virtual
Genesiah Music www.instagram.com/genesiahmusic **Genesiah Ambrose** Musician & band.	Singer Band
Half Moon Yoga and Art www.halfmoonyogaandart.com **Hannah Faulkner** Private piano lessons. (Also Fitness & Wellness.)	Piano lessons
Pinnacle Pro Sound https://pinnacleprosound.com **James Cross** Recording, mixing, mastering, artist resources.	Recording Mixing Mastering
Romantic Violin [C] www.romanticviolin.com **Jennifer Argenti** Live violin music to accompany unforgettable moments: courtship, marriage proposals, anniversaries, private occasions. Over 25 years of performance experience.	Performer Special occasions
The Dancehouse www.the-dance-house.com **Jaami Waali-Villalobos** Dance house for fine and performing artists. All skill levels, ages, and artistic endeavors. Numerous dance classes. Rental spaces for rent to local companies, teachers, independent contractors, events. Point Loma.	Dance studio Classes Space rentals
The Orphics https://theorphics.com **Matt Roth** Band or solo artist available for events/festivals, etc. Psychedelic, hypnotic, 3-dimensional, avant-garde. Contact Matt Roth (323) 428-9475.	Band Solo Artist
Wild Caravan www.instagram.com/wildcaravanmusic **Leilani Gjellstad** We are vegan musicians in north county, chill music like Khruangbin meets Marvin Gaye meets Radiohead.	Band
Personal Products & Services Beauty, Body, Face, Hair, Skin, Health	
Alchemy by Kejiwa https://kejiwastore.com **Monica Merino** Alchemy elixirs for radiant health, inner peace, self-embodiment. Purest, highest quality ingredients.	Alchemy elixirs Minerals Aromatics
Arctic Fox https://arcticfoxhaircolor.com **Kristen Leanne, Ryan Morgan** Diverse and exotic hair coloring products. Clip-in hair extensions. PETA-endorsed cosmetic brushes. Percent of profits go to animal charities. Sold in retail stores and online.	Haircolor Extensions Brushes
Astrid, Tattoo Artist www.instagram.com/xastridax San Diego: Private studio.	Tattoos

Bella Donna's Salon www.belladonnas.com Ocean Beach. Organic hydrating conditioners, sulfate-free shampoos, paraben-free cleansers, non-toxic soy candles, pomades and texturizers made from pure plants and essential oils and vegan lip balms.	Hair care Color / Styling Treatments
Brian Lynch, Tattoo Artist www.inthemoontattoo.com/brian-lynch San Diego: Owner of In the Moon Tattoo, 14 years experience. Traditional, fine line, black & gray, lettering.	Tattoos
CHLF Salon www.chlfsalon.com **Edna Lugo, Diana Reyes** Downtown East Village: Cuts, fades, crew cut, creative short/mid/long, fringe/neck trim, color, bleach & tone, hair masque, extensions, blow outs, up dos, studio/bridal makeup. CHLF Products: https://bychlf.com	Haircuts Coloring Products
Paul's Antique Watch Company https://consignmentclassics.net **Paul Tociapski** Antique & vintage clocks & watches for sale. Repairs on old & modern watches. 619-927-2143	Clocks Watches
Dirt Don't Hurt https://dirtdonthurtme.com **Kaya / Sativa / Maritza** Sister-owned, all natural oral care + beauty & body care activated charcoal detox products.	Oral care Skin care
Doctor Bronner's www.drbronner.com Vista: Certified organic, fair trade, certified vegan, non-gmo soaps, lotions & balms, hair care, home & laundry, toothpaste, hand sanitizer, coconut oil.	Soap Toothpaste Hair creme
Dreamy Nail Spells www.dreamynailspells.com **Stina Vee** Hillcrest: Elevated nail services without toxic elements. Bio Sculpture, Apres Gel X	Nail salon Gel systems Nail tips
Earth & Elle www.earthandelle.com **Paige Feddersohn** Supplements & vitamins. Omega-3-6-9, no fishy aftertaste, GMO & mercury free. Vegan collagen. Made in USA.	Supplements Vitamins
Eyebrows by Samantha www.eyebrowsbysamantha.com **Samantha Cox** North Park: Permanent makeup artist. Micro blading, ombré/powder brows, lip blushing, lash enhancement.	Brows / Lips Lashes
Goddess Temple Tattoo Studio www.instagram.com/goddesstempletattoostudio **Kaia Love** Tattoos, piercing, reiki, sound healing, astrology, nipple reconstruction	Tattoos Piercing Reiki
Jill Hollingsworth, Tattoo Artist www.jillhollingsworth.com San Diego: Buju Tattoo. Also paintings, illustrations, T-shirts, prints, pins.	Tattoos Paintings Illustrations
Kiwi Spa http://kiwi-spa.com **Maya Bethke** Pacific Beach: Facials, exfoliation, hydration, microdermabrasion, lifts, infusions. 100% nutrient-rich, organic, cruelty-free, hand-crafted skincare blends free from environmental toxins, parabens, sulfates, pesticides and carcinogens.	Facials Lifts Exfoliation
Krouned Body Care www.krounedbodycare.com **Trevor and Cleopatra Davis** All natural deodorants, soaps, moisturizers, shampoos, lip balm, etc. for adults, babies, skin, face, hair.	Body care Face Hair
Le Bijou Holistic Spa https://lebijouspa.com **Michelle Reneé Hammond** Oceanside. Waxing, facial/body treatments, lash & brow services. Women and men. Handmade skin care products.	Waxing Facial treatments Body treatments
Lini Skinfood www.liniskinfood.com Organic, natural, luxe artisan-made sustainable skin care products, cleansers, cremes, candles, body treatments.	Skin care Body crème Cleansers
LuisaV Artistry www.facebook.com/LuisaVArtistry San Diego: Salon services offering eco-friendly, low-tox hair coloring & blonding.	Hair styling Coloring Bridal
Mod Hair Salon [C] www.modhairsalon.com **Casey Brookshire** Vista: Men/women/children's haircuts, coloring, styling. Eco-friendly products. Online booking. Private salon.	Haircuts Color Styling
Pink Pantree https://pinkpantree.com **Evinn Moreland** Sea moss, herbal teas, meal plans, skin care, t-shirts, totes	Sea moss Herbal teas Skin care
Rocky Howe Tattoo www.instagram.com/rockyhowetattoo San Diego. Wolf & Shadow Tattoo. Anime tattooer for all bodies. Everything all vegan, even the stencil paper.	Tattoos

Rooted & True https://rootedandtrue.com Hair, face, & body butter, deodorant.	Hair & body butter Deodorant
Sacred Hair Studio https://sacredhair.glossgenius.com **Ashley Kouza, Ashley Roederer** Mission Valley: Haircuts, color, balayage, scalp treatment. Formerly Velvet Hair Lounge (Ocean Beach).	Hair styling Balayage Color
San Diego Teeth Whitening Center https://sandiegosteethwhitening.com Teeth whitening session using hydrogen peroxide gel and cold blue light.	Teeth whitening Hydrogen peroxide Blue light
Scisters Salon & Apothecary www.scisters.com **Melissa Parker, Easton Bajsec** La Mesa: Zero Waste Salon offering beauty products in bulk and various other supplies for living a zero waste, intentional lifestyle. Hair styling/coloring, sugaring hair removal, reiki stress-reduction treatments.	Apothecary Hair styling Reiki
Shade Collective www.shadecollectivesd.com **Lindsay Hall** Mobile sunless tanning. All products are vegan, organic, antioxidant rich and can be CBD infused.	Tanning Mobile
Studio V Salon http://mystudiovsalon.com **Regina Martinez** Mira Mesa: Expert stylist for every haircare need. Fun fashion vivid neon/pastel hair colors to relaxers, weaves, balayage, extensions, classic color retouch, barber. Pedicures. Online booking.	Hair styling Coloring Pedicure
Verté Salon https://vertesalonspa.com Hillcrest: Eco-friendly salon with toxic free, organic treatments. Styling, highlighting, color, lash extensions, brow tidy. Complimentary consultations. Formerly British Beautique. Formerly Eco Chic Salon.	Hair styling Balayage Color

Property Products & Services

Cabinetry, Cleaning, Furniture, Gardening, Handyman, Interior Design, Moving, Plumbing, Staging, Tools

A Smart Move www.a-smart-move.com **Lindsay Horwood Curtis** We rent out clean & sanitized eco-friendly plastic boxes delivered door-to-door, not only saving you time & money but saving the environment too. All boxes are made from recycled plastic & made in the USA.	Moving Boxes For Rent
AZTEC Testing www.aztectesting.com **Steve Pettit** Certified mold, asbestos, and lead testing in San Diego. We provide accurate assessments to help homeowners and businesses ensure safety, compliance, and peace of mind.	Tests for Mold Asbestos Lead
David Frisk Architectural Art [C] www.davidfrisk.com **David Frisk** World-renowned architectural artist. Handcrafted entryways, doors, furniture, cabinetry, stairways, public works, wood carving, glass arts, sculpture, metal work since 1968. Based in Encinitas. Free one-hour consultation—a $100 value.	Custom Furniture Cabinets/Entryways Wood/Glass/Metal
Hibiscus Cleaning Co. [C] https://hibiscuscleaningco.com **Madi Winslow** Cleaning services. Licensed, insured, guaranteed. San Diego & surrounding areas. Residential, commercial. Non-toxic, eco-friendly. Weekly, biweekly, move out, & more. Locally owned & trusted.	Cleaning services Residential Commercial
MJB Mobile Detailing www.facebook.com/MJBmobiledetailing **Michael Brown** La Mesa based, serving all San Diego County. Auto detailing services. Ceramic coating, paint correction.	Mobile Auto detailing Coating/Paint
Rivetti Works www.rivetticompany.com **Gianni Rivetti** Repair & maintenance, interior/exterior carpentry, drywall, doors, windows, floors, outdoor & more. Call 858-209-5305.	Handyman
Stewart Plumbing www.facebook.com/stewartplumbingsd **Shawna Stewart** San Diego County and Temecula. Full Service, residential & commercial plumbing.	Plumbing Residential Commercial

Real Estate Services

Realtors, Brokers, Appraisal, Loans, Mortgages

Amrit Shergill Realtor [C] www.amritsellshomes.com Buy, sell, stage homes & condos. Manage properties. Serving San Diego County. DRE #02043576	Realtor Residential Property Mgt
Brian D. Rubin, Real Estate Broker / Mortgage Loan Originator www.c2financialcorp.com/brubin 30+ years of experience. For all your real estate needs, including just free advice if you need it, call 619-995-2042. C2 Financial Corp NMLS #135622 | Loan Officer NMLS #332609 | CA DRE #1170552	Real Estate Broker Mortgage Loan Originator

Gloria Holland, Realtor www.coldwellbanker.com/Coldwell-Banker-West-1187c/Gloria-Holland-453099a Helping people buy and sell homes is my passion. CalDRE #01315348	Realtor Residential
Jen Jones, Realtor www.instagram.com/_jensjones Residential buying & selling. Connect Realty DRE# 02129774	Realtor Residential
Justin JP Chimento, Broker / Owner www.CoastalPacificRE.com Whether selling or purchasing your residence, vacation home, or income property, our network of professionals can help. The success of our business is sustained by the relationships we create. CA BRE #01313440	Broker Residential Income property
Karl Kyler, Realtor www.facebook.com/KARLisMyRealtor **Karl Kyler** I help sellers and buyers enjoy the process of selling and buying a home. CalDre #01439839	Realtor Residential
Laura Andrea Gonzalez, Realtor www.facebook.com/laura.a.gonzalez.16 Buy, sell, invest. With Purpose Realty, Mission Valley.	Realtor Buy/sell/invest
McT Real Estate Group https://mctrealestategroup.com **Mary McTernan / Z McT-Contreras** We help nice people buy and sell their homes in San Diego. Join our VIP group to find out about homes before they hit the public market. We donate portion of income to local animal rescue organizations. DRE#01408605 / DRE#01715784	Real Estate Group Residential
Team Spady Real Estate www.facebook.com/WeSellSanDiego **Jill Spady Fuchs** Proudly helping buyers, sellers, and investors in San Diego for 30 years! Re/Max United.	Realtor Residential Investors
The Harrington Group / Serhant [C] www.harringtongrouprealestate.com **Cherie Harrington** Free home market analysis at no obligation. Keller Williams Realty, Carlsbad.	Realtor Residential
Vegan & Vegetarian Rooms to Rent San Diego, CA www.facebook.com/people/Vegan-Vegetarian-Rooms-to-Rent-San-Diego-CA/61564767673092 College Area / SDSU. Our Kitchen is fully vegetarian & naturally Kosher.	Rooms for rent
Zsuzsanna Murray, Realtor, Real Estate Advisor www.facebook.com/zsuzsannamurrayrealestate Residential, commercial, land, rentals, business op, income, fractional. CA DRE #01932070	Realtor Residential Commercial

VENUES

The following facilities are eager to host your next event!

County of San Diego Parks & Recreation [venue] www.sdparks.org
Countywide: Beautiful indoor and outdoor spaces offering a peaceful setting in nature for your meeting or event. Provide your own vegan caterer. Weddings, Corporate & Group Events

Donna Jean [venue] https://donnajeanrestaurant.com **Mitch Wallis, Roy Elam**
North Park: 2611 El Cajon Blvd (& Hamilton) * 619-255-5060
Onsite eatery. Full service or buffet setup. Available at no charge for private bookings when eatery normally closed. Large screen and house sound system available for use. Provide your own presentation/musical equipment. Minimum 2-week lead time required. Please email Mitch Wallis at mvegan@yahoo.com for booking options.

Encore Event Center [venue] https://encoreeventcenter.net
Kearny Mesa: 8253 Ronson Rd (& Kearny Mesa Rd) * 858-617-0902
Multiple indoor spaces, outdoor courtyards, garden terrace. Themed event halls. Custom décor and furniture options. Onsite caterer can accommodate vegan menu. Outside vegan caterer allowed. Club quality A/V systems. Can arrange for DJs, VJs, MCs, entertainers. Weddings, corporate events, birthday parties, anniversaries, nonprofit galas, music & pageants.

Eris Vegan Food Co. & Living Tea Brewing Co. [venue] www.erisfoodcoca.com **Scott Steele**
Oceanside: 302 Wisconsin Ave (& Cleveland). 760-231-9986
Onsite eatery. Outdoor patio holds 50. Plated food or buffet available. Wifi/AV equipment available. To reserve, email scott@erisfood.com

Gentle Grill [venue] www.facebook.com/gentlegrill **Amarleono (Marley), GM**
Downtown San Diego: 641 B St. (& 7th Ave). 619-231-4405
Onsite eatery. Small gatherings of all kinds with capacity for about 50. Call or email Amarleono@gmail.com to book.

Mission Trails Regional Park Visitor Center [venue] https://mtrp.org
San Diego: One Father Junipero Serra Trail (& Mission Gorge Rd) * 619-668-3280
Museum facility in nature park. Day-time meeting rooms. Clients can reserve the entire facility, terrace, and amphitheater. The indoor space includes an expansive lobby, library, 94-seat theater, and two floors of exhibit space. Seated events up to 150 guests and informal gatherings of up to 250. No kitchen facilities; provide your own caterer. https://mtrp.org/rentals

OB People's Community Room [venue] www.obpeoplesfood.coop/communityroom
Ocean Beach: : 4765 Voltaire Street (& Sunset Cliffs) * 619-224-1387
To book the space for a Workshop, Class, or Meeting that aligns with the Co-op's Mission, Vision & Values and follows our Community Room Guidelines, download the forms on webpage by clicking on them, or stop by the office to pick up an Interest Form. Drop completed forms off at our office or email them to pr@obpeoplesfood.coop.

Peace Pies [venue] www.peacepies.com **JP Alfred**
Ocean Beach: 4230 Voltaire St (& Catalina) * 619-223-2880
Onsite eatery. Counter service. Table delivery for preordered meals. Outdoor patio seats ~20. Indoor seats ~15.
No charge for private parties to reserve.

Plant Power Fast Food - Ocean Beach [venue] www.plantpowerfastfood.com **Zach Vouga**
Ocean Beach: 2204 Sunset Cliffs Blvd (& Voltaire) * 619-450-6845
Onsite eatery. Counter service. Ordering kiosks. Covered, gated, sidewalk patio seats 15-20. No charge for private parties to reserve.

San Diego Vegan Market [venue] www.instagram.com/sandiegoveganmarket **Sunny Bhanage**
Grantville: 4606 Mission Gorge Pl Ste A (& Mission Gorge Rd) * 619-521-9788 * Sunny Bhanage
Convenience store with wide array of vegan items and rotating counter-service eateries. No charge for private parties to reserve.
To enquire, email freshstartmarketinc@gmail.com.

Sol-ti [venue] https://solti.com **Lindsay Ray**
Mira Mesa: 8380 Miralani Dr. * (888) SOL-TI11
Onsite tasting room with beverages & snack foods. Counter order. Seats ~20 (more for events). Audio equipment available.
Weekdays only. To inquire, email hello@solti.com.

The Purple Mint [venue] www.thepurplemint.net **Jay**
City Heights: 4616 El Cajon Blvd #3 (& 46th) * 619-280-3388 * Jay
Group meal plans or a la carte full-service available. $100 refundable security deposit. To reserve, email thepurplemintvegan@gmail.com.

Trilogy Sanctuary [venue] www.trilogysanctuary.com/request-for-space **Alexa Hatt**
La Jolla: 7650 Girard Ave #400 (& Kline) * 858-633-3893
Onsite eatery. Counter service or buffet setup. Indoor/outdoor dining. Indoor yoga studio; outdoor yoga deck / dance floor. 2000 sq ft roof terrace. Views towards Pacific Ocean. Occupancy: 250 upstairs; 200 downstairs. Enter left of the green Pharmaca awning through the Massage Envy door. Take hallway back to elevator. Push PH (penthouse) for 4th floor rooftop.

VeganDiego Organizations

Changes appear in **orange**.

Click to go to desired category. Click Organizations in header to return to this page.

Activists / Advocates | Information Sites | Facebook Groups
Sanctuaries | Meetup Groups | Facebook Family Groups

Activists / Advocates

Animal Activism San Diego (North County) www.facebook.com/groups/122813171744341 **April Moor Clark**
Safe space to share events & ideas regarding animal activism and to meet like-minded people.

Animal Protection & Rescue League (APRL) www.aprl.org **Bryan Pease**
Influences animal protection legislation. Educates people about humane eating.

AV: San Diego, CA, USA www.facebook.com/groups/1757884704517799 **Asal Alamdari, Paul Bashir**
Anonymous for the Voiceless (AV) educates the public on animal exploitation and fosters highly effective activism communities worldwide. We do not promote or condone anything less than veganism and hold an abolitionist stance against all forms of animal exploitation.

Beltane Holistic Animal Massage (BHAM) www.facebook.com/beltaneholisticanimalmassage **Cari Beltane**
Provides free massage therapy to reduce stress of animals living in shelters, sanctuaries, & foster homes. Serves private animal clients in their homes, by appointment, for donations that support pro-bono activities.

Bold Activists for Animal Liberation www.facebook.com/profile.php?id=61574108978473 **Justice Owens**
BAAL: We're here to spread the truth about animal rights, share the philosophy of veganism, and inspire change—calm, but with attitude. We're keeping it real. This is about compassion, justice, and standing up for those who can't.

Boycott Milk www.boycottmilk.org **Animal Protection Rescue League**
To raise awareness that one of the kindest things people can do for themselves and the planet is to switch from dairy to plant-based milk. No other animal on earth normally drinks breast milk after infancy. Sponsored by Animal Protection & Rescue League.

Dharma Voices for Animals www.facebook.com/DharmaVoicesForAnimals
San Diego Chapter of the only international Buddhist animal advocacy organization in the world.

Deer Park Monastery https://deerparkmonastery.org
400-acre mindfulness practice & monastic training center in rural Escondido. For all who wish to cultivate peace and happiness in their lives. Founder: Thich Nhat Hanh (died Jan 2022)

Direct Action Everywhere – San Diego www.facebook.com/DxEsandiego
Local branch of the national organization, DxE's mission is to achieve revolutionary social and political change for animals in one generation through building community, creating activists, practicing nonviolence, and open rescue.

Ellen Ericksen, Activist, Humane Educator ellenericksen@gmail.com
Co-Founder of Humanity For Animals. Certified Educator in Plant Based lifestyle, mentor. Email me or call 760-408-4539 if you would like guidance on animal-rights-activist activities, a presenter to address a class/group about animal rights, or one-on-one vegan mentoring and/or learning to shop for vegan food.

Give Wellness https://givewellness.life **Donna Pinto**
Bringing wellness education, programs, and activities to low-income groups and people facing cancer or other life/health challenges.

Grandma LuLu's Table https://grandmalulustable.org **Cindy Steele**
Mobile distribution of nutritious, plant-based meals to hungry, homeless, and food insecure individuals in San Diego and surrounding areas. Focused on breakfasts, especially to children.

Healthy Kids Happy Planet https://healthykidshappyplanet.org **Barbara Gates**
Works with educators and policy makers to promote vegan-friendly nutrition education and plant-based veg school lunch options. Gives presentations and provides free educational resources to K-12 schools, cafeterias, & youth groups. Formerly Lean & Green Kids.

Kind Heart Coalition www.facebook.com/kindheartcoalition **Rach Hosler, Melanie Langston-Bazzell**
Grassroots social enterprise uniting compassionate, kind hearts and minds through education on animal rights through anti-speciesist messaging. Vision: Create a brick-and-mortar community space in San Diego where all Kind-Hearted souls can gather and educate.

Living Vegan in San Diego https://livingveganinsandiego.com **Carolina Roberts, Jackson Kingsbury**
Our aim is to promote animal rights, recruit activists, volunteers, and collect food donations for sanctuaries in the San Diego area. Together, we can reduce much needless animal suffering.

Peace Resource Center www.prcsd.org
Promotes plant-based living in response to escalating climate crisis. Invites vegan vendors to sell food at their events. Clearinghouse of peace and social justice resources to counter and alter violent approaches to problem solving and a safe, sustainable environment.

PlantDiego www.plantdiego.com **Tracy Childs**
To educate and inform San Diegans about the benefits of a whole-food plant-based diet for optimal nutrition and health, environmental sustainability, compassion, and mindfulness. Join Meetup/Facebook groups (below). PlantPure Nation Member Organization.

Raven Corps San Diego www.facebook.com/groups/2350348858535541 **Claire Howe & Cami Hoffman**
San Diego chapter of a youth-driven, nonprofit organization. Portland-based Raven Corps is devoted to making the world a more compassionate and sustainable place for people, animals, AND the environment by advocating for a plant-based diet.

San Diego NARD www.instagram.com/sandiego_nard
Home of the San Diego National Animal Rights Day, which commemorates the trillions of animals killed at human hands each year.

San Diego Vegan Activists www.facebook.com/groups/313788232487426 **Rach EL, Melanie Bazzell**
To connect like-minded Vegans who are interested in progressing the Animal Rights Movement. Here we can share, organize, and collaborate on a variety of ways to plant those Vegan seeds!

Strategic Action For Animals www.instagram.com/sxfaorg **Amit Dhuleshia, Camila Alaasam**
Sxfaorg works to eradicate animal suffering by strategically advocating for the interests of non-human animals.

VeganDiegoBlog www.maxlearning.net/HEALth/VeganDiegoBlog.pdf **Mike Weinberg**
Veganizing the world through dining choices & online activism. VeganDiego origin story. Tackles thorny vegan issues: Best Way to Promote Veganism / What's Wrong With Honey? / Vegan Dogs & Cats? Of Course! Ongoing log of online-activist comments.

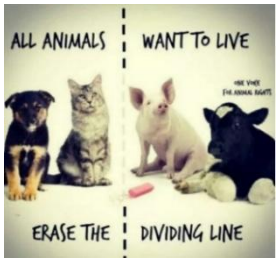
Vegan In San Diego www.veganinsandiego.com **Carly Morales**
Lists & promotes San Diego vegan and veg-friendly eateries, businesses, events, news. If you have a vegan business or offer vegan services, please reach out to us!

Vegan Justice - San Diego https://veganjustice.com **Hal Brody**
Educates public about animal cruelty issues related to factory farmed animals. Promotes vegan lifestyle via information booths at street fairs and other events. Hosts vegan billboards throughout San Diego.

Vegan Spirituality San Diego https://veganspirituality.kit.com **Devi Daly**
Explore veganism as a spiritual practice. Monthly gatherings offer moral support, guided meditations, meaningful community, and delicious vegan potluck food. Whether you're vegan or vegan-curious, you are warmly welcome. Branch of national organization.

Sanctuaries

2 The Rescue Animal Sanctuary https://www.2therescueanimalsanctuary.org **Ilana Friedman**
Ramona. Rescues, rehabilitates, rehomes animals that might be euthanized in local shelters and/or sold at slaughter auctions.



Animal Synergy www.instagram.com/animalsynergy **Carla Naden**
Vista. Rescues geriatric, special needs, and terminally-ill companion animals from death row at animal control. Will create custom art from photo of your companion animal—50% of proceeds benefit rescued animals. Adoptions encouraged. Formerly Synergy Animal Rescue.

Farm Animal Refuge www.facebook.com/farmanimalrefuge
Campo. Refuge to neglected/abused/unwanted farm animals. Educates public on benefits of compassionate living and a plant-based diet.

Fortuna Ranch Farm Sanctuary www.instagram.com/fortunaranchfarmsanctuary **Corrie Blough**
Encinitas. Promotes compassionate animal rescue, regenerative agriculture, and educating the next generation.

Franklin Farm Sanctuary www.franklinfarmsd.org
Lakeside. Fully vegan, family-operated, volunteer-based animal rescue and sanctuary. Help in the aid of fostering, training, and placement of animals in need using fear-free, force-free, reward-based training and handling methods. Formerly Treat Them R+ght.

Horses of Tir Na Nog http://horsesoftirnanog.org **Amy Pat Rigney**
Descanso/Pine Valley. San Diego's longest operating equine sanctuary also provides life-long homes for sheep, goats, pigs and llamas that have been rescued from abuse and neglect. Volunteer applications are available on our website.

Libby Lou's Safe Haven www.instagram.com/libbylousafehaven **Lori Biewen**
Dulzura. Small farm sanctuary serving rescued cows, donkeys, chickens. 100% of donations benefit animal residents. Offers humane education and visits. Moved from Boulevard.

Moose's Flock https://moosesflock.org **Jenna Close**
Jamul. Pigeon and dove rescue/foster/adoption facility. These birds deserve a life of safety and love just like any other living being.

Pebble Ranch Rescue www.pebbleranchrescue.org
Lakeside. Rescue, rehabilitate, re-home unwanted, neglected, abused pot-bellied pigs. Help people transition to a vegan lifestyle to reduce suffering for all. We welcome visitors to come meet our animals, learn their stories, and understand what amazing creatures they are.

San Diego House Rabbit Society www.sandiegorabbits.org **Jennifer Lee**
San Diego. Our Mission is to rescue abandoned domestic rabbits within our community and find them new homes, support our local shelters in the care of their rabbits, and educate the community on the proper and responsible care of domestic rabbit companions.

Saving Animals & Healing Hearts https://www.sahh4life.org **Teri Crutchfield**
Ramona. Rescue/rehabilitation of horses, donkeys, mini horses, mini donkeys, pigs, dogs, chickens, geese, turkeys, cats, birds, alpacas and a tortoise. Open to the public by appointment only. We are a small organization, and our founder/director works a full-time job.

The Open Barn www.theopenbarn.org **Emily & Trevor McCann**
Ramona. Providing a safe, happy, and forever home to farm animals in need. Volunteers welcome.

The Shore Sanctuary www.facebook.com/TheShoreSanctuary **Ashli Jean Shore**
Eucalyptus Hills / Lakeside. Little but mighty vegan sanctuary for the misfits and unwanted. Primarily working with birds/special needs. All species are welcome here.

Twilight's Safe Haven Rescue And Sanctuary www.facebook.com/mysafehavenrescueandsanctuary **Julie Schultz**
Cameron Corners / Campo. Rescues starved and abandoned horses and mules and gives them a forever home. Advocates for an end to slaughtering horses for meat. Accepts volunteers on an appointment basis.

Wee Companions Small Animal Adoption www.weecompanions.org **Arryn Peters**
San Diego. We are devoted to the rescue and care of guinea pigs, rats, hamsters, mice, and other small exotics. Our top priority is finding permanent homes for unwanted animals.

Information Sites

MaxVegan HEALth Topics www.maxlearning.net/health.htm **Mike Weinberg**
HEALth = Humans, Environment, Animals, Learning. Links to Vegan Nutrition, Vegan Philosophy, Protein Facts, MaxVegan Recipes, VeganDiego, VeganDiegoBlog, V-Cards, HappyCow, Vegan IQ Game, Rounding of America, Vegan gurus…

MaxVegan No-SOS Recipes www.maxlearning.net/HEALth/MaxVeganRecipes.htm **Mike Weinberg**
Dozens of free recipes with no refined Salt, Oil, or Sugar that maximize health and minimize junk. Recipe Basics, Pantry checklist, Toppings, Meals, Treats, Salad Fixin's. Unique visual recipe layout boosts efficiency and minimizes errors.

Positive Choice Integrative Wellness Center https://positivechoice.org/healthy-cooking-classes/cooking-class-videos
Kaiser Hospital center with plant-based eating plans and videos.

Protective Diet www.facebook.com/ProtectiveDiet **Julie Marie Christensen**
The most comprehensive & sustainable plant-based application program available. Education, lifestyle guidance, support, and plant-based recipes the entire family will love. Protection for human health, all animals, and our planet. (Also listed in Food Products: veggie broth.)

Rainbow Plant Life https://rainbowplantlife.com **Nisha**
Lawyer turned foodie. How to master vegan cooking at home. Recipes, cooking videos, Vegan Instant Pot cookbook, shopping, photography & social media, productivity, wellness, lifestyle tips.

The Carrot Underground https://thecarrotunderground.com **Connie Edwards McGaughy**
Recipes (many whole food plant-based, oil-free, etc.) my family and I have developed over the years from traditional recipes. My goal is to show everyone how easy it is to enjoy scrumptiously satisfying meals without harming animals or the planet.

The Veg Foodie www.instagram.com/kellybone **Kelly Bone**
Food/restaurant blog. San-Diego based freelance vegan food writer and photographer published in Serious Eats, Blackboard Eats, Edible San Diego, Edible Orange County, and Pizza Today.

Twisted Orbit Vegan Recipes https://www.pinterest.com/twistedorbit/vegan-recipes **Jo Mondy, Sarah Ellen**
Collection of dozens of recipes from various sources with photos. Breakfast, lunch, dinner, snacks, meals, toppings, desserts.

V-Cards www.maxlearning.net/HEALth/V-Cards.pdf **Mike Weinberg**
Free, printable business-size "I am Vegan" cards in over 100 languages ensure cruelty-free meals while educating foreign eateries & stores about vegan options Initial translations provided by Google Translate and improved by native speakers around the globe.

Vegan News San Diego https://vegan-news.org **Stephen White**
Monthly newsletter supporting local restaurants, businesses, animal sanctuaries, and activist groups and helping individuals connect with the vegan community. Please contact us with news, community calendar items, submission ideas, and correspondence.

Veggies at Tiffani's www.veggiesattiffanis.com **Tiffani Wells**
Blogger and vegan food artist, motivated by health & Cowspiracy, creates and shares gluten-free recipes made for her husband and kids.

Meetup Groups

PlantDiego www.meetup.com/PlantDiego-PlantPure-Pod **Tracy Childs & 10 others**
Meetup arm of PlantDiego (see website above) based on PlantPure Nation, a ground-breaking film about the power of plant-based eating and the politics we struggle against to get the word out! Please join us to eat, socialize, and learn about being part of the team!

San Diego Vegan/Plant-based Cooking Enthusiasts www.meetup.com/San-Diego-Vegan-Plant-based-Cooking-Enthusiasts
Gail & 3 others. Members can: get together for vegan/plant-based cooking clubs/events/classes; share food costs/ingredients and create several meals for the coming week; have casual and free cooking classes in homes.

San Diego Vegans www.meetup.com/sandiegovegans **JM & 2 others**
Explore powerful topics like health and wellness, animal rights, environmentalism and beyond. Some of us are lifestyle vegans, others may simply be committed to plant-based nutrition. And still others might be leaning towards veganism or vegan-curious. We are all inclusive.

Vegan-ista Social Club www.meetup.com/veganista **Katl & 21 others**
For ladies* interested in a vegan sisterhood. Themed potlucks, book clubs, game nights, social events for an intentional community. Vegan-curious welcome; vegan food only at all events. *Anyone who identifies as female is welcomed; LGBTQIA friendly.

Facebook Groups

Click for Facebook Family Groups

20s&30s vegans of San Diego www.facebook.com/groups/121797807548600 **Alyssa Verheem**
A space for compassion, outreach, activism, and discussion. Movie nights, hikes, beach days, food pop ups, festivals, book discussions. Connecting college students and those in their twenties and thirties who want more vegan friends in their lives!

East County Vegans www.facebook.com/groups/716742741777636 **Mychael McNeeley, Melanie Bazzell**
For those interested in living a vegan life, this is a place to learn from and share. Need not live in East County, but please be willing to come out this way for events. Our group focus is community building.

Escondido Vegans www.facebook.com/groups/1224964567654839 **Pepp Hernandez**
Dedicated to vegan pastry, cuisine, & everything else free from animals! Share recipes, tips, art, or anything related to the beauty of preventing animal cruelty. Welcome members from Fallbrook, San Marcos, Vista, Julian, Ramona, Bonsall, Oceanside.

Imperial Beach Vegans www.facebook.com/groups/883594398508610 **Brianna Bee**
There are so many vegans across all of San Diego County, but as we know, Imperial Beach gets looked over for lots of things. Open to lifelong vegans, new vegans, and pre-vegans. Please respect each other's opinions and spread the vegan message in a positive way.

Losing For Good! www.facebook.com/groups/221315608623167 **LeeAnn Neylans**
Judgement-free support group for vegans losing weight in a supportive environment. Please consult with a medical professional beforehand. I claim no medical knowledge or expertise but will host meetings and provide information and written exercises.

North County Vegans www.facebook.com/groups/1557421857810943 **Mychael McNeeley, Sarah Grace**
This group is for vegans, only. We have meet ups around Fallbrook, Escondido, Bonsall, Vista, Oceanside, Carlsbad, and Encinitas. If you do not live in these areas, you are welcome to join but be willing to come out this way for events.

Occupied Kumeyaay Territory (San Diego) Intersectional Vegans Groups
www.facebook.com/groups/584085815575254 **Andina Aste-Nieto**
Inclusive group for vegan/plant-based people of all identities. Posts will be dedicated to intersectional veganism and local opportunities for activism and direct actions we can attend together. This is about our collective vision! And BLACK LIVES MATTER.

Plant-Based and Vegan Asian Recipes and Food www.facebook.com/groups/541336940094590 **Jana**
Focused on healthy and delicious Asian plant-based/vegan recipes, food, and cooking techniques. Chinese, Indian, Japanese, Thai, Vietnamese, Indonesian, Singaporean, Vietnamese, Malaysian, Korean, Filipino, Sri Lankan, Nepalese.

Plant Based Fat Loss for Women Over 40 www.facebook.com/groups/supervegansacademy **Aaron Chaney**
The 7 pm cravings, the weekend chaos, the Monday restart. The structure problems nobody else is solving. I am Coach Aaron. Plant based. No tracking. No punishing cardio. I have coached women through the same thing for years. Formerly "Super Vegans."

PlantDiego Social www.facebook.com/groups/1711190239108740 **Tracy Childs**
Social group for PlantDiego organization in support for vegans, vegetarians and veg-curious folks in San Diego. Monthly events. Sharing of vegan recipes, tips for adapting recipes to WFPB, local events, restaurants with tasty, healthy food, travel tips.

Plant-Food Kitchen www.facebook.com/groups/elizabethplantfoodkitchen **Elizabeth Mansur**
Visual plant-based cooking ideas. Cooking from scratch. Exploring plant-based dishes with creativity and intention. Sharing my kitchen, my experiments, and my passion with you.

Plants for Life San Diego www.facebook.com/groups/plantsforlifesandiego **Joseph Matista**
For those committed to improving their health with a whole food, plant-based diet, low SOS (Salt, Oil, Sugar). This group is to encourage each other to successfully make the transition and maintain the lifestyle for years to come. Transform your plate; transform your life!

San Diego Area Vegan & Vegetarian Housing www.facebook.com/groups/110469759605024 **Katsuyo Fukuyama, Joe Dusel**
For anyone who is renting out a room or looking for a room. This group is for housing-related posts only. Although lots of us are interested in food, animal rights, and related topics, off-topic posts will be regrettably removed.

San Diego Black Vegan Social www.facebook.com/groups/1704486272942847 **Ivett Jo**
For melanated vegans or those vegan-curious to grow, learn, and share their journey. One meal at a time, one product at a time, one person at a time, as melanated vegans, we will change our communities to be stronger!

San Diego Intersectional Vegans Happy Hour and Discussions
www.facebook.com/groups/719080211617866 **Elyssa Paige Mercado**
A primarily vegan group for San Diego who are learning about and supportive of intersectionality for socializing, support, learning, and accountability. The intention is for this to be a safe space collaboration.

San Diego Ladies Vegan Cooking Club www.facebook.com/groups/530590520335632 **Katie Farina, Jennifer Nemeth**

San Diego LGBTQ+ Single Vegans & Allies www.facebook.com/groups/381069286569506 **Es Tee**
We are an all-inclusive group for anyone single who is visiting or lives in San Diego and is looking for vegan partners, friendships within the LGBTQIANB+ community! We welcome all races, religions, abilities or disabilities, gender identities, and sexual orientations.

San Diego Plant-Based Athletes www.facebook.com/groups/2437070646527032 **Kayla Rose Tawoda**
Sharing enthusiasm, news, educational content, and events for the ever-growing San Diego Plant-based Athlete community.

San Diego Plant Based Eaters www.facebook.com/groups/SDPlantBased **Paul McGuire**
We welcome all people eating a plant based diet whether strict or flexible including vegetarians, and flexitarians.

San Diego Raw Vegans www.facebook.com/groups/635396853205084 **Tracy Childs**
For Raw Vegans who are looking to connect with other Raw Vegans in the San Diego and Southern California area through potlucks/fruitlucks, meetups to create community and support each other to achieve optimum health!

San Diego Vegan, Arts, Creators & Holistic Pop-Up www.facebook.com/groups/490519908940582 **Mei Tang**
Brings creators, artists, vegans, vegan foods/restaurants, holistic vendors, fitness & wellness and other local businesses together as a collective to raise the universal vibration!!

San Diego Vegan Book Club www.facebook.com/groups/2182794875333873 **Mychael McNeeley, Phillip Palmejar**
For vegans (or the vegan-aspiring) who love to read and discuss books. We'll focus on reading books pertaining to vegan nutrition, ethics, and spirituality. We can read one book every month and have a monthly discussion.

San Diego Vegan Chicks www.facebook.com/groups/344286339529649 **Elisabeth Boss, Jamie Collaro**
Where vegan women can interact, plan meetups, and talk about a vegan lifestyle in a safe and welcoming community. Welcomes all people identifying as female. LGBTQ friendly.

San Diego Vegan Community www.facebook.com/groups/sandiegoveganccommunity **Adam Crisis**
We are a sarcastic bunch—we recognize everyone is on their own vegan journey and aren't judgmental, except regarding general intelligence. We are also a skeptical and often grumpy bunch. If this seems unpleasant, not everywhere is for everyone and that's ok!

San Diego Vegan Democrats www.facebook.com/groups/308306543352174 **Chyann Cox, Dareen Nasser**
Activist group fighting for vegan and Progressive Democratic values. For the people, for the planet, for the animals.

San Diego Vegan Hikers & Backpackers www.facebook.com/groups/sandiegoveganhikersbackpackers **Mike Weinberg**
Forum for group members to post dayhike and/or backpack outings in San Diego County and beyond. Prevegans are welcome to join, provided they consume no animal products during outings.

San Diego Vegan Events www.facebook.com/groups/vegan.amigos.vegans.together **Kujo Kumro**
Meeting other people with the same beliefs, diets and lifestyles. Vegan, plant based, vegetarian or curious about changing your diet—you are more than welcome, too. Formerly "Vegan & Plant Based San Diego."

San Diego Vegan Gal Pals www.facebook.com/groups/2836768779934256 **Aggie Sokol**
The purpose of this group is to make new vegan girlfriends in the SD area, support each other on our health journeys, and check out local vegan restaurants in the area!!

San Diego Vegan Girls www.facebook.com/groups/2727356870873783 **Holly Kapusta**

San Diego Vegan Runners www.facebook.com/groups/327155330989182 **James Mscisz**
For vegans who like to run. No need to worry about running slow; the more people the better. Single-paced group or multi-paced groups depending on who shows up. Perhaps start/finish near a vegan eatery.

San Diego Vegan Singles www.facebook.com/groups/939273729494842 **JoanMarie Cartier, Evan Kaiser**
A group where people can meet freely, talk about tofu dishes and the next animal rights rally they are heading, and go on dates at the plethora of vegan restaurants that San Diego has to offer. You must BE VEGAN to be in this group.

San Diego Vegans www.facebook.com/groups/sdvegans
We encourage, explore and celebrate being vegan in San Diego. Anyone in the world who is kind and cooperative can join our community no matter how they self-identify. We discuss food, recipes, nutrition, restaurants, entertainment, shopping, design, home decor, entrepreneurship, work/life, and even relationships. We support local businesses in promoting their vegan-friendly goods and services.

SD Vegan pop-up Potlucks! www.facebook.com/groups/124130251607528 **Shayna Muller**
Whenever there is an upcoming potluck, please make an event and post it to this group. Invite your friends!

South County Vegans www.facebook.com/groups/1634039293506761 **Amy Spintman**
For vegans and those interested in living a vegan life. A place to learn from and share with each other. If you do not live in the South County, you are welcome to join, but please be willing to come out this way for events.

Sustainable San Diego Community www.facebook.com/groups/2067964576857151 **Michelle May**
A place to share and discover: Eco-friendly businesses, upcoming sustainability events, plant-based restaurants, zero-waste finds, community resources. Formerly "Vegan Ladyboss San Diego / Vegan Ladies San Diego."

Valley Center Vegans www.facebook.com/groups/1378694815573266 **Anaid Nissan**
Vegan/plant based, learning, or curious. Recipe exchange, support, etc.

Vegan Business Exchange San Diego www.facebook.com/groups/veganbusinesssandiego **Kay Sparkles, Jonathan Bentley**
Helps the vegan movement grow through commerce. For vegan business owners and non-profits (no MLMs) to gather for mastermind meetings, networking, markets/pop ups, workshops, and launch parties!

Vegan co-op of San Diego www.facebook.com/groups/400920396749550 **Kathy Kelly, Gina Marsh**
A place to trade vegan goods and other items without money. Many items are free for the taking.

Vegan Comfort Kitchen www.facebook.com/groups/vegancomfortkitchen **Connie Edwards McGaughy, Madison McGaughy**
Members share their favorite vegan recipes, ask and give cooking advice, or chat about the goodness of vegan living. I would LOVE to invite anyone (vegan or not) to join.

Vegan Dog Friendly Jews of San Diego www.facebook.com/groups/veganjewssandiego **Jonathan Bentley**
A place where we all can meet, enjoy fluffies and vegan Judaism. This is for those who are observant and want to celebrate Jewish holidays with their whole families including fluffies and who are vegan.

Vegan For Foodies www.facebook.com/groups/Vegan4foodies **Cindy Gutierrez, Jeff Haag**
Exchange vegan food photos, recipes, and chop it up. Post your recipe or just a photo of your lunch or dinner! Feel free to join even if you are not vegan! This group is for inspiration. Whole food, Raw food, Vegan Food…it's all vegan, and it's all welcome here!

Vegan in San Diego Community www.facebook.com/groups/131879467457696 **Carly Morales, Kelly Bone**
Vegan in San Diego supports all things vegan in the county of San Diego. This group serves to support the community: networking projects and businesses, alerting each other to vegan options, planning events, and more! (Must answer entry questions to be accepted.)

Vegan Junk Food www.facebook.com/groups/junkfoodvegans **Roger Lane**
The days of only tofu, salad, & hummus are over. Post away with all your favorite (vegan only) junk-to-gourmet food pictures. Homemade or while out & about in our favorite restaurants, new found restaurants, food trucks, bars, etc.

Vegan Music Guild www.facebook.com/groups/574922856276408
Group for like-minded music makers to network and grow our passions into projects that help spread the vegan message of peace, compassion, kindness, ahimsa, and equality to encourage more love for all species and our one and only planet earth.

Vegan women of LA and surrounding areas meet up www.facebook.com/groups/1289504681914417 **Diosa Vegana**
Alternating meet ups in Los Angeles and San Diego areas. Have potlucks, try new vegan restaurants and events, or even do anything at all like theme parks or hiking. Poll members to decide what to do each month and arrange carpools. Children or pets are welcome.

Vegans of South Bay SD www.facebook.com/groups/375198419579020 **Charisma Gallegos**
South Bay is probably one of the communities least exposed to veganism in all of San Diego. It's important to spread awareness everywhere, especially in the places we live!! So if you are from South Bay, join this group!

Vegans With Attitude / Livin In The Plant Power 'Hood www.facebook.com/groups/480114985510609 **Kath Walker**
Vegans have moxie, charisma, 10,000 megawatt personalities, & incandescent smiles. Vegans aren't weighed down with excess baggage comprised of guilt, regret, & uncertainty. Vegans are out there, doing it for the animals, the planet, & their neighbors! Join us!

Vegan San Diego www.facebook.com/groups/Vegan.San.Diego
A place to share vegan-friendly establishments around the city. Where to eat and shop in the city that's vegan friendly. Feel free to join, post, and invite your friends.

Vegetarian San Diego www.facebook.com/vegetarian.sandiego **David**
A place for vegetarians, vegans, almost-vegetarians, and veg-curious omnivores to learn about the joys of plant-based eating. Features only 100% plant-based foods.

Facebook Family Groups

North County San Diego Vegan Families www.facebook.com/groups/1922516701394404 **Kristi K DM**
For vegan and transitioning vegan families in North County who are looking to make friends, meetup for playdates, activities, etc.

San Diego Vegan and Vegetarian Families www.facebook.com/groups/1736715819947329 **Rachel Filtz-Zavatsky**
San Diego veg*n families looking for support from the community with similar interests as well as planning events and meetings.

San Diego Vegan Family Meetups www.facebook.com/groups/1439757931085418 **Laura Downs**
A place where vegan families can meet and get our little ones together.

San Diego Vegan Moms www.facebook.com/groups/154178718383506 **Leafy Molly**
For moms to connect, make friendships, and give each other support. Share recipes, inspiration, and discuss all things vegan. No graphic photos or videos, please.

Vegan Family Support N. Co. San Diego www.facebook.com/groups/801582709956374 **Jana Craciunescu & 2 others**
For the vegan curious and already established vegan families. We will gather to play, eat, learn and advocate for animals together!

Vegan Parents San Diego Area www.facebook.com/groups/1522789628054174 **Whitney Shanahan**
Looking to meet other vegan parents and kids for play groups, meet ups and activities in the San Diego County area.

The true test of "humane" treatment

Would you want it done to you,
a loved one, or a pet?

VeganDiego Resources

Foreign Language V-Cards: Ensuring cruelty-free meals/groceries while traveling
MaxVegan No-SOS Recipes: Over 100 free recipes. Toppings, Meals, Treats. No refined Salt Oil Sugar
VeganDiegoBlog: Veganizing the world through dining & online activism
San Diego Vegan Hikers & Backpackers: Forum for posting outings in San Diego County & beyond
MaxVegan HEALth Topics: Humans, Environment, Animals, Learning

Mike's Vegan Adventures

https://maxlearning.net/MikesVeganAdventures.pdf

Years ago, contemplating a multi-day climb up Mt. Kilimanjaro but dreading being crammed in a food tent with omnivores chomping on animal products, I worked with a reputable guide company to arrange their very first all-vegan expedition. This culminated in the highly successful Vegan Kilimanjaro, a 6-day trek of the infamous Machame (Whiskey) Route. In retrospect, I should have selected a 7-day expedition, as our overnight summit attempt without a previous day of rest was brutal. Afterwards, I learned the average success rate for 6-day treks was a mere 44%. Amazingly, our 17-member team, ranging in age from 18-70, nearly doubled that with 82% (14 of 17) of us reaching the peak!

PAST / REPEAT EXPEDITIONS

Although I won't be going on these again, promoting carbon-neutral, vegan adventures is part of my outreach efforts, and the respective guide companies are eager to host new groups for the following trips. If you are interested in volunteering to organize a repeat expedition, you'll have the opportunity to choose the dates, negotiate the itinerary & pricing, and recruit participants (minimum of 4 people, with quantity discounts for more). I'm ready to advise, assist, and promote as needed.

1. Vegan Kilimanjaro (Feb 2018: 17 participants) https://www.facebook.com/vegankili

2. Vegan Antarctica (Feb 2019: 17 participants) https://www.facebook.com/VeganAntarctica

* Two-year covid hiatus

3. Vegan Inca Trail (Apr 2022: 12 participants) https://www.facebook.com/VeganInca

4. Vegan Uganda Gorillas (Feb 2023: 18 participants) https://www.facebook.com/VeganUgandaGorillas

5. Vegan Dolomites (Jun 2024: 18 participants) https://www.facebook.com/VeganDolomites

6. Vegan Borneo Orangutans (May 2025: 17 participants) https://www.facebook.com/VeganBorneoOrangutans

7. Vegan Iceland (July 2026: 17 participants) https://www.facebook.com/VeganIceland

UP NEXT

8. Vegan Himalayas: May 6-20, 2027

Full with waiting list. This is a fantastic deal from a top-rated travel agency for an all-inclusive guided tour of Tibet, Nepal, & Bhutan. It includes meals, accommodations, ground transport, a domestic flight, and fees with a *drive-up* visit to the Tibetan-side Everest Base Camp with stunning views of Mt. Everest! In addition, some teammates opted for the China Add On, which offers 6 days touring Beijing and Xian *prior* to the main expedition.

FUTURE EXPEDITIONS

9. 2028 Vegan Madagascar Lemurs (with optional side trip to Victoria Falls)
10. 2029 Vegan Five Stans (Kazakhstan, Kyrgyzstan, Tajikistan, Turkmenistan, Uzbekistan)

Disclaimer

For my organizing and recruiting efforts, I neither seek nor receive any personal discount, perk, or compensation. I take pleasure in negotiating discounts & incentives for the entire team while striving to ensure that meals, gear, and accommodations are 100% vegan. If I'm offered a free trip or incentive, I divide its value by the number of participants so we can all share in the savings. My goal is to have compatible travel companies and companions while demonstrating that a vegan lifestyle can be fun and adventurous!

Mike Weinberg, San Diego, California

Please email mike.weinberg1952@gmail.com to be added to the interest list for *advance notice* of any adventure.

Free iPhone App
V Cards: Vegan Abroad

V-Cards

Ensuring cruelty-free meals while educating
foreign eateries & stores about vegan options!
www.maxlearning.net/HEALth/V-Cards.pdf
Reload/refresh webpage to ensure latest update!

Offline Access
Opening this file on a smartphone stores it in a download folder as **V-Cards.pdf**, which you can access with a File Manager app.

To Use V-Cards

Please patronize 100% vegan restaurants—they need our support!
But if none are available, most non-vegan eateries and grocery stores are eager for your business. Prepare V-Cards as detailed at the top of the desired language page, then hand one to your waiter or store staff.

V-Cards are available at no charge in over 100 languages. I originally created them with Google Translate, which is machine generated and has led to some humorous translations. For example, on the Arabic V-Card, "oil" (under "No Animal Products") was translated as "petrol." On the Danish V-Card the "No Meat" translation was interpreted as "Not tonight, honey!" And on some of the Asian V-Cards, "No whites" (as in egg) translated to "No white people."

I welcome the generous help of native speakers in improving the translations. If you are fluent in one of the listed languages and notice errors in its V-Card, please email corrections to me at mike.weinberg1952@gmail.com.

A satisfied user emailed the following message with a photo of her laminated Portuguese V-Card:
Thank you for the vegan card, it was very useful for my Camino, both Camino Frances and Camino Portuguese. This is a pilgrimage road, Camino de Santiago. Check out Martin Sheen's movie "The Way." You will love it!

I AM VEGAN
Plant foods only please!
NO MEAT
No mammal, bird, fish, seafood, insect, sauce, broth...
NO EGG
No whites, albumen, yolk...
NO DAIRY
No milk, cheese, yogurt, whey, casein, lactose...
NO ANIMAL PRODUCTS
No honey, gelatin, lard, oil, blood, bone, fat...
[English]

EU SOU VEGANO / A
Alimentos de plantas somente, por favor!
SEM CARNE
Sem mamíferos, aves, peixes, frutos do mar, insetos, molho ou caldo deles...
SEM OVO
Sem clara, albumina, gema...
SEM LACTICÍNIOS
Sem leite, queijo, iogurte, soro do leite, caseína, lactose...
SEM PRODUTOS ANIMAIS
Sem mel, gelatina, banha, óleo, sangue, osso, gordura...
[Portuguese]

MaxVegan
No-SOS Recipes

www.maxlearning.net/HEALth/MaxVeganRecipes.htm

For optimum health, MaxVegan (MV) recipes use No refined Salt, Oil, or Sugar.

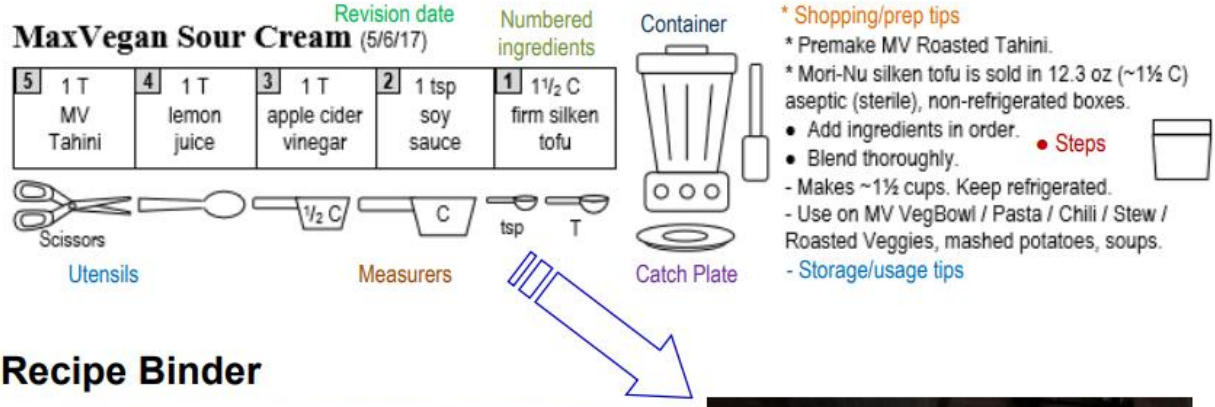
We crave and need sodium, fat, & glucose in our diets, but in lower amounts and primarily from whole, unrefined, minimally-processed foods. From sauces & dressings to main dishes & desserts, MaxVegan No-SOS Recipes appear in a unique visual format that aids setup, reduces errors, and minimizes wordy instructions. Recipes are kept short by combining items from sub recipes, often premade and stored or frozen for future use.

For new items, I typically search for and modify several online recipes that I'll either need to veganize or make no-SOS. If a recipe calls for salt, I'll use soy sauce (I prefer Bragg Liquid Aminos), which has about 1/8 the sodium of salt. For sweetness, instead of table sugar, I'll substitute date sugar (dried, ground-up dates—a whole food), erythritol (a low-glycemic, anti-cavity sugar alcohol typically derived from corn), or maple syrup.

Here's the recipe process depicted on page 2 of MV Recipe Basics at
www.maxlearning.net/HEALth/MVRecipeBasics.pdf
To avoid double adding if distracted, used ingredients are moved to the other side of the blender.

Visual Recipes

Aid Setup / Reduce Errors



Recipe Binder

Print and place recipes 2 pages back-to-back in 3-hole plastic sleeves to protect them from ingredient spills.

Periodically check revision dates, as recipes may have been modified or improved.

Organize recipes in a 3-hole binder:
* MV Toppings
* MV Meals
* MV Treats

Remove sheet when following a recipe.

Attach a clip to the desired recipe so you don't lose track of the one you're making.

To be notified when recipes are added or updated,
Like & Follow www.facebook.com/MaxVeganRecipes

VeganDiegoBlog

Veganizing the world through dining choices & online activism!

www.maxlearning.net/HEALth/VeganDiegoBlog.pdf

Become an Online Activist!

This blog tackles controversial topics (see next page), but its focus is online activism, planting seeds that challenge the casual use and consumption of animals. If you're passionate about veganism and like to write, you can help counteract the anti-animal, pro-meat bias of many commenters to online publications. If nothing else, you can Like or Respect pro-animal-rights comments to show there are readers who care. On the occasions when someone replies to my comments, sometimes rudely or sarcastically, I strive to seek common ground.

In recent years, vegan trolls have become an internet menace. Whether self-motivated or subsidized by the animal-products industry, they are making meaningful online discussions difficult with their mocking, misleading memes/comments. Consequently, I'm shifting more of my online outreach to action campaigns.

Recent Online Actions

Please click on any action links below to add your voice.

End horse-drawn carriages for good
https://secure.humaneworld.org/page/196085/petition/1
I pledge to never ride in a horse-drawn carriage in New York City and other dense urban areas and to choose animal-friendly travel and entertainment instead.

Tell Dolphin Discovery: Move Dolphins to Seaside Sanctuaries
https://support.peta.org/page/100280/action/1
Mexico has banned keeping dolphins in concrete tanks, breeding them in captivity, forcing them to perform tricks, and allowing direct contact during "swim-with-dolphin" encounters. Now Dolphin Discovery must do the right thing by complying with the law and giving these intelligent, social animals the future they deserve.

These Companies Condone the Industry's Cruelty by Allowing Users to Buy and Sell Fur Products
https://action.peta2.com/page/59416/action/1?locale=en-US#take-action-anchor
When we're having fun shopping online for cute new fits, the last thing we want to see is a dead animal's fur being offered for sale. But if you're browsing through **Depop's**, **Mercari's**, or **Poshmark's** websites, this is exactly what you could be in for—people perpetuating the cruel fur industry by selling and buying animals' fur.

Stop the Cruelty: Monkeys Tethered to Dogs Hosted at These Venues
https://support.peta.org/page/99148/action/1
The Banana Derby is a cruel, abusive spectacle hosted by fairs and festivals across the country. Monkeys are tied to dogs against their will, and the dogs are commanded to run around in a small, fenced area in front of raucous fair crowds. The monkeys are chained or tethered to the dogs and are violently jerked up and down and side to side, putting them at risk of serious physical injury—all in the name of human entertainment.

Oppose the Meat Industry "FAIR Labels Act"
https://support.peta.org/page/101397/action/1?locale=en-US
Tell your legislators to oppose The FAIR Labels Act, a bill that would make it harder for consumers to find vegan foods by restricting familiar terms like "veggie burger" and "plant-based chicken." Backed by lawmakers who openly describe themselves as "pro-ribeye," the bill is designed to protect meat sales, not help shoppers.

Urge your lawmakers to cosponsor the CARGO Act
https://headlines.peta.org/pass-the-cargo-act-and-stop-nihs-worldwide-animal-killing-network/#action
The CARGO Act would stem the flow of money to unaccountable and potentially illegal foreign animal laboratories that operate outside the reach of U.S. law. It would be commonsense legislation that would send a commonsense message: No more. The abuse stops here! The CARGO Act was introduced in the Senate. Even if you've taken action before, please do so again to urge your senators and representative to support this groundbreaking bill!

Do Ex-Vegans Deserve Our Wrath?

Why does it hurt so badly when someone who was vegan, especially if they claimed to be an "ethical" vegan, reverts to eating animal products?

Perhaps it's linked to our evolutionary need to be part of a tribe to ensure our survival. Becoming vegan in a blatantly non-vegan world immediately sets us apart from the majority tribe. That's why it feels so good when a new vegan, especially a famous person, joins the vegan tribe and why it feels so bad when we can't get even our loved ones to join us.

Put another way, it feels good when people agree with us and bad when they don't. So it may be instinctually natural to feel angry when someone leaves the vegan tribe, as if we were being personally abandoned, fearing for our survival.

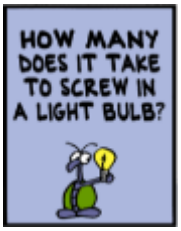
The pressures to conform to the Standard American Diet are immense. Not only do parents, government, and industry preach it, we're bombarded with meat-and-dairy laden ads, commercials, and eateries wherever we go. It takes a very committed psyche to resist all this pressure.

Still, it hurts when one of our own returns to the "dark" side. The only comfort is that studies show ex-vegans eat fewer animal products than they did previously. And having dabbled in vegan waters once, they may be more likely to eventually return to the vegan fold as it becomes more mainstream.

So, perhaps it's better to reserve wrath for those who have heard and rejected the vegan message outright and continue to hurt (eat) animals. Better yet, ditch wrath altogether and be patiently supportive of anyone making any effort to move in a cruelty-free direction.

The "Best" Way To Promote Veganism!

How many vegans does it take to screw in a light bulb?
Two, one to turn the bulb, the other to tell them they're turning it the wrong way!
(Shared by vegan activist & friend, Mychael McNeeley)



In July 2016, I attended two animal-rights conferences filled with very diverse views about the best way to promote veganism and save animals. We vegan activists are certainly not a monolithic bunch!

From single-issue campaigns, to reducetarianism, to welfare ("happy" meat) reform, to cultured (lab) meat, to every class of animal exploitation (farm, fish, fur, companion, lab, circus, zoo, aquarium, game…), to strict abolitionism. From leafleting, to billboards, to social media & online activism, to demos & protests, to personal engagement, every group seems to feel it has the best or most effective approach. And many are not shy about claiming their brand of outreach is superior to all others.

Respectful in-fighting has value in any social movement, as it helps refine and guide overall progress. But this only applies to those of us living in the "vegan bubble." Most people have no idea of this internal dissension, which is why we should save our most vigorous battles to publicly combat government, industry, and consumer entities that actively exploit animals for pleasure or profit.

Anyone doing *anything* for animals deserves credit, as billions do absolutely *nothing!*

There are as many paths to veganism as there are vegans, and what may appeal to one may leave another cold. So the movement needs all approaches. People vote with their feet, and each existing group has attracted a set of passionate leaders & followers. Together our voices should be so pervasive that veganism seems as natural and compelling to embrace as any other social movement.

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