

## Vegetarian or vegan diet

If you aren't usually vegetarian, consciously choosing to have even one vegetarian or vegan day a week can have a profound impact on your life. Perhaps try a week or even the whole month.

Bringing awareness to the food you eat and the life that has provided it is both a mindfulness practice and a cultivation of compassion.

Take some inspiration from this great website on vegan recipes [www.veganrecipeclub.org.uk](http://www.veganrecipeclub.org.uk)

For a powerful exposition of why veganism is an ethical issue (and vegetarianism is not really enough), see '[Buddhism on a Plate](#)' by Samacitta, or watch this clip on youtube Matthieu Ricard on '[Keeping a Vegan and Vegetarian Diet](#)'

With deeds of  
loving kindness  
I purify my body



## Organic food

Choosing organic food is not just better for your body because of fewer unnatural chemicals in the form of pesticides and artificial additives, it's also better for the planet! Because organic means working with nature, not against it, greenhouse gas emissions from agriculture are reduced, and natural resources like fresh water and healthy soils are protected. There is up to 50% more wildlife on organic farms and organic farms! [www.soilassociation.org](http://www.soilassociation.org)

## Fairtrade food

Buying Fairtrade is a simple way to make a difference to the lives of the people who grow the things we love.

[fairtrade.org.uk](http://fairtrade.org.uk) ensures this by changing the way trade works through better prices, decent working conditions and a fair deal for farmers and workers in developing countries.

Remembering the people who grow, harvest and pack your food, whether it is coffee from Kenya or bananas from the Dominican Republic is a way of connecting with other beings.

Using your purchase power to support fair and safe working conditions is a powerful way to improve conditions for some of the poorest paid workers in the world.

Click **red** words to go there!

