



The South African Vegan Directory

VeganSA.com is a website that aims to make life as a vegan in South Africa easy and fun. It encourages people from all walks of life to make the transition to an ethical diet, promoting and publicising veganism and working towards positive change among businesses.



Managed by a team of volunteers, the website is a guide to vegan living in South Africa, with listings on everything from eating in or out, to shopping and accommodation. The directories are constantly evolving as new vegan-friendly products and businesses are added.

To keep the guide practical, vegan-friendly, not just vegan-only, establishments are listed and local businesses are encouraged to sign up. Listings are free and generate advertising and positive branding.

Any profits generated from the site are donated to animal rights, animal welfare and vegan-associated causes.



A vegan diet

Contrary to popular belief, not all vegans are barefoot, robe-clad hippies or angry young students that claim to live off fresh air. If you don't believe it, take a look at the profiles of the volunteers on Vegan SA, or some of the famous vegans we list.

Veganism symbolises a respect for quality of life, whether it be the lives of other animals, the environment or simply one's own health. As a result, vegans eat no animal flesh, eggs, milk or other animal products. Find out more in our 'About Veganism' website section.

There are many reasons for choosing a vegan lifestyle. Here are 3:

Environmental impact

Everyone's jumping on the green bandwagon these days, but a simple switch to energy-saving lightbulbs is not enough. The factory farming of animals is the third biggest contributing factor to global warming (behind industry and housing, but ahead of transportation).

As Albert Einstein once said, **"Nothing will benefit human health and increase chances of survival for life on earth as much as the evolution to a vegetarian diet."**





Over 21 billion animals are bred for human consumption each year – that's a lot of crops and other foods used to feed these animals, which could rather be used to feed hungry people. Not to mention the vast use of land and scarce water resources, environmental damage, methane and other pollution caused.

Health impact

A varied vegan diet reduces the risk of heart disease, heart attack, stroke, cancer, high blood pressure and all sorts of other horrid ailments.

Plant-based diets help to reduce cholesterol and saturated fat, while increasing fibre, carotenoid and vitamin intake. Such a diet also avoids antibiotics and growth hormones found in most meat and dairy products.



Ethical impact

Farm animals are forced to endure horrific conditions on factory farms. They are viewed as nothing more than 'products' or 'stock' and live unnatural lives in cramped warehouses or sheds, often without seeing the light of day. Hazardous antibiotics are pumped into their bodies.

Dairy cows are repeatedly impregnated to force the production of 10 or 20 times the amount of milk that would be normal for them. Their calves are taken from them within a day or two of being born; the males mostly slaughtered for veal, the females used for milk production.

Chickens undergo painful de-beaking and live in cramped wire cages, often among their dead companions. Pigs and sheep endure similar levels of suffering. Leonardo da Vinci aptly said, **"The time will come when men such as I will look upon the murder of animals as they now look on the murder of men."**



Vegan SA website directories

The website covers a range of sections. The Foodstuffs and Products sections list vegan foods and personal care and home care products which are available in South Africa, with a short description and details on where to find them.

The Accommodation section lists vegan-friendly hotels, guest houses and B&Bs. The Dining Out section takes the hassle out of trips to the restaurant or takeaway.

The Shops section profiles vegan-friendly stores, making shopping easy. Finally, the Recipes section is a great place to find ideas for dinner parties.

We hope you enjoy browsing the website -- it's a great resource for vegans and non-vegans alike. Regardless of whom you are or what you eat, you can volunteer to join our cause and make our directories ever more useful.

If you have any suggestions for products or improvement, drop us a line at: info@vegansa.com.