

# OMNI WORLD VEGETARIAN DAY NEWSLETTER #1, OCTOBER 1, 2011, Compiled by Dick Bennett for a Culture of Peace Beginning of World Vegetarian Month. See Oct. 16, UN World Food Day.

Here is the link to all OMNI newsletters:

<http://www.omnicenter.org/newsletter-archive/>

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Encourage Your  
Non-Vegetarian  
Friends, Co-  
Workers and  
Family Members  
to Go Meat Free  
this October... and  
They Could Win  
Up to \$1,000!

**Use our free  
pledge cards  
to sign them  
up**

Non-vegetarians  
who pledge to  
abstain from all  
meat, fish and  
fowl will be  
entered in a  
random drawing  
for cash prizes.

**Here's our easy  
4-step plan for  
getting the non-  
vegetarians in  
your life to take  
part in the  
Vegetarian  
Awareness  
Month pledge:**

Let people know  
that October is  
Vegetarian

Awareness Month and tell them why vegetarians everywhere are celebrating.

If you haven't already, explain why vegetarianism is important to you. Tell them about the benefits of meat-free diets (it may help to have our printed pledge cards which list seven major reasons to choose a vegetarian diet).

Tell them if they go meat free this October (no meat, fish or fowl) that they could win up to \$1,000!

Have people fill out the pledge cards and mail them to NAVS. To be entered in the contest, pledge cards must be postmarked no later than October 31.

Thank you! Your efforts will help people animals and the Earth.

What we eat impacts the well being of ourselves, animals and the planet. Share the facts in your community by displaying this informative poster.

World Vegetarian Day, October 1, is the annual kick-off of Vegetarian Awareness Month. Make a difference this October by informing others about the benefits of vegetarianism. You will be helping to create a better world because vegetarian diets have proven health benefits, save animals' lives and help to preserve the Earth.

It's easy to get involved. Display our free, colorful, informative poster in your community. You can post it at a local store, office, coffee shop, library, school or other suitable location. Use it as a great way to start a discussion about the benefits of vegetarianism with the people in your life. Enter our World Vegetarian Day contest and you could win free entry to the Vegetarian Summerfest conference. Find your own unique and creative way to promote vegetarianism in your community – and you could be a winner!

## World Vegetarian Day

From Wikipedia, the free encyclopedia

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**World Vegetarian Day** is observed annually on October 1. It is a day of celebration established by the [North American Vegetarian Society](#) in 1977 and endorsed by the [International Vegetarian Union](#) in 1978, "To promote the joy, compassion and life-enhancing possibilities of [vegetarianism](#)."<sup>[1]</sup> It brings awareness to the [ethical](#), [environmental](#), [health](#) and [humanitarian](#) benefits of a vegetarian lifestyle.

**World Vegetarian Day** initiates the month of October as **Vegetarian Awareness Month**, which ends with November 1, [World Vegan Day](#), as the end of that month of celebration. Vegetarian Awareness Month has been known variously as **Reverence for Life** month, **Month of Vegetarian Food**, and more.

Several additional days of vegetarian significance are included in Vegetarian Awareness Month:

- October 1 - **World Vegetarian Day**
- October 2 - [World Farm Animals Day \(WFAD\)](#) or **World Day for Farm(ed) Animals**
- October 4 - [The Feast Day of St. Francis of Assisi](#)
- First full week + additional 'straggler' days (in order to include as many weekends as possible for church, mosque, and temple involvement - [World Week of Prayer for Animals](#) (always includes [The Feast Day of St. Francis of Assisi](#)). This may have been initiated by the now-defunct INRA, [International Network for Religion an Animals](#), founded in 1985 by the late [Virginia Bouraquardez](#) (aka Ginnie Bee).
- October 16 - **United Nations World Food Day** (often a time of global reckoning with issues of human food security) – the date of the founding of the [Food and Agriculture Organization](#) of the [United Nations](#) in 1945.
- November 1 - **International Vegan Day** aka [World Vegan Day](#) - a vegan holiday celebrated since 1994 on November 1 – the anniversary of the creation of The [Vegan Society](#)

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## Additional Global 'Vegetarian Days'

- March 20 - [Great American Meatout](#) - developed and sponsored every year by [FARM](#), aka Farm Animal Rights Movement
- The last Friday of September- [International 'Hug a Vegetarian' Day](#)
- October 4- Hug a Non-Meat Eater Day
- November 1 - [International Vegan Day](#) aka [World Vegan Day](#) - a vegan holiday celebrated since 1994 on November 1 – the anniversary of the creation of The [Vegan Society](#)
- November 25 - [International Vegetarian Day](#) aka [SAK Meatless Day](#) - the birthday of [Sadhu Vaswani](#) (largely celebrated in India and throughout the Asian Pacific Rim nations, but known in Western nations among many vegetarians of Indian and Southeast Asian descent)

## US-based 'Vegetarian Days'

- [Meatless Monday](#) - Every Week, go totally meatless on Monday - an international campaign that encourages people to cut out meat on Mondays to improve their health and the health of the planet. Reducing meat consumption by 15% (the equivalent of one day a week) lessens the risk of chronic preventable illness and has a strong positive impact on the environment. [MeatlessMonday.com](#) offers weekly meat-free recipes, articles, tips and news. Meatless Monday is a non-profit initiative of The Monday Campaigns Inc. in association with the [Johns Hopkins Bloomberg School of Public Health](#). The program follows the nutrition guidelines developed by the USDA<sup>[2]</sup>.

Meatless Monday is part of the Healthy Monday initiative<sup>[3]</sup>. Healthy Monday encourages Americans to make healthier decisions at the start of every week. Other Healthy Monday campaigns include: Do The Monday 2000, Quit and Stay Quit Monday, Move it Monday, Monday Mile and others.

## References

1. [^ http://www.navs-online.org/about/index.php](http://www.navs-online.org/about/index.php)
2. [^ http://www.mypyramid.gov/](http://www.mypyramid.gov/)
3. [^ http://www.healthymonday.org/](http://www.healthymonday.org/)

## [\[edit\]](#) External links

- [Official Website](#)
- [World Vegetarian Day at the New Zealand Hare Krishna Spiritual Resource Network](#)


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	<a href="#">Farm Sanctuary</a> · <a href="#">Hare Krishna Food for Life</a> · <a href="#">International Vegetarian Union</a> · <a href="#">Massachusetts Animal Rights Coalition</a> · <a href="#">Toronto Vegetarian Association</a> · <a href="#">Vegetarian Society</a> · <a href="#">Veggies of Nottingham</a> · <b>World Vegetarian Day</b>
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Link to What you can do - About NAVS - Become a Sponsor  
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2. [World Vegetarian Day](#)  
World **vegetarian day** has been observed since 1977 bringing together vegetarians from all over the world for a common cause. It brings awareness to the ...  
[www.salagram.net/VegeWVD.html](http://www.salagram.net/VegeWVD.html) - [Cached](#) - [Similar](#)
3. [World Vegetarian Day - Wikipedia, the free encyclopedia](#)  
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[en.wikipedia.org/wiki/World\\_Vegetarian\\_Day](http://en.wikipedia.org/wiki/World_Vegetarian_Day) - [Cached](#) - [Similar](#)
4. [News for Vegetarian Day](#)
  - [World Vegetarian Day kicks off Vegetarian Awareness Month](#) - 56 minutes ago

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*This Dish Is Veg* - [9 related articles](#)

- [World \*\*Vegetarian Day\*\* - October 1](#) - *PR Newswire (press release)* - [12 related articles](#)

5. ['Hug a \*\*Vegetarian\*\*' Day 2010 | peta2.com](#)  
Sep 24, 2010 ... SoSo Happy and peta2 have teamed up to let the world know that 'tofu makes me SoSo happy!'  
[features.peta2.com/hug/pledge.aspx](#) - [Cached](#)
6. [World \*\*Vegetarian Day\*\* - SFVS.ORG - The San Francisco Vegetarian Society](#)  
The 11th Annual World **Vegetarian** Festival 2010 in San Francisco - Oct 2 and 3 in Golden Gate Park.  
[www.sfv.org/wvd/](#) - [Cached](#) - [Similar](#)
7. [World \*\*Vegetarian Day\*\* - October 1 -- DOLGEVILLE, N.Y., Sept. 28 ...](#)  
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[www.prnewswire.com/.../world-vegetarian-day---october-1-103921973.html](#) - [Cached](#)
8. [Go \*\*Vegetarian\*\* For A Day - AskMen.com](#)  
Apr 23, 2010 ... How much could you benefit from going veggie for one **day** a week?  
[www.askmen.com/sports/...200/248\\_go-vegetarian-for-a-day.html](#) - [Similar](#)
9. [Go Green News • Hug a \*\*Vegetarian Day\*\* is Coming](#)  
Sep 7, 2010 ... Mark your calendar for Hug a **Vegetarian Day**! September 24th is the Peta sponsored day to celebrate vegetarians everywhere.  
[www.tinygreenbubble.com/.../706-hug-a-vegetarian-day-is-coming](#) - [Cached](#)
10. [October 1st is World \*\*Vegetarian Day\*\*! - Portland vegetarian ...](#)  
Sep 28, 2010 ... World **Vegetarian Day**, October 1, is the annual kick-off of Vegetarian Awareness Month. What a special opportunity to help spread awareness ...  
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11. [World \*\*Vegetarian Day\*\*](#)  
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