



become Vegan

Dear Government

Have you ever taken a moment to think about why its good to become vegan? Becoming vegan helps with your health and your future. All the famous people are vegan. Also it improves your mental health too!

I am sure that becoming vegan will make you healthier than you are now. becoming vegan helps you live 9-10 years longer than meat eaters, also it gives you less chance of heart disease, cancer, diabetes type 2, strokes, early death and much worse. If you don't enjoy many vegetables, dont worry! There is lots of vegan options. So who needs meat? We don't!

It is absolutly cool to become vegan. As you may know lots of famous people are vegan for e.g Billie Eillish, Zach Effron, Miley Cyrus, Ariana Grande and Selena Gomez. Also it is unique because no one would ever think of it. Do you want to be in an easy new trend because this is definitely cool.

I know for certain that vegan and healthy food improves your mental health and mood for e.g when you eat junk or unhealthy food your mood changes to depression but healthy food changes your mood to happy and you feel fresh. Don't you want to feel happy and fresh?

I am sure that you will agree that you and others should go vegan. Next time you see meat I hope you take a moment to think should people actually eat meat? Just remember it is your body so do you really want to effect that?

Best,
Gabby





Save the world

Care for the environment

Be kind

Animals matter