

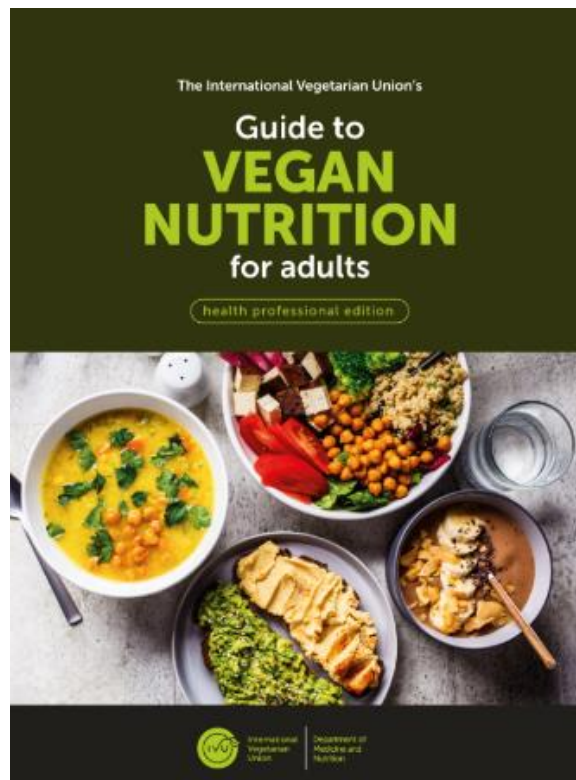


International Vegetarian Union
Promoting healthier, sustainable and ethical diets since 1908.

IVU Online Newsletter – May 2022

After a while we are resuming our IVU Online Newsletter. And with a lot of news. Amazingly good news is the launch of IVU's Vegan Nutrition Guide for Adults, in English and Portuguese. More to come. In the Public Policy Department, we launched the 1st IVU Public Policy Forum. The IVU has several Vegetarian/Vegan Unions in its regions, and this time we created the AVU – African Vegan Union, and appointed the IVU Regional Representative for Africa, after a vacancy. Due to the upcoming times of famine in view of the Ukrainian invasion – we launched the Hunger Manifesto to raise awareness about the relationship of what we eat with this food shortage. And finally, we are calling Elections. Please join IVU or update your subscription to participate in this process. Good reading!

IVU's Vegan Nutrition Guide for Adults



The [Guide to Vegan Nutrition for Adults](#) is a freely available 500-page document produced by the International Vegetarian Union that demystifies the vegetarian plate and corrects long-standing misconceptions about the vegetarian diet.

Besides correcting misconceptions it intends to educate the health community about the vegetarian diet.

See release at Eurekalert: [Fixing the vegetarian plate](#)

We are now in the process of translating this Guide into Spanish and Mandarin. In partnership with Sociedade Vegetariana Brasileira (SVB) - more than 350,000 followers on Instagram - we published around 36 posts and 20 videos about the content of the Guide on Instagram and Facebook. The Guide itself has 30 videos explaining the content in the English version and about 100 in the Portuguese version, all accessible by CR-Code throughout the text. Dr Eric Slywitch, author of the Guide, also participated in several lives and programs about the Guide.

1st IVU Public Policy Forum

In April, the IVU Plant-Based Public Policy Forum was launched. It is a place for best-practice sharing between those working professionally with plant-based political work. Around 40 people from a variety of organizations from all over the world have joined the forum so far. If you would like to join too, please contact Sidsel Poulsen at sidsel.poulsen@vegetarisk.dk.

Rune-Christoffer - [IVU Department of Policy Initiatives](#) Director

African Vegan Union – (AVU) and RR for Africa

We recently created together with African vegetarian activists the African Vegan Union (AVU) on What's App, with Administrators Rachel M Kabue, president of the Kenya Vegan Society and Rubem Gomes of the Associação Vegetariana Angolana (Angolan Vegetarian Association). It follows on from other regional vegetarian/vegan Unions with the aim of forming a network of vegetarian groups across the African continent to promote a strong and effective cooperative vegetarian movement across Africa. Groups and individuals can participate.

To join AVU please access: [African Vegan Union](#)



Rubem Gomes

After a while, we now have a new [Regional Representative for Africa](#). It's Rubem Gomes, from Angola, who is doing a wonderful job in his own country and now will help to spread IVU's presence across the Africa Continent. We wish him good luck!

For a history of the vegetarian movement in Africa see:
[History of Vegetarian Societies in Africa](#)

See also a page on the IVU in Africa at: [IVU in Africa](#)

Global Hunger is coming - how to help those at risk

Currently, about 80% of the agricultural land on the planet is destined for the production of grains for animal feed in the livestock sector. Research shows that if only half of that were used for crops intended for human consumption, a billion more people could be fed. See more clicking at the [Hunger Manifesto](#)

Elections

We will soon begin the process of elections for the IVU International Council. Anyone who wants to participate in it, with full voting rights, must update their membership contribution.

Please go to: [Membership to IVU](#) in order to update your contribution and be apt to vote and be a candidate too.

We ask our members in Europe to keep in mind that the agreement with the European Vegetarian Union (EVU) has been discontinued, therefore, to be a member of the IVU, please register by paying the contribution.

Worthy of sharing

The VegVoyages Foundation has just launched the 1101 Scholarship. The 1101 Scholarship is a project for students who are vegan and vegetarian, or students who may be inclined or interested to be vegan and vegetarian, between the ages of 14 to 22 years.

See more at [1101 Scholarship](#)

