



International
Vegetarian
Union

Promoting
plant-based diets
since 1908

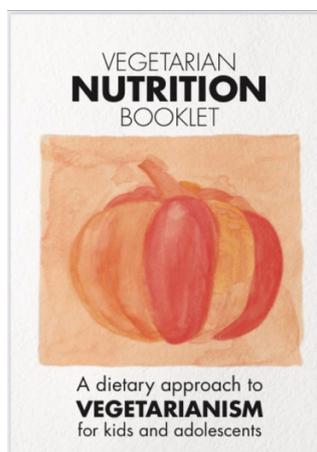
Online Newsletter

September 2022

IVU Online Newsletter

We have plenty of good news for this season. We are excited about the new Vegetarian Nutrition Booklet for kids of 7–14-years-old, with basic, age-appropriate information that will be circulating soon. A Sign of the Times is the Cultured and Plant-based Meat Forum in which IVU Chair participated in São Paulo. Brazil is preparing to lead this market. We had major endorsements for our Vegan Nutrition Guide for Adults, and we also had Elections for the IVU International Council. It's all described in the following items. Good reading!

IVU's Booklet on Vegan Nutrition for Kids and Adolescents



[The Vegetarian Nutrition Booklet – A Dietary Approach to Vegetarianism for Kids and Adolescents.](#)

The intention of this booklet is to present to kids and adolescents a healthy vegan diet.

Have you ever heard of veganism before?

Are you a vegan?

Do you know any vegans?

How about we start from the beginning?



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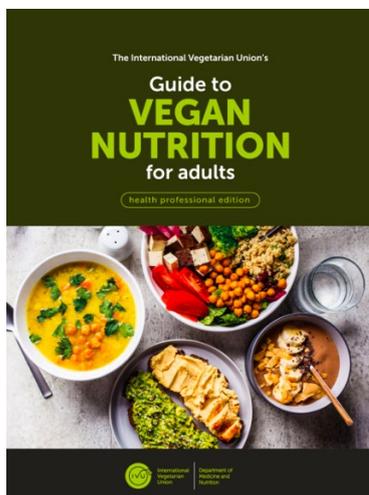
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The Vegetarian Nutrition Booklet were a demand of Zac Lovas, president of VegVoyages Foundation who are setting up a series free Vegan mini-English class village evening schools – where in addition to kids (8 to 14 years) learning English in the evening (open 5-8 pm 6 days a week) they also learn about animal welfare, conservation, recycling and environment protection, and better health (personal and planet) through a vegan diet.



[Read more](#)

IVU's Vegan Nutrition Guide for Adults – supports and e-book



Among the supports we received the recognition, and it was adopted by the GANEP Group and Nutritotal one of the biggest platforms of nutrition courses in Brazil. They adopted the IVU Vegan Nutrition Guide in its programs and courses as to vegetarian nutrition guidelines. The president of the Group, Dr Dan L. Waltzberg said: “We adopted the Vegan Nutrition Guide as teaching material for the readers of Nutritional website due to the growing need for health professionals to update on the topic of vegetarianism. The material presents important information for the correct management of the vegetarian patient.”



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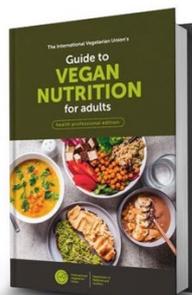
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One of the largest
platform for courses
on Nutrition in Brazil,
adopted the **Vegan
Nutrition Guide** as
teaching material for
its students.

ganepeducacao.com.br
@ganep_educacao



Dr. Dan L. Waitzberg
Director of Group Ganep

ganepeducacao.com.br
@ganep_educacao

**"We adopted the Vegan
Nutrition Guide as teaching
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growing need for health
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vegetarian patient."**



E-book

We are happy to announce that its e-book version of the IVU's Vegan Nutrition Guide for Adults is already available at Amazon and Google.

Amazon: [Click here](#)

Google: [Click here](#)

The Spanish version of the Guide is ready and soon we will be able to launch it. The translation was done by the nutritionists of our member Vegetarianos Hoy, from Chile, and we reserve some good surprises that will be announced at the time of the launching of it. Hold up!

[Read more](#)



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Elections – results

We are happy to inform that Elections for the International Council are over.

The following candidates were elected to the International Council:

1. Marly Winckler – Florianopolis – Brazil
2. Koichi HASHIMOTO – Osaka – Japan
3. Bob Ratnarajah – Sydney – Australia
4. Jayanthi Cuddalore Venkateson – Chennai – India
5. Ignacia Uribe – Santiago – Chile
6. Thao Le Vinh – Saigon - Vietnam
7. Shara Ng – Hong Kong - China
8. Asa Narinder – Windsor - UK

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Plant-based Tech and New Meat Forum

IVU supported these two events which took place in Sao Paulo from 1st to 2nd of September. IVU chair Marly Winckler opened the event, together with the president of the Brazilian Vegetarian Society and the Director of GFI Brazil.

**plant based
TECH** **PALESTRA DE
ABERTURA**

SAVE THE DATE

- ▶ 1 de Setembro de 2022 - 8h30 às 9h00
HALL NOBRE ANHEMBI SÃO PAULO
- ▶ A EVOLUÇÃO DO MERCADO PLANT BASED

MODERADORA
LÚCIA CRISTINA ABDALA
DIRETORA TRIOXP

CRÉDENCIAMENTO
www.plantbasedtech.com.br

GUSTAVO GUADAGNINI
EXECUTIVO GFI BRASIL

RICARDO LAURINO
PRESIDENTE SVB

MARLY WINCKLER
PRESIDENTE IVU

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Fund-raising Department



We are having for some time now a few of very interesting projects to which we are in need of help to fully develop it, so we have just created a Fund-raising Department under the leadership of Asa Kaur Narinder. Asa Kaur has been a staunch vegetarian since birth, her devotion to the vegan movement and altruistic pursuits stem from her spirituality and heritage. She founded the Veg-N Society, a spiritually inclined non-profit organisation based on Namdhari cultural assets and ideologies.

Embracing the importance of utilising food as a crucial tool for effective animal activism, Asa provided a basis for action through her contributions as a plant-based recipe developer. Focusing on enabling a systemic change, her work within philanthropy is centred around demolishing factory farming and accelerating alternative protein innovation.

[Read more](#)



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