

# JOIN US IN CREATING

*The*



**VEGETARIAN**  
*Resource Group*

# A VEGETARIAN WORLD



Whether you are interested in vegetarianism or veganism because of health, ethics, the environment, or other reasons, The Vegetarian Resource Group makes it easier.

**Science, Caring, and Vegan Living Since 1982**

# What Is The Vegetarian Resource Group?

The Vegetarian Resource Group (VRG) is a leading source of credible, practical, and scientifically based information about veganism and vegetarianism.

Since 1982, VRG has made it easier to be vegetarian and vegan by working with individuals, consumer groups, food companies, health professionals, government agencies, academic institutions, food services, professional organizations, and other relevant constituencies.

“VRG serves as not only a resource for providing reliable, fact-based information about vegetarianism, but also as a platform through which people can contribute their individual skills towards the common goal of promoting vegetarianism. The way in which this goal is accomplished is perhaps the greatest reason I have been with the group for so long: their commitment to respect and nonviolence extends to how they treat everyone, whether it’s a co-worker or a nutritionist at McDonald’s. VRG has chosen to work with organizations, government agencies, and individuals instead of against them, and the results, which have been tremendous, speak for themselves.”

— Heather, VRG Volunteer

“I’ve had young patients say they want to be vegetarian. Since I don’t know how, I just told them to eat meat. Now I’ll give out your materials.”

— Attendee at physicians’ conference

“The people behind The Vegetarian Resource Group were fantastic! Some of the kindest people I’ve ever met, and they were so good to us. They answered my many questions, gave us things to talk about, and really inspired us to be mindful and equipped when counseling vegetarian and vegan clients. The VRG provided us with tons of information to make us excited and equip us to be better RDs.”

— Non-vegetarian dietetic intern

Natural Foods Merchandiser, the major trade industry magazine, selected us as one of 25 influential pioneers, along with the founders of Celestial Seasonings, Ben and Jerry’s, and Amy’s.

The Baltimore Sun’s Environmental writer Tom Horton stated, we “are probably doing in the most basic of ways, as much as anyone in the state about the kind of pollution that is troubling the Chesapeake Bay.”

“Throughout this internship I have learned so much, for which I’m thankful. I have a new found confidence in my veganism and feel completely capable of continuing to spread this good work. I realize that promoting vegetarianism and veganism is my passion.”

— Devlyn Perugini, Eleanor Wolff  
VRG Scholarship Winner



“It is a true pleasure to volunteer for and represent VRG, both for an organization and a cause I believe in. Thank you for the wonderful opportunities, and supporting me in my journey to become a dietitian. VRG helped make it possible for me!”

— Nora Allen, VRG College  
Scholarship Winner

“Anyone could have a good time working with The VRG...it’s been a great experience and an ongoing process of learning...I really appreciate when people get excited about using the resources we provide.”

— Matthew Baker, VRG Volunteer



“My internship at VRG improved my networking and writing skills, built my resume and encouraged me to set goals for myself and realize that with hard work, anything is achievable...VRG will always be a part of me.”

— Whitney Blomquist, VRG volunteer



## Assistance to Health Professionals

- VRG dietitians helped form the Vegetarian Practice Group within the American Dietetic Association (Now Academy of Nutrition and Dietetics).
- Our dietitians have written vegetarian chapters for various nutrition and medical textbooks.

## Represent Vegetarian Interests to Food Companies and Restaurants

- A food company selling vegetarian burgers to a restaurant chain asked us if it was okay to use an ingredient and if it was vegetarian. (It wasn't.)
- A restaurant chain asked us for vegan recipes.
- We helped to develop vegetarian brochures for several supermarkets, including Wegman's in New York and King's in New Jersey.
- A major international food company requested we meet with them to discuss what can be considered vegetarian and vegan.

## Market and Ingredients Research

- How Many Vegetarians Are There? Food companies, developers of new products, restaurants, students, and media have come to us for this information. See [www.vrg.org](http://www.vrg.org).
- VRG's *Guide to Food Ingredients* lists the uses, commercial sources, and definitions of 200+ food ingredients found on food labels. The guide states whether the ingredient is vegan, typically vegan, vegetarian, typically vegetarian, typically non-vegetarian, or non-vegetarian. See [www.vrg.org](http://www.vrg.org)
- A company stated that their vitamin D3 was vegan. Upon extensive investigation, our researcher learned the source wasn't really vegan, and the company was able to change the wording of what they reported to consumers.

## Education of Food Service & Restaurant Staff

- Our food service dietitian has given vegan cooking demonstrations at the annual meetings of the American Dietetic Association, National Association of College and University Food Services, School Nutrition Association, American Culinary Federation, and elsewhere.
- We gave out information at the annual meetings of the National Restaurant Association and Society for Nutrition Education.
- We created a vegetarian meal plan for the National Meals on Wheels Foundation.
- Our *Vegan in Volume* has been given to more than 4,500 food service personnel.

## Kids and Teens are our Future

- **\$20,000 in scholarship money!** Thanks to an anonymous donor, each year VRG offers two **\$5,000** college scholarships and one **\$10,000** scholarship to graduating high school seniors who have promoted vegetarianism in their schools and/or communities. See [vrg.org/student/scholar.htm](http://vrg.org/student/scholar.htm)

- We offer internships based both in our office in Baltimore and long distance. Many students obtain college credit or student learning service hours for this experience. We have one Eleanor Wolff needs-based internship, which is paid. If you would like to sponsor additional internships or scholarships for needy students, e-mail [vrg@vrg.org](mailto:vrg@vrg.org) or go to [www.vrg.org/donate](http://www.vrg.org/donate)

- Order some of our materials to give out at your school, club, or event. Helpful are *I Love Animals and Broccoli Coloring Book*, *Vegetarianism in a Nutshell*, *Vegetarian Nutrition for Teenagers*, *Save Our Water The Vegetarian Way*, and *Veganism in a Nutshell*. Spanish materials include *Una Dieta Vegetariana*, *El Vegetarianismo en Pocas Palabras*, and *El Arco Iris Vegetariano*.

- For parents of new vegetarians, *Vegan Nutrition in Pregnancy and Childhood* is a valuable brochure. You may also want to join our Parents e-mail list at <http://www.vrg.org/family/kidsindex.htm>

“At a non-vegetarian festival or conference, “you can see the enthusiasm as someone a hundred feet away spots our vegetarian booth. They are so excited we are there. Often people we don't know personally want to hug us.”

— VRG Volunteer

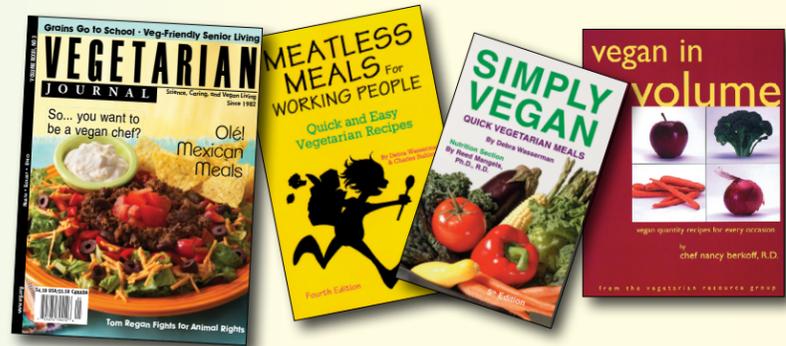


VRG intern and scholarship winner **Laura McGuinness**, intern and volunteer **Karen Leibowitz**, and volunteer **Priscilla Soto** showcasing The VRG's materials. Thank you to Karen and Priscilla for bringing knowledge of their Mexican and Costa Rican cultures to the VRG. Their Spanish skills greatly helped with outreach to the Latino community.

# Become Involved

If you are reading this, you are one of the special individuals who believe in a better world through personal action, supporting groups, and treating people in a positive way when working on change.

- Sign up for our E-mail newsletter to learn about VRG events and outreach: [www.vrg.org/vrgnews](http://www.vrg.org/vrgnews)
- Give out VRG's brochures and handouts in school, at booths, or in your practice.
- Buy VRG books for yourself or give them as presents: [www.vrg.org/catalog/index.htm](http://www.vrg.org/catalog/index.htm)
- Give your Food Service personnel ideas for more vegan and vegetarian options: <http://www.vrg.org/fsupdate/index.htm>
- Link your website to The Vegetarian Resource Group website at [www.vrg.org](http://www.vrg.org)
- Join the VRG Parents' E-mail list: <http://groups.yahoo.com/group/vrgparents/>
- Support Vegetarian Restaurants. See VRG's online restaurant guide at: <http://www.vrg.org/restaurant/index.htm>
- Vote for your favorite Restaurant Chain for Vegetarians: [http://www.vrg.org/restaurant/top\\_restaurant\\_chains.php](http://www.vrg.org/restaurant/top_restaurant_chains.php)
- Join or give a gift subscription to *Vegetarian Journal*: <http://www.vrg.org/journal/index.htm>
- Put a *Be Kind To Animals – Don't Eat Them* Bumper Sticker on your car or fridge: <http://www.vrg.org/catalog/bumper.htm>
- Samples of VRG Projects: <http://www.vrg.org/nutshell/31projects.php>
- Volunteer to assist with these types of projects. To volunteer, e-mail [vrg@vrg.org](mailto:vrg@vrg.org)
- To financially support VRG, send a donation to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203, or donate at [www.vrg.org/donate](http://www.vrg.org/donate). Call (410) 366-8343. E-mail [vrg@vrg.org](mailto:vrg@vrg.org)



# VRG's Website and Social Media

- **www.vrg.org:** Currently our website receives close to 2 million unique visitors each year. Visit for vegan recipes, answers to your vegetarian questions, and more.
- **Facebook:** <http://www.facebook.com/thevegetarianresourcegroup>
- **Twitter:** <http://twitter.com/VegResourceGrp>

# Future Programs That Need Your Support

- Influence of Health Professionals
- Hiring a Dietitian
- Outreach to Minorities
- Education of Food Services
- Website
- Video Production
- Produce Materials for Children, Teachers, Parents
- Hire a Latino Outreach Person
- Ingredient Research
- Influence of Environmental Groups
- Work with Seniors
- Additional Polls and Market Research
- Infrastructure
- General Support
- Scholarships and Internships



If you would like to discuss any of these in detail, please contact Charles Stahler or Debra Wasserman at (410) 366 - 8343 or [vrg@vrg.org](mailto:vrg@vrg.org).

## Bequests

The VRG depends on the generous contributions of our members and supporters to continue our educational projects. Though the world may not become vegetarian in our lifetimes, we realize that we are planning and working for future generations.

- Your will and life insurance policies enable you to protect your family and also to provide a way to give long-lasting support to causes in which you believe. Naming The Vegetarian Resource Group in your will, IRAs, or life insurance policy will enable us to increase our work for vegetarianism.
- One suggested form of bequest is: *I give and bequeath to The Vegetarian Resource Group, Baltimore, Maryland, the sum of \_\_\_\_\_ dollars (or if stock, property, or insurance policy, please describe).*
- To be sure your wishes are carried out, please speak with your attorney specifically about writing the correct information in your will.

# Support VRG's Outreach

- \$500 Life Member/Additional Donation
- \$1,000 Support Outreach for Young People
- \$5,000 Support Outreach for Health Professionals
- \$10,000 Support Ingredient and Market Research and VRG representing vegetarian interests to food companies and restaurants
- \$25,000 Project Sponsor
- \$50,000 Program Sponsor
- \$100,000 Sponsor a Program for Two Years
- \$150,000 Hire a Dietitian
- \$250,000 Sponsor a Program for Five Years
- Donate Stock
- I'm including VRG in my will, life insurance policies, or IRA
- I'm interested in sponsoring the following... (optional)

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To donate, send your check to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203; Call (410) 366-8343; Email [vrg@vrg.org](mailto:vrg@vrg.org); or donate online at our website.

*[Thank you for your support.](http://www.vrg.org/donate)*  
*[www.vrg.org/donate](http://www.vrg.org/donate)*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone: \_\_\_\_\_

## Other Ways to Support VRG

- Memorial and Honorary Gifts
- Donate Your Vehicle: <http://www.v-dac.com/org/?id=521279034>
- Matching Gifts
- Donate through your Donor Advised Fund



To discuss support for specific projects, please contact Charles Stahler or Debra Wasserman at (410) 366-8343, or email them at [vrg@vrg.org](mailto:vrg@vrg.org). For more information on these and other donation methods, please visit [www.vrg.org/support.htm](http://www.vrg.org/support.htm).