

Participating in the WVBS is as easy as 1-2-3:

1. Be about 90 percent sure that you're going to hold a vegan bake sale.
2. Fill out the signup form (<http://www.veganbakesale.org/veganbakesale/vbs-signup.html>).
3. Have a great bake sale and take pictures (or video).

Bonus—You May be Able to Get Your Bake “Sale” Funded!

If you hold a vegan “bake-in,” at which you give your baked goods away, you may be able to get the event paid for by VegFund.org. Details are on the WVBS web site.

More Information

The WVBS web site is www.veganbakesale.org, and it is filled with information, including:

- Lots of vegan bake sale tips
- A quick primer on vegan baking
- Links to thousands of recipes
- Highlights from past vegan bake sales

Spread the love and the frosting . . . with the Worldwide Vegan Bake Sale !

VeganBakeSale.org
Facebook: Worldwide Vegan Bake Sale
Twitter: [wwveganbakesale](https://twitter.com/wwveganbakesale)
YouTube: [veganbakesale](https://www.youtube.com/veganbakesale)



Pingtung City, Taiwan

Welcome to the Worldwide Vegan Bake Sale

www.VeganBakeSale.org

The Worldwide Vegan Bake Sale (WVBS) was started in 2009 as a way to combine fundraising and introducing the public to the deliciousness and diversity of vegan baked goods. VegNews Magazine named it the “**Veg Event of the Year.**” In 2010-2011, the WVBS grew more popular, with bake sales on six continents and coverage on CNN.com.



The WVBS concept is simple: Groups across the world hold vegan bake sales during a nine-day period (two weekends and the week in between). **Participants can do whatever they want to with the proceeds.** Everything sold or given away must be vegan.



Vancouver, British Columbia, Canada

Anyone can join in the WVBS; you don't have to be vegan. It is a lot of fun, the camaraderie is inspiring, and you can raise money for your favorite causes, including your own organization.

Vegan baking is easy. Often there is nothing more to vegan baking than substituting

nondairy milk for cow's milk, or using a binder such as ground flax seeds and water or a commercial egg replacer instead of eggs. The results are stupendous. At any vegan bake sale, you're likely to see—and taste—a variety of mouth-watering cookies, brownies, muffins, cupcakes, and other creations.

Why vegan? A vegan lifestyle strives to avoid all exploitation and cruelties, such as the following:

Standard Practices on Dairy Farms

- Dairy cows have been intensively bred to produce far more milk than normal, which takes a toll on their bodies and increases the chance of painful udder infections.
- Cows are forced to have one calf after another, to produce maximum amounts of milk. Calves are typically taken from their mothers when two days old or less, causing great distress to both calves and mother cows.
- Male calves (and “excess” female calves) are useless to the dairy industry and are often killed as babies or raised as veal in tiny pens. Dairy cows are usually killed at around five years old—the equivalent of young adulthood.

Standard Practices in the Egg Industry

- Newborn male chicks at hen hatcheries are killed by methods such as being ground up alive or suffocated in plastic bags.
- Hens are forced to lay up to 300 eggs a year. Their wild cousins lay 20 a year. Such a high volume of egg output puts a strain on hens’ bodies and increases the risk of painful complications and certain types of cancer.
- Hens are killed when their egg production starts to decline, at two years old or less—a fraction of their normal lifespan.



Slaughterhouse and Transport Horrors

Undercover investigations of slaughterhouses repeatedly reveal shocking cruelty and levels of suffering.

Animals are routinely transported to slaughter in cramped conditions for many hours, with no food, water, or rest.

Health Problems with Dairy

Predominantly, studies show no correlation between dairy consumption and bone health. Countries with the highest per capita rates of dairy intake also have the highest rates of osteoporosis. Dairy is one of the most common food allergens, and over half the world is lactose-intolerant. Dairy has been linked to diabetes, prostate cancer, and a host of other diseases.



Stavanger, Norway

The Delicious Cruelty-Free Solution

There is now a profusion of delicious vegan alternatives to dairy and egg products. Vegan recipe sites and cookbooks abound, and vegan options are becoming more prevalent in

stores and restaurants. The WVBS is promoting vegan baked goods across the globe.

Vegan entries have won top awards at fairs and baking competitions.

When you try vegan baking at home or buy items at a vegan bake sale, you are helping to create a kinder, healthier world.



Appleton, Wisconsin, USA