Send for your FREE HOT! Pack containing more facts on the environment, two posters and information on going veggie, including recipes.

Or choose our great value Bumper HOT! Pack containing:

- HOT! Posters based on the front of this leaflet
- Viva!'s Diet of Disaster an easy to read, colourful guide to the environment worth £3.50
- Martin Shaw Cooks Veggie 28 pages of delicious animal-free recipes worth £1
- Get Healthy with Heather the ultimate 70page guide to going vegan worth £2.90

Total value is £9.50 (inc p&p) but with this leaflet it can be yours for just £4.50 (inc p&p).







George Monbiot

Journalist and environmentalist "It's impossible to avoid the conclusion that the only sustainable and socially just option is for the inhabitants of the rich world to become, like most of the earth's people, broadly vegan."

Tahita Bulmer

Singer – New Young Pony Club

> "If you're finding the whole idea of how to save the world auite



difficult then one of the first steps is to become a vegetarian. You're going to make such a massive difference just doing that."

Michael Mansfield QC

Barrister and Viva! patron

"The global meat and dairy industries have become almost untouchable. As individuals we have the power to stop their rape of the planet simply by changing our diet and refusing to buy their products."

Change your diet – save the world 🗻

Ц	Please send me a FREE HOT! Pack, with recipe
	Please send me a Bumper HOT Pack for
£4	50 (inc p&p)

Yes I want to help Viva! save the world. I enclose a donation of £

Total enclosed £

Please make cheques payable to Viva!. OR please debit my

Visa/Master/Switch/Solo/Maestro card number

_____ Expires ____ / ____

Switch issue no./Start date Cardholder's signature

First name Address _____ Postcode DOB if under 18 ___/___/

Please return to Viva!, 8 York Court, Wilder Street, Bristol BS2 8QH Tel 0117 944 1000 (Mon-Fri 9am-6pm) www.viva.org.uk/hot



