

Vegan 103-Smart shopping

On consumable products look for the jumping rabbit, the sitting rabbit or the words “not tested on animals”. The jumping rabbit <http://www.leapingbunny.org/> and the sitting rabbit <http://www.choosecrueltyfree.org.au/> are ‘certifications’ that means the product meets the organization’s approved standards.

The Leaping Bunny site has a list by category (soap, shampoo) of companies who make cruelty free products. <http://www.leapingbunny.org/shopping.php>

On PETA’s web site PETA lists companies who have signed their cruelty free pledge. PETA offers an easy search function at this link.

<http://features.peta.org/cruelty-free-company-search/index.aspx>

Otherwise statements on products are simply statements by the company to the consumer about its animal testing practices. The leaping bunny is an easy to use site sorted by US vs Europe and then by type of product.

I do not get out much and I do not generally shop online. Here are some products that I have found easily in the stores where I shop.

Hair

- VO5 shampoo and conditioner (company statement)
- Paul Mitchell (PETA)

Deodorant

-The only company I recognized on the leaping bunny was Queen Helene but I have not yet found their deodorant in stores who carry their lotion products

Lips

- Bonne Bell and Carmex (PETA)
- Dr. Bronner’s (company statement) <https://www.drbronner.com/>

Lotion

- Queen Helene <http://www.queenhelene.com/index.php> (leaping bunny)
- Dr. Bronner’s (company statement) <https://www.drbronner.com/>

Makeup

-ELF (stands for eyes, lips and face) is a cosmetic company that states it does not test on animals. A wide selection is available in Target stores. They are very inexpensive-aimed at the teenage crowd. The down side is the products are manufactured in China.

LA Colors <http://www.lacolors.com/> sold at Dollar Tree and many more locations has the Cruelty Free bunny on its products and they are only a dollar!

NYX which is sold online.

Nails

LA Colors <http://www.lacolors.com/> sold at Dollar Tree has the Cruelty Free bunny on its products and they are only a dollar!

Cody owns a ton of brands. See <http://www.coty.com> for a list of brands. A January 2014 email to VeganAugusta said: To the fullest extent possible, Coty Inc. products, do not contain Bovine, Ovine, Caprine, or Porcine derived materials, nor do we use any animal derived musk materials. However, there may be an occasional Coty product

that may contain honey, beeswax, lanolin or cochineal ingredients. Coty Inc does not perform, nor do we ever commission any third parties on our behalf to perform, testing of our products or ingredients on animals.” Brands include Sally Hansen, OPI and New York City (NYC) Color.

Soaps, toothpaste, hairspray

-Dr. Bronner’s (company statement) <https://www.drbronner.com/> NOTE that Dr. Bronner’s sponsors vegan podcasts and donates to vegan causes like Sea Shephard, so they are ethically apart from others. Widely available at Kroger and Target as well as online.

Products that are accidentally vegan

And then there are products who do not intend on being animal product free but are. Still worthy of being supported over products that contain animals.

Gum-Wrigleys [Doublemint Gum](http://www.isitvegan.com/2012/08/07/is-doublemint-gum-vegan/) is vegan (<http://www.isitvegan.com/2012/08/07/is-doublemint-gum-vegan/>) as is Wrigley React 5 Gum

Crocks-their original design (obviously not the ones with leather)

There are LOTS of vegan companies that are starting up that sell wallets, belts etc. Grapecat sells “higher end” products: <https://www.grapecat.com/>

Vegan 103-Advocacy

Once you feel you have your own act together, you need to be ready to help others eliminate animal products from their purchases. Even if you simply help people *reduce* their animal consumption you are helping to eliminate cruelty and helping that person’s health. Have your favorite recipe in a form easy to share. Keep up with the news with sites like vegnews.com to be an informed consumer. When you need a beverage stop at a convenience store over a hamburger place. Choose grocery stores that support agriculture change like cage free pigs and eggs. Avoid restaurants that serve veal as an option. Bring cake and cookies to work or church so people see how fun vegans are, and how tasty a healthy life can be, and it provides an opportunity to share why you have chosen to live animal product free.