



# Living Well North Tyneside

Supporting Health and Wellbeing

January is the perfect time to embrace new habits, and what better way to kick off the year than by joining **Veganuary 2025**? This global movement invites people from all walks of life to try veganism for the month of January, promoting the ethical, environmental, and health benefits of a plant-based diet.

## What is Veganuary?

Veganuary is an annual campaign that started in 2014, aiming to inspire people to reduce their impact on the planet, improve animal welfare, and enjoy the benefits of a healthier diet. Participants pledge to avoid animal products, such as meat, dairy, eggs, and honey, and explore the wide array of vegan-friendly foods and recipes. Over the years, Veganuary has grown into an international phenomenon, with millions taking part.

## Why Try Veganuary in 2025?

**For Your Health:** Studies show that plant-based diets can help reduce the risk of heart disease, improve cholesterol levels, and support weight management.

**For the Planet:** Adopting a vegan lifestyle reduces greenhouse gas emissions, conserves water, and protects natural habitats. Animal agriculture is a leading cause of deforestation and biodiversity loss.

**For Animals:** Veganism helps prevent animal suffering by reducing demand for animal products.

Veganuary offers participants a chance to align their actions with their values and explore a healthier, kinder, and more sustainable way of living.

## How to Get Involved

### 1. Register Your Pledge

Visit the official Veganuary website to sign up and receive helpful resources, including recipes, meal plans, and shopping guides.

### 2. Plan Your Meals

Stock up on plant-based staples like beans, lentils, tofu, vegetables, and whole grains. Experiment with exciting vegan recipes that cater to your taste preferences.

### 3. Educate Yourself

Learn about the benefits of veganism, the impact of animal agriculture, and the many health advantages of a plant-based diet.

### 4. Connect with the Community

Join the Veganuary community on social media to share your progress, swap tips, and find encouragement from others taking part.

### 5. Explore Vegan Products

Take advantage of the growing range of vegan products, from plant-based meats to dairy alternatives and snacks. Many supermarkets and restaurants now feature vegan options during January.

### 6. Spread the Word

Document your Veganuary journey on social media using **#Veganuary2025** to inspire others and raise awareness about the campaign.

## A Brief History of Veganuary

Jane Land and Matthew Glover founded Veganuary in 2014, envisioning a movement that would empower individuals to make a difference for the planet and animals. What began as a small UK-based initiative has blossomed into a

worldwide campaign, with participants from over 200 countries joining the effort.

### The Impact of Veganuary

Each year, Veganuary participants collectively make a significant impact:

- **Environmental Benefits:** Reduction in carbon emissions, water usage, and deforestation.
- **Animal Welfare:** Fewer animals raised and slaughtered for food.
- **Health Gains:** Many participants report improved energy levels, weight loss, and better digestion.

### Make 2025 the Year of Change

Why not start your year with a meaningful challenge that benefits you, the planet, and countless animals? Whether you're curious about veganism or ready to make a lifelong change, Veganuary 2025 is the perfect opportunity to explore the possibilities.

Visit [Veganuary's Official Website](#) to register your pledge and begin your plant-based journey today.

### Related Links

- [Veganuary's Official Website](#)



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