

FOR MANY PEOPLE, giving up meat is much easier than giving up dairy products. When I went vegan, I remember thinking that

I was going to have to throw/give away everything in my pantry. I was pleasantly surprised that many of the foods I was used to eating were, in fact, vegan. One major change, though, was to find a good milk substitute, as I was used to drinking a gallon of milk every two days. I had tried soymilk before and been totally repulsed. It was thick, grainy, and didn't taste like milk at all! However, things have changed since then. Today, there is a whole plethora of rice and soymilks to choose from, many of which I find delicious!

My wife and I now buy two 'fake milk' products regularly – Rice Dream® (rice milk) and Silk™ (soymilk). Rice Dream has been around for a while, and I found that I liked it best on my cereal in the morning. It is thinner than many of the soymilks, and is more like the skim milk I was used to. It also is slightly sweet, which goes nicely with a morning bowl of cereal. Even though I enjoyed it on my cereal, I would not be inclined to drink a glass of it like I used to drink cow's milk.

Recently, a new soymilk called Silk has hit the market. It is excellent – lighter and much less grainy than other soymilks. After my first taste of Silk, I thought that it was so good that I would definitely quit buying Rice Dream and just start having Silk with my cereal. However, much to my surprise, I found that I had gotten used to the sweetness of the Rice Dream and I actually like that better on my cereal now! Silk is the first milk substitute that I have found tasty enough to drink a glass of simply for pure enjoyment. They also have chocolate Silk, which is incredibly good.

The makers of Rice Dream have recently come out with Soy Dream® which is also pretty good. Note that you will find Silk and Soy Dream in the cold section of the grocery store (check in the natural foods cold section first), as opposed to almost all other milk substitutes, which are not refrigerated. Another good milk substitute is called Better Than Milk®, and comes in either rice or soy. It can come in a carton, like most rice and soymilks, or

## Rice Milk

### A TASTE ODYSSEY

by Ross Strader

a powder form – I take this one on the road when I am traveling. If you're looking for cream for your morning

coffee, Silk makes a

really good soy cream. Another option is a (truly) non-dairy

creamer, made by Rich's® that you will find in the frozen section at the grocery store.

But vegans cannot live on milk alone – we also need ice cream! Tofutti® is probably the 'industry standard' for 'fake' ice creams – it can be found at co-ops and sometimes at the regular supermarket. Rice Dream brand's ice cream is also good and lower in fat than Tofutti, but doesn't taste as much like regular ice cream as Tofutti does. There is also a relatively new one out called Soy Delicious® that is really good. As for going to the local ice cream shop, they will often have sorbet, which is usually vegan (fruit sorbet is vegan, but chocolate is not). Note that sherbet is not vegan.

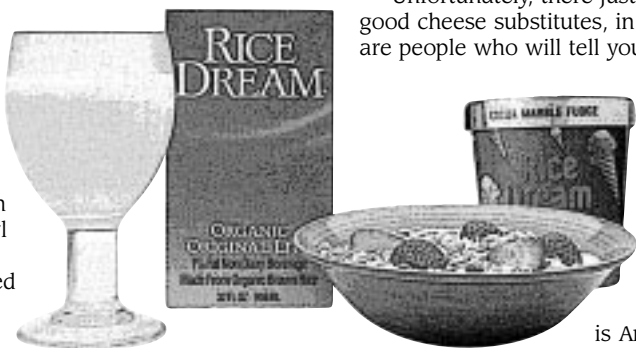
Unfortunately, there just are not really any good cheese substitutes, in my opinion. There are people who will tell you that there are,

but if you ask me, they have forgotten what cheese tastes like. However, they are certainly improving. Tofutti has just come out with a couple of new products: one

is American Veggie Soy Cheese Slices; the other

is Better Than Cream Cheese. The American cheese slices are not bad – they can work well in some dishes. The fake cream cheese is really good, and is (in my opinion) pretty close to the real thing. There are many other brands – Soymage® and VeganRella™ are a couple of the common ones. They aren't bad; they just don't taste much like cheese!

I recently found a great vegan substitute for another dairy product that I hadn't had in many years – whipped cream! You would think that some of the popular 'whipped toppings' (Cool Whip® etc.) might be vegan, but they aren't; meaning that I had been without one of my favorite desserts – strawberry shortcake. That is, until I discovered that Rich's makes a non-dairy whipping cream that comes frozen in a half-pint container. It is hard to find; in Pittsburgh, you can only get it at the kosher deli. However, it is delicious, and indistinguishable from the real thing. So go get some strawberries; make your favorite, vegan vanilla cake recipe; and pile on the fake whipped cream! With products as good as these, who needs dairy?



Thanks for the [Why Vegan] you sent me. I was surprised at how quickly I received it. I was also surprised at the immediate effect it had on me. I have often seen the pictures of animals caged, etc. What I had not seen were pictures of animals slaughtered, info about them being beaten, tormented. I was baffled to find tears in my eyes, my mouth hanging open. Thank you for this information, it has most definitely changed my life.

NQ, 7/31/00

I recently read your booklet, *Vegetarian Living*, and was completely appalled by what I saw. Thank you for opening my eyes! I have lived on a dairy farm all of my life. I will never eat dairy products or eggs again!

AA, WATTSBURG, PA, 7/11/00

I've been vegan for a month now, after a friend handed me a *Why Vegan* and the *Vegan Starter Pack*. I love being vegan and want to spread the love.

JG, ROCK ISLAND, IL, 7/1/00

I received an "Anti-Product" LP by mail several days ago, and inside the sleeve was *Why Vegan*. I was very inspired by the information and took the step from carnivore to vegetarian. I want to get more literature to distribute amongst friends, family, and others in my area.

NE, WINCHESTER, VA, 7/6/00

I've been a vegan for a long time, but [Why Vegan] really choked me up. It is the most moving thing I've ever seen.

J, NEW YORK, NY, 7/21/00

Thanks for making the best literature available to so many people. I've had great response to it. As President of Purdue University's Students In Defense of Animals, we plan to distribute your brochures to students throughout the year.

KB, WEST LAFAYETTE, IN, 6/25/00

I really respect your opinion on the importance of accuracy and moderation in reporting on animal issues. It was disheartening to read some of your points about facts you believe to be untrue because, I, like you, want to believe them. As someone who relies mostly on education as a means to change society, I believe in the importance of the written word. You have helped me realize that it is better to be more moderate and accurate than it is to grab attention at the risk of increased skepticism.

CF, FORT MEYERS, FL, 5/17/00

I am thrilled to see such thoughtful, intelligent, poignant information on the Internet. For the first time, I'm able to forward links to your page to my family. I say for the first time, because it's been hard for me to find pages that intelligently show and explain what happens to animals without including too much gore and shock value. I believe that non-vegans need to see what happens to these mistreated animals, and what happens is not pretty. But I know my family, and they would be turned off by in-your-face tactics. The article "On Being Vegan" in the *Vegan Starter Pack* was very well-written and honest. I'm happy to see the realistic view that we cannot totally avoid products that use exploited animals. I get the "all-or-nothing" excuse thrown in my face quite often. Your answer to that was most impressive. With the help of your web page, I hope I can contribute to more people getting the facts and taking a stand for animal welfare.

SB, 5/4/00



Tommy Nail of Allen, Texas, distributes *Why Vegan* booklets

I have a friend in NY who picked up an issue of *Why Vegan* at a Chinese restaurant. He had been trying to be a vegetarian for awhile, but kept falling off the wagon. After he read through that issue, though, it set him straight and he swore off meat for good.

KR, NORFOLK, VA, 5/9/00

You have influenced me more than I am sure you know. A couple of years ago, I was having major issues with my veganism and was considering quitting entirely for reasons of which we are both aware... then I happened to read an article by you in some *Vegan Outreach* or related newsletter. You mentioned thoughts of hating meat eaters, wanting to give up, and most importantly the focus on the overall good, rather than dwelling on the fact that there may be a trifle of bug ingredient in my food. I would have to say you may have been the one to keep me from failing in my efforts. That article gave me confidence and strength to continue, as well as a lovely feeling of not being alone.

CW, CHICAGO, IL, 7/10/00

I have tried being vegan before, but I believe I did it for all the wrong reasons. *Why Vegan* was just what I needed: a forthright truth telling of the horrors that are being committed towards animals daily.

AB, MEDFIELD, MA, 5/8/00

## Vegan OUTREACH

**PRINCIPLE & PURPOSE:** Vegan Outreach's philosophy is that each sentient animal has a right to his or her body and life.

To that end, Vegan Outreach promotes the lifestyle of veganism – living so as to contribute to as little animal exploitation and death as possible.

Compassionate people will end their support of animal exploitation once they are informed of the suffering a non-vegan lifestyle causes.

Vegan Outreach focuses on preaching to the convertible with our booklet on veganism, *Why Vegan*.

**DISCLAIMER:** The opinions expressed in this newsletter are not necessarily shared by all members of Vegan Outreach.

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# THANK YOU

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Holmes, E Ann  
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Mann, Jessie  
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Yow, David  
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Zecher, Ezra  
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Zinowski, Marion  
Zucker, David



In addition to many *VEGAN STARTER PACKS*, since the last newsletter, multiple copies of *Why Vegan* have been requested from:

AZ, Chandler	CA, Ventura	IA, Des Moines	MI, Goodrich	NY, New York	VA, Charlottesville
CA, Belvedere	CA, Westlake Village	IA, Fort Dodge	MI, Howell	NY, Poughkeepsie	VA, Falls Church
CA, Berkeley	CO, Bellvue	IL, Chicago	MI, Kalamazoo	NY, Setauket	VA, Norfolk
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CA, San Diego	GA, Atlanta	MD, Hyattsville	NY, Brooklyn	TX, Austin	
CA, San Francisco	GA, Grayson	MD, Reisterstown	NY, Buffalo	TX, Colleyville	Australia
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# Vegan

## —OUTREACH—

Evolution through Education


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The number of animals killed for their fur annually in the U.S. is approximately equal to the human population of Illinois.



The number of animals used for experimentation annually in the U.S. is approximately equal to the human population of Texas.



The number of animals raised and slaughtered for food annually in the U.S. is approximately equal to one and two-thirds the human population of Earth.




**www.havenbooks.com**  
This site sells a wide variety of books (such as mysteries) by vegan authors.

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*For More information contact:*


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In Memory of  
**H. JAY DINSHAH**  
1935–2000



The vegan community lost a pioneer and well-loved activist on June 8, 2000. After founding the American Vegan Society in 1960, Jay Dinshah worked tirelessly to spread the vegan ethic. The American Vegan Society can be contacted at Box 369, Malaga, NJ 08328-0908

There are a thousand hacking at the branches of evil to one who is striking at the root...

HENRY DAVID THOREAU  Walden, 1854




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