



Lockdown for less

The Editor, Dear Editor, Calling 2020 a tough year would be like calling coronavirus a dastardly illness. Don't we know it? Every day, new announcements about health restrictions bring about job loss, financial hardship, and put further strain on a welfare system struggling to accommodate the sheer number of Australians in need. While we all navigate this uncertain time, there are small changes we can make in our households to ease the financial burden of COVID-19, while also helping the world at large. Eating vegan foods is the simplest way to keep our kitchens stocked for quarantine, especially when we have to be mindful with spending. Creamy, vitamin-fortified vegan milks can last for months in the pantry, as can grains, beans, and tinned vegetables. Grab some frozen vegies and fruits from the shop, and you can avoid the supermarket for weeks at a time, while meeting all of your family's nutritional needs. If baking cakes and cookies helps to ease the coron-anxiety right now, it's cheaper and easier to bake with vegan ingredients: Use ground flaxseeds, applesauce or mashed bananas instead of eggs, and vegetable oil instead of butter. Eating thriftily doesn't just help our bottom line: It will drastically help our planet. Studies have found that if all of us went vegan, we would see food-related greenhouse gas emissions reduced by 70% by the year 2050. We would also save scores of animals from a life of isolation, physical and emotional suffering, and a torturous death. Aleesha Naxakis Media Officer PETA Australia PO Box 20308, World Square Sydney NSW 2002
aleeshan@peta.org.au 0403 721 428

Contacts

Aleesha Naxakis
0406713994
mailto: