

For the past couple of years, Veganism has been on a uprising among the young population. The young generation are the trend setters and are the ones who invest in the undustry in order to live a greener life!

The Future is plant Based

The Canadians who identified as *vegetarians and vegans, more than half were under the age of 35.*

10% of Canadians Now Consider Themselves Vegan or Vegetarian

HEALTH BENEFITS

a well-balanced + nutritious vegan diet can lower the risk of type 2 diabetes, aithriticolon cancer, cardiac disease Parkinson's Disease

Estimated percentage of Vegeterians and Vegans

