

Choosing a vegan lifestyle can be a spiritual and practical response to the challenges of our time. It is a witness to the world we wish to create: one of compassion, justice, and peace for all sentient beings.

We warmly encourage you to visit the Quaker Vegan Witness website for more information, support and community.



Endnotes

¹ Joshua Evans was a Quaker Abolitionist (1731 – 1798)

² 2024 Article Our World in Data: Half of the world's habitable land is used for agriculture

³ 2021 British Dietetic Association: Plant-based diets can support healthy living at every age and life stage.

⁴ 2023 Oxford Study: Vegans, vegetarians, fish-eaters and meat-eaters in the UK show discrepant environmental impacts

A&Q - (Advices and Queries 2010)

QF&P - (Quaker Faith and Practice Fifth Edition)

For further information go to:
<https://qvw.org.uk/data/>



Quaker Vegan Witness

www.qvw.org.uk



Spices Visual Acronym

S - Saunf (Fennel) P - Pepper I - Indonesian Bay Leaf
C - Cardamon E - Ehuru (African Nutmeg) S - Star Anise



Adding Spices to our Plate

A guide to how Quaker Testimonies
intersect with Veganism.

Our Testimonies

Veganism is a form of witness that reflects our Quaker testimonies and supports our belief in “that of God” in all sentient beings.

This practice extends to forgoing our participation in as many forms of animal exploitation as possible, extending our capacity for compassion in ever widening circles.

It is a daily practice through which we can express our commitment to simplicity, peace, integrity, community, equality and sustainability (spices).

This is why we call on Quakers everywhere to live adventurously by adding SPICES to our plates.

“I considered that life was sweet in all creatures”
- Joshua Evans¹

Simplicity

A vegan diet is simpler because it avoids the resource-heavy process of raising and processing animals², relying instead on food that can often be eaten directly or with minimal preparation. Plants store well, are generally safer and quicker to cook, and provide all essential nutrients like protein, fibre, vitamins, and antioxidants³ without the cholesterol or high saturated fat found in meat.

“Try to live simply. A simple lifestyle freely chosen is a source of strength.” A&Q 41

Peace

The lives of animals in the meat, dairy, sport, and entertainment industries are often marked by fear, pain, and violence. As Friends who seek peace in all forms, can we extend that peace to non-human animals?

Extending our consideration of non-human animals more deeply, positively affects our capacity for compassion.

“Search out whatever in your own way of life may contain the seeds of war.” A&Q 31

Integrity

The Quaker testimony of Integrity calls us to live in truth. Choosing veganism reflects this by rejecting the widespread misinformation from the meat and dairy industries and facing the truth of the vast levels of suffering caused by our current food system, aligning our lives with honesty, compassion, and care for all beings.

“Do you keep yourself informed about the effects your style of living is having on the global economy?” A&Q 41

Community

The Quaker testimony of Community reminds us that we are deeply interconnected to one another and to the wider world. Veganism can reflect this by recognizing our responsibility to live in ways that nurtures not only human communities but also animals and the earth within a web of connections, fostering care and justice for all.

“All species and the Earth itself have interdependent roles within Creation. Humankind is not the species to whom all others are subservient, but one among many.” QF&P 25.04

Equality

All sentient beings have the capacity to feel pain, joy, fear, and love in their different ways. They have as much right to exist peacefully as we do. To live our testimony of equality means acknowledging the value of every life—not just human.

“Show a loving consideration for all creatures, and seek to maintain the beauty and variety of the world.” A&Q 42

Sustainability

The Quaker testimony of Sustainability calls us to care for creation with reverence and responsibility.

A University of Oxford study shows that adopting a vegan diet is the single most impactful personal action we can take to reduce our environmental footprint.⁴ Caring for our Earth through a plant-based vegan diet conserves resources, and enables us to live in balance so that future generations may also thrive.

“We do not own the world, and its riches are not ours to dispose of at will.” A&Q 42