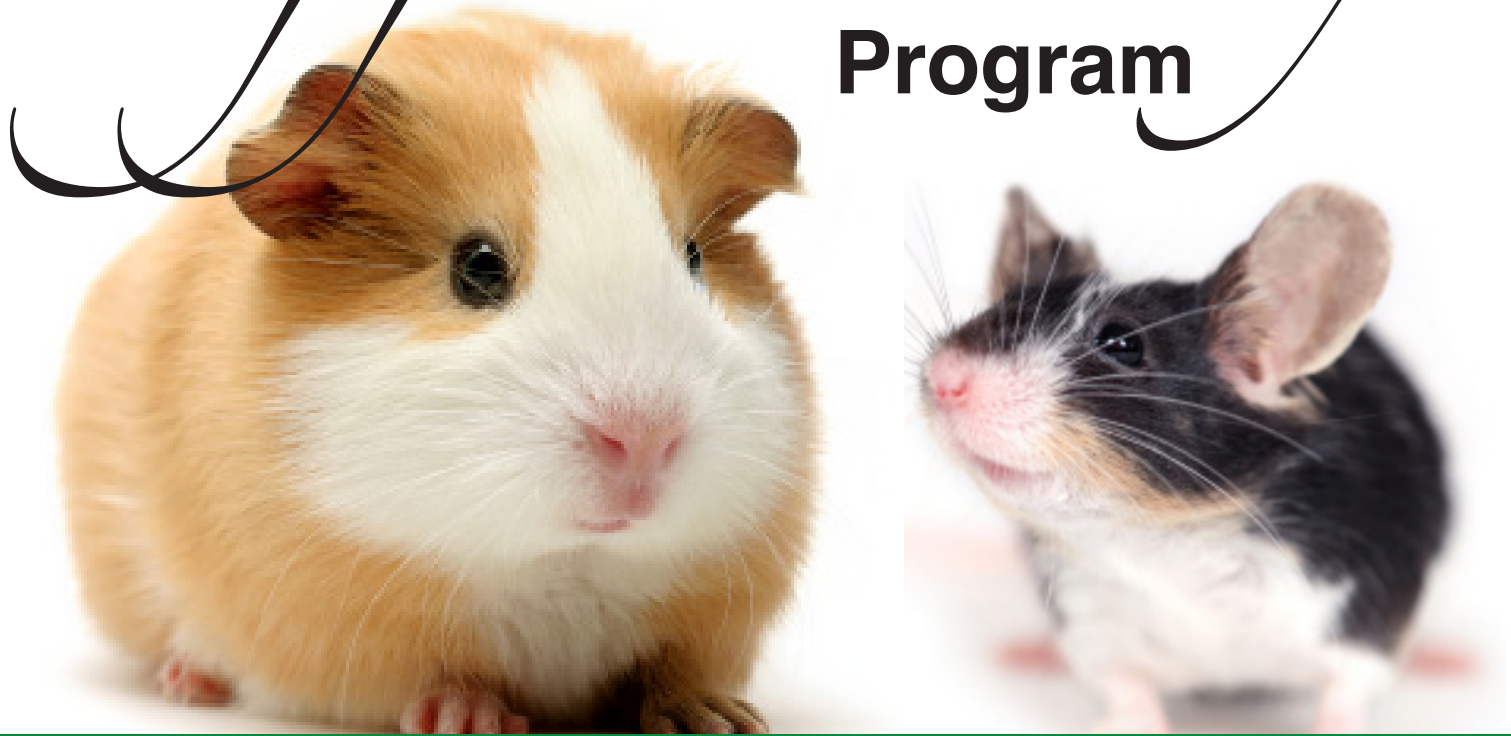




# Veggie Buddy

## Program



**Interested in going vegetarian?  
New to veganism?  
Would you like a Veggie Buddy?**

Our Veggie Buddy mentor program pairs up new and experienced “Veggies” who can advise and share experiences.

### **Veggie Buddies can help:**

- Make sure you're getting the nutrition you need 🗨️
- Figure out those 'hidden' ingredients in foods 🗨️
- Pick out good places to eat and buy groceries 🗨️
- Learn to handle awkward social situations 🗨️
- Discuss and clarify ethical issues

The Veggie Buddy program is totally free and organized by volunteers at VVoA.  
To sign-up, or contact us for more information, please visit: [www.vofa.ca](http://www.vofa.ca)

**Are You An Experienced Vegetarian, Vegan or Raw Vegan? We are also looking for mentors.**

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