



HOW TO BE VEGAN-INCLUSIVE IN YOUR EVERYDAY PRACTICE

Your go-to handy booklet



WELCOME

to How to be vegan-inclusive in your everyday practice: your go-to handy booklet. Tailored for busy educators, this booklet offers practical tips and resources to seamlessly integrate vegan-inclusive practices, fostering an inclusive and compassionate educational environment for all.

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CURRICULUM PLANNING

Please avoid using topics that celebrate animal farms, zoos, aquaria and animal circuses. Be aware of all supporting texts and videos too.

Traditional/cultural references to non-human animals in captivity can be taught but avoid celebrating, e.g. bullfighting, rodeos, sacrifice.

A good rule of thumb is to ask yourself: 'Are the non-human animals who I am teaching about in their natural habitat?' We recommend using topics and texts that focus on natural habitats instead, please see *Medium Term Curriculum Planning* document.

Care must be taken to ensure that information or knowledge included in the curriculum is conveyed in an objective, critical and pluralistic manner.

SCHOOL TRIPS

Animal farms, zoos and aquaria are unacceptable businesses for vegans to visit. Please consider replacing these with a visit to a sanctuary or take a nature walk. Similarly, other animal businesses such as mini zoos coming into your place of work are also non-negotiable. We recommend observations in the wild and watching online, pre-recorded or live feeds of non-human animals in their natural habitats instead.

Indirect discrimination will occur if a vegan learner is disadvantaged by a practice that applies to everybody, because they are vegan, such as a one-off decision to visit an animal farm.



Rescued cows at Goodheart Animal Sanctuary.

LANGUAGE CHOICES

Consider refraining from using idioms and phrases such as: 'There's more than one way to skin a cat', 'Kill two birds with one stone' or 'He has bigger fish to fry'. These phrases are outdated and synonymous with non-human animal cruelty. Instead, you could create and use kinder versions: 'Get two giggles from one tickle' or 'There's more than one way to peel an orange' or 'He has more dilemmas to solve'. Do not beat yourself up if you do say them, it is difficult to break the habits of a lifetime.

SONGS

Familiar songs such as *Old MacDonalld had a farm* and *1,2,3,4,5, once I caught a fish alive* are about the use and abuse of non-human animals. Encourage learners to help you create new songs and rhymes and enjoy your own kinder and personalised versions.

Vegan alternative nursery rhymes

This little piggy had truffles,
This little piggy stayed home,
This little piggy jumped in puddles,
This little piggy met a gnome,
And this little piggy went...
"Wee wee wee" all the way home...



Three blind mice, three blind mice,
See how they run, see how they run,
They all ran behind the peach farmer's wife,
Who helped them avoid the great big knife,
Did you ever see such a thing in your life,
As three blind mice?



Baa, baa, black sheep,
Have you any wool?
Yes sir, yes sir,
It is keeping me warm,
None for the master,
None for the dame,
And none for the little boy,
'Cos this is my mane.



MATERIALS AND TEXTILES

Animal-derived leather, suede, wool, feathers, beeswax, mohair, silk and some glues are unacceptable materials for vegans to use in school. We encourage you to always read labels to ensure no animals have been harmed in their making. Better safe than sorry.

You can source faux products if what you have been using previously contains any animal-derived materials. There will always be a vegan alternative and you may find that the vegan parent/guardian may be best placed to direct you. You can also check *The Vegan Society Fashion and Textiles* section of the website.



COOKING AND BAKING

Eggs, meat, dairy, fish, crustaceans, honey and some E numbers are not vegan. Ensure that there are two separate recipes for cooking and baking and that these are prepared separately, including crockery and pans. Or alternatively, plan for the whole class to

make a vegan version and make life easier for yourself.

There are plenty of vegan cookbooks and recipes available to view or purchase online. You can also check The Vegan Society Lifestyle section of the website. We encourage you to use vegan trademarked ingredients for assurance.



SCIENCE

Do not forget to be balanced when talking about human biology and nutrition. And remember, a food chain is still a food chain even if other animals are missed out.



DISPLAYS

Images of non-human animals in cages, other animals at work or in unnatural habitats will not be appropriate for vegan learners to see. Animal-derived foods such as carcasses, fried eggs, legs or ribs are also not vegan-inclusive. Consider nutrition displays stating 'We need protein' instead of 'We need chicken' and 'We need calcium' instead of 'We need dairy'. People need the nutrient and not the specific ingredient! Food wheels for both a vegan and a non-vegan diet ensure displays are balanced and fair.

CLASS COMPANION ANIMALS (CLASS PETS)

Due to poor care in the domestic animal industry, psychological stress and housing in an unnatural habitat, class 'pets' are not vegan inclusive. Encourage empathy by choosing not to have other, live animals in school and reiterate the importance of non-human animals being in their natural habitat with their families.

CULTURAL DAYS AND CELEBRATIONS

Ensure vegan versions of what the majority are eating are included in your celebration. This will require pre-planning or alternatively plan vegan for all, for ease. If doing two choices keep them as similar as possible, e.g. if the majority are having a dairy milk chocolate Easter egg then an apple will be hugely disappointing for the vegan learner.

When handing out treats of any kind, always plan ahead for your vegan learners to ensure that they have their own. Treats should be given thought to so that those received by the vegan learners are similar to what the majority have. Discussions with parents are welcomed, 'Do you know where I can easily get vegan marshmallows?'

MILK IN EYFS AND PRIMARY

Each education setting has a duty of care to make reasonable adjustments for vegan learners in their canteen. If your institution is covered by the Public Sector Equality Duty, you are required to routinely integrate inclusive thinking and equality in everything your institution does.

Animal milk is promoted and supported in school public health

initiatives for children, which do not include any fortified, plant milk alternatives. This means that vegan learners do not benefit from the initiatives, which are designed to increase calcium intake for growing children. Vegan learners often miss out or have to rely on parents to provide their own milk, something that is not always possible for low-income families.

FAIRS AND FÊTES

Ensure vegan options are always available. Not just hot, nutritious food, but also drinks and snacks. For parents/guardians and vegan staff, ensure that alcoholic drinks are vegan and animal-derived products have not been used in the filtration process.

Donkey rides, wild bird shows and petting zoos are not vegan-inclusive, please reconsider these as entertainment.

READING CORNER

To provide representation add some vegan literature to your library. We recommend *Vivi the Supervegan* series as a good place to start, as we also have free *Teaching and Learning Packs* available to support these texts in class. Alternatively, you could ask vegan parents/guardians about their children's favourite books and build a unit around it yourself.



POLICIES

Create inclusive policies and practices, stating (a) the measures you can put in place for vegan learners and staff members, and (b) how you can foster good relationships between vegans and non-vegans.

Striking up a good relationship with your vegan learner and their family will always put you in a good position to be as vegan-inclusive as possible in your everyday practice. Ask questions and be inquisitive. They will understand that you are learning and that mistakes will happen in those first few months. Don't be disheartened. The fact that you are trying will mean the world to them.

Thank you for your continued hard work!



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