



**For Health
For Animals
For Earth**

Veg Pledge

_____ pledges to provide a vegetarian food entrée(s) at all times. The term “vegetarian” refers to an item that is completely free of flesh, fish, fowl, flavorings, bouillions, and their derivatives.

Vegan Pledge

_____ pledges to provide a vegan food entrée(s) at all times. The term “vegan” refers to an item that is completely free of flesh, fish, fowl, eggs, dairy, honey, and their derivatives.

Contact Name: _____

Phone: _____

Address: _____

E-mail: _____

Comments: _____

Yes, we would be happy to display *Veg for Life* flyers in our establishment.
Please send me _____ copies.

Yes, we will display a *Veg for Life* sticker in our window. Please send one to the address above.

Yes, please send me more information on:

_____ Bulk recipes

_____ Food distributors

_____ A list of restaurants that have signed the Veg Pledge to date

_____ Other _____

Please return this form with a copy of the vegetarian or vegan entrée(s) provided at your establishment for possible publication on our website. Or, if you have a web page dedicated to vegetarian/vegan items, we would be happy to link to your web page.

Please fax to 607-583-2041 or mail to:

Farm Sanctuary, P.O. Box 150, Watkins Glen, NY 14891.

Call 607-583-2225 ext. 251 or visit www.vegforlife.org for more information. Thank you!