



Food choices you
can feel good about.

CONTACT US!

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going
vegan



Teach~Inspire~Grow

ABOUT US

We are a nonprofit organization, located in Poland, OH. Our mission is to educate others about the many benefits of living a healthy, vegan lifestyle. We focus on good food that is good for you!

Ignite your health
through smarter
and more
sustainable food
choices.

OUR PROMISE

100% SUPPORT

We can work with you, to help you create or continue a lifestyle that is focused on healthy habits and good food that is good for you. It is through continuing studies and research, that Going Vegan has found the foremost tips, tricks, up-to-date information and advice to help you succeed, no matter where you are on your vegan journey.

100% NUTRITION

A vegan lifestyle provides an array of health benefits. When you adopt a whole food, plant-based lifestyle you can increase the odds that you will:

- Lower risk of prostate, breast & other cancers
- Prevent, even reverse, heart disease
- Prevent & treat diabetes
- Lose weight & have more energy
- Live longer...and much more

"Good nutrition creates health in all areas of our existence." —T. Colin Campbell, PhD, Nutrition Studies

0% REGRET

Going vegan is the best choice, at any age, at any stage of life.

