¡YA BASTA!

Do you want to see a positive change in the world?
Do you want to see a positive change in the world?

Well, here is one way to help stop some of the suffering that’s taking place, and it’s as easy as choosing what you eat!

Go vegan! Choose a diet that reflects who you are: one of compassion, not oppression.

Are you tired of watching our communities suffer due to health-related illnesses, like diabetes? Is your neighborhood full of fast food restaurants? Not a lot of grocery stores and too many liquor stores? This must stop.

Diets that lack fresh fruits and vegetables and include animal products increase your chances of dietary-related diseases. The fast food corporations don’t care about your health, your community, or our planet.

Our communities are just as important as others, and we deserve access to fresh fruits and vegetables free of agricultural chemicals and alternatives to animal products. The way animals are treated and confined so people can eat cheap food involves cruelty that most of us can’t imagine.

¡Y a Basta! to family and friends who are sick from diabetes from the foods they are eating.

¡Y a Basta! to the senseless suffering of animals.

Enough already – let’s protect the animals, our communities, and our health!