

***“The Difference between
Freeganism and Veganism”***

Starlight 9

Module 1e

Alternative Living

First of all, let's look through the definitions of these similar terms.

***Freeganism* is an ideology of limited participation in the conventional economy and minimal consumption of resources, particularly through recovering wasted goods like food. *Freegan* is a person who salvages and consumes food that has been thrown away, especially one who wishes to protect the environment and challenge consumerism via waste reduction.**

***Freeganism* is often presented as synonymous with "dumpster diving" for discarded food, although freegans are distinguished by their association with an anti-consumerist and anti-capitalist ideology.**



Veganism is the practice of abstaining from the use of animal products, particularly in diet, and an associated philosophy that rejects the commodity status of animals. An individual who follows the diet or philosophy is known as a ***vegan***.

Nowadays there are different categories of veganism. ***Dietary vegans***, also known as "strict vegetarians", refrain from consuming meat, eggs, dairy products, and any other animal-derived substances. ***An ethical vegan*** is someone who not only follows a plant-based diet but extends the philosophy into other areas of their lives, opposes the use of animals for any purpose and tries to avoid any cruelty and exploitation of all animals including humans.

Another term is "*environmental veganism*", which refers to the avoidance of animal products on the premise that the industrial farming of animals is environmentally damaging and unsustainable.

"*Veganism* is a philosophy and way of living which seeks to exclude—as far as is possible and practicable—all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of animals, humans and the environment. In dietary terms it denotes the practice of dispensing with all products derived wholly or partly from animals."



VEGAN

Vegans avoid buying animal products as an act of protest against animal exploitation, ***freegans***—at least in theory—avoid buying anything as an act of protest against the food system in general.

Although the term “***Freegan***” originates from the 1999 manifesto “Why Freegan” (Warren Oakes), its origins go back to the Sixties where Diggers, an anarchist street theatre group based in San Francisco in the 1960s, gave away rescued food. Compounded from “free” and “veganism”, Freeganism also draws on the Gandhian idea of non-violent action.

Vegetarianism can be traced to Indus Valley Civilization in 3300–1300 BCE in the Indian subcontinent, particularly in northern and western ancient India. But in use the term “vegetarian” has been since around 1839 to refer to what was previously described as a vegetable regimen or diet.

Freegans believe in an alternative approach to transportation. As part of Freeganism's ecological outlook, *they* try to minimise their use of the conventional motor cars. Wherever possible, **freegans** use using fuel-friendly modes of transport such as biking, walking or skating. Where this is not possible, they use public transportation, train hopping, hitchhiking or car pooling.

Well-planned **vegan** diets follow healthy eating guidelines, and contain all the nutrients that our bodies need. Going **vegan** is a great opportunity to learn more about nutrition and cooking, and improve your diet. Getting your nutrients from plant foods allows more room in your diet for health-promoting options like whole grains, fruit, nuts, seeds and vegetables, which are packed full of beneficial fibre, vitamins and minerals.

SAVE



freegan
kolektiva
ONE OF THE UNFETTERED THREE



FOOD

One of *Freeganism*'s stated aims is to rebuild genuine community and reclaim the capacity to grow one's own food. This provides a more traditional and sustainable alternative to the ecologically-damaging dependence on commercial food production and participation in what is perceived as an exploitative and waste. Urban gardening / guerrilla gardening is another practice adopted by Freegans. It gives us - fresh greens (vs junk food), oxygen-providing trees (vs polluting vehicle fumes), an oasis of green, calm and community (vs brick, concrete and isolation); and a sense of community and interdependency (vs. isolation and selfishness)

Why is meat and dairy so bad for the environment?

The production of meat and other animal products places a heavy burden on the environment - from crops and water required to feed the animals, to the transport and other processes involved from farm to fork. The vast amount of grain feed required for meat production is a significant contributor to deforestation, habitat loss and species extinction. On the other hand, considerably lower quantities of crops and water are required to sustain a vegan diet, making the switch to veganism one of the easiest, most enjoyable and most effective ways to reduce our impact on the environment.



REUSE 
REDUCE
RECYCLE



**If you think of a better future,
must take a pledge to save
Mother Nature**



**Think Green
Not Grey
On Earth Day**

