

World Vegan Month is celebrated worldwide in November every year.

The below is taken from The Vegan Society website:

"November is a big month for The Vegan Society. We are the world's oldest vegan charity, which started in November 1944 when our founding members coined the word 'vegan'. The first World Vegan Day was created to mark the 50th anniversary of the society, held on 1 November 1994. This was later extended to become World Vegan Week and, as we now know it, World Vegan Month."

To learn more about World Vegan Month or The Vegan Society:

<https://www.vegansociety.com/get-involved/world-vegan-month>

How can we support World Vegan Month:

- Commit to one day per week of vegan meals
- Try to eat vegan at lunchtimes
- If ordering a work buffet, make it vegan
- Share your favourite vegan recipe with colleagues
- If baking or buying cakes or biscuits to bring it work, can you make them vegan friendly?

My favourite vegan recipe for Indian red lentil dahl is here:

<https://biancazapatka.com/en/red-lentil-dahl/>

