

Written by Kara Dulai, Communications and Engagement Sustainability Ambassador.



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Let me take you back to 2016, when I was juggling my GCSEs and decided to give Veganuary a shot.

Back then, veganism wasn't the buzzword it is today. Cheese felt like chewing on plastic, and meat substitutes were not appealing. Eating out was difficult. Fast forward eight years, and wow, things have changed, especially here in London. There are apps like 'Happy Cow' that help find vegan restaurants. And it's not just London – vegan restaurants and options are everywhere, in major cities across Europe like Madrid, Paris, and more. Supermarket shelves are also full of vegan options.



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Before going vegan, I was on the fence for a while. The reasons are complex – I was born into a vegetarian family, with most meals lentil or bean-based, and we were generally conscious about animal cruelty. Films like 'Cowspiracy' (released in 2014), which explores the impact of animal agriculture on the environment (climate change, water usage, deforestation), helped me make the leap.

London has become a plant-based wonderland"



Back in the day, being vegan was a unique thing at school. There was this one vegan girl in my year, and everyone knew her as 'the vegan girl.' Veganuary came along, and I thought, "Why not? It's now or never." I figured if I wanted to bail after a month, I could always say, "Hey, it was just for Veganuary!" But surprise, surprise – I stuck with it, and so did the messages from films like 'Cowspiracy.' Now, when I'm eyeing up vegan burgers, I'm spoilt for choice – London has become a plant-based wonderland!

If you're thinking about trying veganism but you're a bit nervous, just take it easy. It's all about making small changes that work for you and Veganuary is a great place to begin."

Being vegan has been a blast. I went from being the annoying 'loud and proud' type to more chill. The variety of vegan options now is mind-blowing, from late-night snack runs to fancy dinner dates. And you know what's even cooler? My journey influenced my family and friends too. They've shifted towards veganism, except my brother, who still enjoys his chicken nuggets and beef burgers but will occasionally opt for a vegan burger. Even some of my old school friends, who used to tease me with their meaty lunches, are now exploring vegan options.

If you're thinking about trying veganism but you're bit nervous, just take it easy. It's all about making small changes and finding what works for you. Veganuary is a great place to begin. And better yet, if you do decide to change your diet, you don't have to go all-in from day one. Start with what feels manageable and keep your favourite non-vegan items if you're not ready to let go.

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There are incredible health benefits to veganism. Not only has it positively impacted my outlook on life, but it's scientifically proven to reduce the risk of chronic diseases. A plant-based diet is rich in antioxidants, fiber, and essential nutrients, promoting heart health and supporting a strong immune system.

It's also one of the single most effective ways to reduce climate change and contribute to the well-being of our planet. Animal agriculture is a leading cause of deforestation, water pollution, and greenhouse gas emissions. By choosing plant-based alternatives, you directly reduce your carbon footprint and help preserve the environment for future generations.

Finally, the journey into veganism is not just about tasty plant-based options in London; it's a holistic lifestyle choice with immense health benefits and positive effects on the planet. So, take the plunge, explore the plant-based wonderland, and join the growing community of individuals making a difference through their food choices.

Kara's role is to promote sustainability through the creation of content and blogs. Check out Kara's new favourite vegan recipe [here](#), this Veganuary.