WHAT'S JEWISH ABOUT VEG?

PLANT-BASED EATING IS ROOTED IN JUDAISM.

You may think of Jewish Food as...

Chicken Soup
Brisket
Bagels & Lox

But the original plan was to eat plants, which is more important today than ever.

Sacred texts & leading rabbis give three reasons:

1. The Torah repeatedly communicates G-d's preference that we eat plants, not animals.

2. Permission to eat meat was a concession to human desire.

3. The Torah forbids us from causing animal suffering.

"It is precisely a plant-based diet that is truly consonant with the most sublime teachings of Judaism & the highest aspirations of our heritage."

- Rabbi David Rosen
  Former Chief Rabbi of Ireland

Get started with plant-based foods at JewishVeg.org/Recipe

Text by JewishVeg - JEWISHVEG.ORG ©Priority Ventures Group 2017 - PRIORITYVISUALS.COM