



# The Vegan Bucket

# List

Here at VegNews, we're professional vegans. We think, write, blog, and brainstorm about the vegan lifestyle all day, every day. In the more than 10 years that we've been at this, we've picked up a few tips on how to make veganism the exciting, compassionate, modern way of life that it should be. Our editors pooled their knowledge, and we're thrilled to bring you our list of 99 absolute must-dos before you retire to that great tofu farm in the sky. Without further ado: [The Vegan Bucket List](#).

1 Swim in the greenhouse pool then dine at the Ravens' Restaurant at the Stanford Inn in Mendocino, Calif.

2 Join the cookie/brownie/fudge-of-the-month club at Allison's Gourmet.



3 Ask your (non-vegan) family or friends to try a vegan meal, day, or week. It's the perfect birthday gift!



4 Hear former cattle rancher-turned-vegan, Howard Lyman, speak.

9 Meet your vegan superhero. Whether it's Gene Baur, John Salley, Kathy Freston, Wayne Pacelle, or Tal Ronnen, go to one of your favorite star's public events and thank them for their work.

10 Accept that your veganism is bigger than you and your circumstances. Don't get bummed about it.

11 Devour a cowvin cookie at Sticky Fingers Bakery in Washington, DC.



16 Design your perfect custom cinnamon roll at Cinnaholic in Berkeley, Calif.



5 Eat a veggie dog from a street cart in Vancouver, BC.



12 Splurge on a beautiful Matt & Nat bag that you can carry with pride for many years to come.



17 Rub a pig's belly at Los Angeles' Animal Acres or New York's Woodstock Farm Animal Sanctuary.



6 Write a letter to a vegan activist who is in prison.



13 Take a VegNews VegVacation to India. Or Thailand. Or...



18 Work with local businesses to add more vegan options to their menus.



7 Visit Portland, Ore.'s vegan mini-mall. Leave with a tattoo, cookie, message t-shirt, and a few snacks for the road.



8 Perfect a signature tofu scramble.



14 Be vegan until 6pm, and then stay vegan until the following day. Repeat.



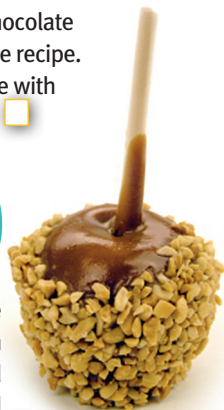
15 Have a pizza bake-off with every vegan cheese to discover your favorite.




19 Veganize your grandmother's favorite chocolate chip cookie recipe. Then share with everyone.





20 Host a cruelty-free Halloween party with caramel apples, spiced (and spiked) apple cider, and pumpkin carving.



Dine at Candle 79 in New York and Millennium in San Francisco, not on the same night. Go with people whom you truly adore, and feast on appetizers, salads, entrées, drinks, and desserts (multiples of each). Share everything so you get to taste it all! 

22


Become a vegan myth-busting machine—even if you never need to bust vegan myths. 

Attempt to work out as hard as Brendan Brazier, **Kenneth Williams**, Tonya Kay, Robert Cheeke, or Scott Jurek. 

23




24

Read *The Face on Your Plate* when you need a little extra information about animals and why they are too amazing to eat. 

25




Order a Vegan Treats' Peanut Butter Bomb cake to celebrate your birthday. 


Give fun vegan gifts such as cookbooks, baked goods, Vegan Etsy jewelry, and wine every chance you get. 



26

Take a vegan tour of Los Angeles, stopping at Eko Zone, Pure Luck, Shojin, Real Food Daily, Native Foods Café, and Veggie Grill, to start. 


27


Sail the Caribbean, practice morning yoga, and visit exciting ports of call on the all-vegan Holistic Holiday at Sea. 

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Try vegan ethnic food, such as Filipino, Korean, or Sri Lankan. 


Inspire at least one person to become vegan. 

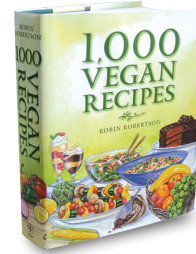
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Trek to Toronto in September for the annual Vegetarian Food Fair. 

32


Devour the Portobello Stack with red potatoes and cauliflower mash at Sublime in Ft. Lauderdale. 



Purchase *1,000 Vegan Recipes* by Robin Robertson and never have to buy another vegan cookbook again. 

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Volunteer for Food Not Bombs. It doesn't get much better than providing hungry people with free vegan food. 

35




Make the VegNews Mac & Cheese. It changes lives. 


36

Hold a Vegan Bake Sale for your favorite animal charity. 

37

Grab the 'D's BBQ Joint wrap at Seattle's Hillside Quickie and have a picnic at nearby Volunteer Park. 


38

Don't judge meat-eaters. They'll just stop listening to you. 



Eat kale daily. 

39

Join Twitter and Facebook, follow or friend a bunch of your non-vegan acquaintances, and send along great recipes, videos of cute farm animals, and timely vegan news. 

40



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41

Attend the North American Vegetarian Society's Vegetarian Summerfest conference.



Help the environment by opting for a bicycle or running shoes over a car.

43

Savor the four-course open-to-the-public Friday night dinner at NYC's Natural Gourmet Institute.

44



Remind your non-vegan loved ones that if it's good enough for President Clinton, it's good enough for them.

45

Cook an entirely vegan holiday dinner for your friends and family.



46

Start a balcony herb garden.

47

Visit MooShoes in The Big Apple and purchase a truly fabulous pair of vegan footwear, then march in the annual Veggie Pride Parade.

Order a custom-made birthday cake from San Francisco's MaggieMudd ice cream shop.

48



FORKS OVER KNIVES



49

Rekindle your childhood love of PB&J.   
(see p98 for additional inspiration)

Create something that helps humans feel compassion for animals: a video game, children's book, 'zine, novel, movie, or blog will do!

50

51

Vacation at the all-vegan The Lodge in Grenada.

Get caught up on your veg-friendly reads by joining the VegNews Book Club.



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Eat at both the Native Bowl and Homegrown Smoker vegan food carts in Portland, Ore.

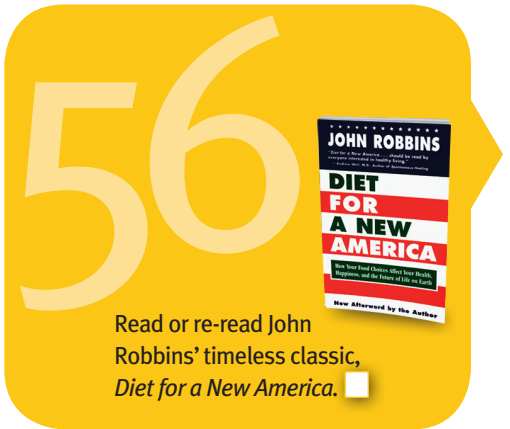
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Donate all your non-vegan clothes to charity.



Try Chicago Soydairy's mozzarella sticks. Recover blown mind.

55



Read or re-read John Robbins' timeless classic, *Diet for a New America*.

57

Go on a Vegas-style bender at Ronald's Donuts. Bring on the bear claws, old-fashioned, and chocolate-dipped doughnuts!

Adopt a turkey in November, then savor Native Foods Café's Wellington for Thanksgiving.

58

59

Host movie nights and show *Bold Native*, *Forks Over Knives*, and *Babe*.

Attend a volunteer night at the PETA headquarters in Norfolk, Va.

60





65

73 Write a well-thought-out letter to the editor promoting veganism.

Have your vitamin D and B12 levels tested.



Eat a huge vegan sundae at Lula's Sweet Apothecary in New York City.

66 Spend an afternoon handing out Vegan Outreach's "Why Vegan?" brochures.



Attend the Texas State Veggie Fair, then head to Spiral Diner for amazing vegan eats, deep in the heart of Texas.



Start a Vegan Drinks meet-up in your hometown and get to know your local vegans, boozily.

Demolish the garlic fries at San Francisco's AT&T Park. Brush teeth.



62

Make your own seitan sausages, in every flavor you can imagine.

Send a vegan care package.



68

Spend a week at The Gentle Gourmet vegan B&B in Paris.



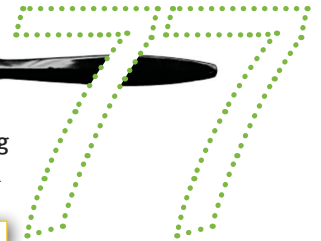
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Read *Eating Animals* by Jonathan Safran Foer.

Memorize five quick comebacks to the question "Where do you get your protein?"



Take a cooking class at Spork Foods in West Hollywood.

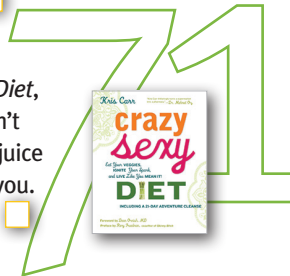


78 Attend a Farm Sanctuary Hoe Down, then book a few extra nights at the sanctuary's B&B.



Become a vegan hostess extraordinaire by throwing holiday parties, brunches, bonfires, barbecues, fondue nights, and so on.

Read *Crazy Sexy Diet*, and see if you don't turn into a green-juice drinker. We dare you.

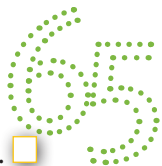


Own at least one cookbook by Isa Chandra Moskowitz, Colleen Patrick-Goudreau, and Ani Phyo.

Visit the Chicago Diner and feast on the tempeh Reuben, mashed potatoes, and cookie dough peanut butter milkshake.



Take a Wanderbird Cruise to Alaska or the Caribbean.



Devour soft-serve ice cream from New England's Like No Udder, the world's first vegan ice cream truck.





81

Find a vegan restaurant in every city you visit, no matter how remote!

89

Donate money to your favorite animal charities.

96

Study T. Colin Campbell's *The China Study* as if your life depended on it.

82 Study the history of the women's, civil rights', gay rights', or any other social-justice movement that has bettered the lives of beings who were once treated as property. Learn from them!

90

Try Justin's Chocolate Hazelnut Butter. Then try not to put it on every single thing you eat.

97

Make your own dim sum! It's stupendously satisfying, not to mention delicious.



Volunteer to muck out stalls at the Catskill Animal Sanctuary or Animal Place.



91

Watch *Earthlings* at least once. Then, if you feel yourself getting burned out or losing your drive for veganism, watch it again.

83

98



Stay at the Vegetarian Country House Hotel in England's Lake District.

Pen your own vegan manifesto. Keep it in a place that's easy to see, just in case you need a little reminder.

99

84

Eat beignets and the chocolate soufflé at Madeleine Bistro in Los Angeles.

Attend (or, even better yet, have!) a vegan wedding.

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93

Read every issue of VegNews ever published.

85

Write to Food Network and request more vegan content.

Journey to the Genesis Awards. It's swanky, fun, and you can actually see a difference being made—not to mention rub elbows with fancy Hollywood types.

94

86

Make soup in five minutes flat using a Vita-Mix blender.



Admire the work of your favorite vegan artist. (Don't have one yet? Check out Gretchen Ryan, Peter Max, or Sunaura Taylor.)

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Your ideas here:

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What's on your bucket list?

Let us know on Twitter #veganbucketlist, on Facebook, or email us at [veganbucketlist@vegnews.com](mailto:veganbucketlist@vegnews.com).

87

Rescue a companion animal.

88

Keep warm in a winter coat from Vaute Couture.

