

Veganism: Race, Politics, & Equality February 2012 Twitter Chat transcript








Wednesday, February 29 @ 6pm PST/9pm PST

VegNews editors and our panel of experts discussed race, politics, equality (and more) that our movement is facing today.

Special Guests: Patrick Kwan ([@PatrickKwan](#)), Amie Breeze Harper ([@sistahvegan](#)), and Terry Hope Romero ([@terryhope](#)).

OFFICIAL TRANSCRIPT

(beginning of chat starts at the end)

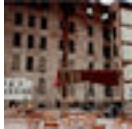
-  [about 12 hours ago @OlliesPlace](#) I was participating in the [#VegNewsChat](#) on Veganism, Race, and Equality. Big subject, hard to discuss in just 140 characters!
-  [about 13 hours ago RT @VegNews:](#) YUM! RT [@PatrickKwan:](#) [#VegNewsChat](#) Q5 - In Chinatown NYC, you can get three big blocks of fresh, made-that-morning tofu for \$1. [#vegnewschat](#)
-  [about 13 hours ago @Miloni2020](#) I'm vegan, and have set foot in Whole Foods *once*. There are other options. [#vegnewschat](#)
-  [about 13 hours ago](#) Anyone else still around? If you have questions about deep critique of race, veganism, and whiteness, feel free to contact me. [#vegnewschat](#)
-  [about 14 hours ago RT @cherrycobbler:](#) “[@VegNews](#): Q1: Why did you go vegan? [#vegnewschat](#)” for the animals!
-  [about 14 hours ago RT @sistahvegan:](#) Um, seriously, did any1 else realize that deep critiques of race and whiteness were ignored? ttyl. [#vegnewschat](#)
-  [about 14 hours ago RT @sistahvegan:](#) correction: [#vegnewschat](#)



- [about 14 hours ago @sistahvegan](#) I think that when people hear the word privileged they think rich, not "has access to clean water and medicine." [#vegnewschat](#)



- [about 14 hours ago @VegNews](#): Q1: Why did you go vegan? [#vegnewschat](#) for the animals!



- [about 14 hours ago @PatrickKwan @sistahvegan](#) yeah, you two did well in critiquing the questions, but only so much from ultimately a lifestyle mag. [#VegNewsChat](#)



- [about 14 hours ago @sistahvegan](#) Hard to do so in 140 characters, but at least we tried, somewhat? :) [#vegnewschat](#)



- [about 14 hours ago](#) Um, seriously, did any1 else realize that deep critiques of race and whiteness were ignored? ttyl. [#vegnewschat](#)



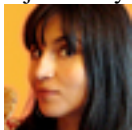
- [about 14 hours ago](#) Goodnight! Thanks, [@VegNews](#) and [@terryhope @sistahvegan @patrickkwan](#) ! [#vegnewschat](#)



- [about 14 hours ago @VegNews](#) A7: Two of my faves that embody positivity: [@choosingraw @vegbooks](#) [#vegnewschat](#)



- [about 15 hours ago @benjamin2971](#) I know the intention of the VegNews chat is well-meaning, but it has been hijacked by normative whiteness. [#vegnewschat](#)



- [about 15 hours ago](#) Good night everybody [#vegnewschat](#)

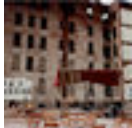
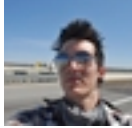


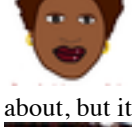
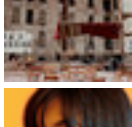
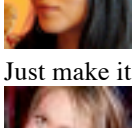
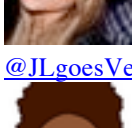
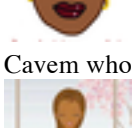
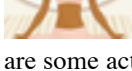



- [about 15 hours ago](#) We want to thank [@sistahvegan @PatrickKwan @terryhope](#) for joining us for this discussion! We're out of time. Good night! [#vegnewschat](#)



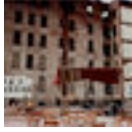
- [about 15 hours ago @VegNews](#) Q7: Queen Afua, Supa Nova Slom, Ietef Vita, Lauren Ornelas, Angela Davis, and Angela P. Harris. [#vegnewschat](#)



-  [about 15 hours ago](#) RT [@VegNews](#): Q4: What are the best ways to educate on veganism and the vegan movement (food, legislation, outreach)? [#vegnewschat](#)
-  [about 15 hours ago](#) [@sistahvegan](#) agreed - the question "where are the POCs?" only makes sense when you start with a white racial frame [#VegNewsChat](#)
-  [about 15 hours ago](#) [@VegNews](#) the ultra-positive [@patrickgoudreau](#) [#vegnewschat](#)
-  [about 15 hours ago](#) [@sistahvegan](#) And this goes back to my point that most in the USA are lacking a critical race literacy for the 21st century. [#vegnewschat](#)
-  [about 15 hours ago](#) what if veganism wasn't "normal?" that is, if it *wasn't* ok with no challenge to consumerism, white supremacy, etc.? [#VegNewsChat](#)
-  [about 15 hours ago](#) [@benjamin2971](#) And this white midclass ontological framing of veganism is what this chat is about, but it is going unmarked. [#vegnewschat](#)
-  [about 15 hours ago](#) [@sistahvegan](#) agreed - probably more than two. :) [#VegNewsChat](#)
-  [about 15 hours ago](#) Q6: Funny to think vegan is both associated w/ celebrities & not getting enough nutrition. Just make it a normal way of life. [#vegnewschat](#)
-  [about 15 hours ago](#) Definitely [@PatrickGoudreau](#) [@choosingraw](#) [@MercyForAnimals](#) [@MFSanctuary](#) [@JLgoesVegan](#) They're rock star activists! :) [#vegnewschat](#)
-  [about 15 hours ago](#) [@PatrickKwan](#) Yes. I see this in activists like Hip Hop vegans Supa Nova Slom and DJ Cavem who use hip hop to promote veganism. [#vegnewschat](#)
-  [about 15 hours ago](#) RT [@VegNews](#): We have 10 minutes left in our chat! Our guest experts & readers, Q7: Who are some activists that inspire you? [#vegnewschat](#)



- [about 15 hours ago](#) Think of it this way: we understand in order for ecosystems to thrive, a diversity of organisms is needed. Same for movements. [#VegNewsChat](#)



- [about 15 hours ago](#) [@sistahvegan](#) right. veganism as a "choice" or in terms of "education" and "privilege" is a white racial frame [#VegNewsChat](#)



- [about 15 hours ago](#) [@benjamin2971](#) Q5. I feel like there are two different perspectives occurring as we all try to TALK about race and privilege. u? [#vegnewschat](#)



- [about 15 hours ago](#) [@VegNews](#) Q7: Jane Goodall she does so much to save the environment and does not show signs of slowing down. [#VegNewsChat](#)



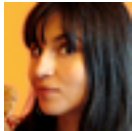
- [about 15 hours ago](#) There are "-isms" in every community, issue is whether we are working actively to confront it [#VegNewsChat](#) [#vegnewschat](#)



- [about 15 hours ago](#) [@VegNews](#) I feel many vegan commodities&their chain of production rely on 1st world privileged position of USA relying on NAFTA. [#vegnewschat](#)



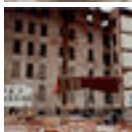
- [about 15 hours ago](#) Let's help our movement thrive by building diversity, ensuring wide spectrums of ideas, connections, strategies, approaches etc [#VegNewsChat](#)



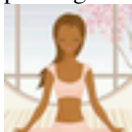
- [about 15 hours ago](#) Q6: Making vegan mainstream will help make it more normal and become accessible to everyone of all backgrounds [#vegnewschat](#)



- [about 15 hours ago](#) [#vegnewschat](#) If and when the dollar busts, people may be economically forced to eat vegan.



- [about 15 hours ago](#) the question is not about expense; but the subjective meaning of dietary choices, calling it privilege is white privilege. [#VegNewsChat](#)



- [about 15 hours ago](#) [@VegNews](#) Q6. Absolutely! [#vegnewschat](#)



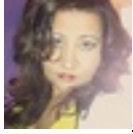
- [about 15 hours ago](#) We have 10 minutes left in our chat! Our guest experts & readers, Q7: Who are some activists that inspire you? [#vegnewschat](#)



- [about 15 hours ago](#) [@LindzNikkiB](#) But which "people"? I am thinking about those who don't have access to produce and live in food deserts. [#vegnewschat](#)



- [about 15 hours ago](#) RT [@VegNews](#): Q6: Do you think the mainstreaming of veganism has helped people realize it's not a diet of privilege? [#vegnewschat](#)



- [about 15 hours ago](#) NO but it is much more expensive. whole foods is \$\$RT [@VegNews](#) Q5: Do you believe veganism is perceived as a diet of privilege? [#vegnewschat](#)



- [about 15 hours ago](#) [@terryhope](#) Hello. Sorry Fabe's is joining the tail end of the [#VegNewsChat](#) -there are studies out now that show the US is eating less meat.



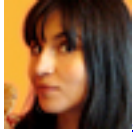
- [about 15 hours ago](#) Very cool! RT [@terryhope](#): Q3: Just wanted to add, 1st veg restaurant I saw not in suburbs of U.S., but Latin America in 80s [#vegnewschat](#)



- [about 15 hours ago](#) [@VegNews](#) A6: Not really, I think most of the vegans people hear about are still celebrities. [#vegnewschat](#)



- [about 15 hours ago](#) [@VegNews](#) Definitely. People are starting to see how vegetables and legumes can become a meal...and how accessible it can be! [#vegnewschat](#)



- [about 15 hours ago](#) Q3: Just wanted to add, 1st veg restaurant I saw not in suburbs of U.S., but Latin America in 80's [#vegnewschat](#)



- [about 15 hours ago](#) [@gretchensgreens](#) I am also thinking that choice is a privilege in the USA, when it comes to food and access, vegan or not. [#vegnewschat](#)



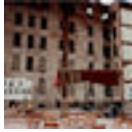
- [about 15 hours ago](#) RT [@PatrickKwan](#): [#VegNewsChat](#) Q5 - Some perceive veg as "privileged" cuz it's roped in w/ organic, natural foods. Truth is it's often cheaper. [#vegnewschat](#)



- [about 15 hours ago @VegNews](#) A5: Yes, I run across the idea a lot. [#vegnewschat](#)



- [about 15 hours ago](#) RT “[@work4veggies](#): [@VegNews](#) A5: people don't realize veggies are actually very cheap, even organic ones (in season) [#vegnewschat](#)”



- [about 15 hours ago](#) it's also insulting to people of color to suggest whites are privileged to be more ethical in contrast to POC's "everyday life" [#VegNewsChat](#)



- [about 15 hours ago @VegNews](#) It can be costly if you purchase a lot of faux products. But if you stick to the basics, it's very cost effective! [#vegnewschat](#)



- [about 15 hours ago @VegNews](#) Q5 Yes!Hear all the time that "fancy"vegan food is too pricey.Crazy that ppl believe veggies&tofu cost more than meat [#vegnewschat](#)



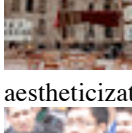
- [about 15 hours ago](#) YUM! RT [@PatrickKwan](#): [#VegNewsChat](#) Q5 - In Chinatown NYC, you can get three big blocks of fresh, made-that-morning tofu for \$1. [#vegnewschat](#)



- [about 15 hours ago](#) Q6: Do you think the mainstreaming of veganism has helped people realize it's not a diet of privilege? [#vegnewschat](#)



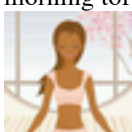
- [about 15 hours ago](#) the question of the privilege of the vegan diet isn't about expense it's about the aestheticization of diet. [#VegNewsChat](#)



- [about 15 hours ago #VegNewsChat](#) Q5 - In Chinatown NYC, you can get three big blocks of fresh, made-that-morning tofu for \$1. [#vegnewschat](#)






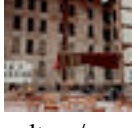
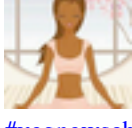

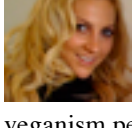
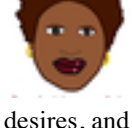


- [about 15 hours ago @VegNews](#) Q5.yes to those who do not understand reasons behind veganism see it that way. Some argue vegans are also elitist [#vegnewschat](#)



- [about 15 hours ago @benjamin2971](#) u must explain more. I know, hard on limited characters. :-) [#vegnewschat](#)



- [about 15 hours ago](#) RT [@terryhope](#): Q3: It can be hard to see in the US, but interest in the veg movement is growing over the world [#vegnewschat](#)

- [about 15 hours ago](#) [@VegNews](#) It is a diet of privilege, and we are lucky to have the luxury to choose to eat ethically. [#vegnewschat](#)

- [about 15 hours ago](#) RT [@sam_metal](#): [@VegNews](#) lead by example! nothing inspires more than radiating positivity. [#vegnewschat](#)

- [about 15 hours ago](#) [#VegNewsChat](#) Q5 - especially when dining out - veg lo mein is cheaper than chikn. veg burrito, falafels, etc are always cheaper [#vegnewschat](#)

- [about 15 hours ago](#) Q5: Unfortunately it can happen. That's when it's important to showcase the real costs of meat vs. plant foods. [#vegnewschat](#)

- [about 15 hours ago](#) [#VegNewsChat](#) Q5 - Some perceive veg as "privileged" cuz it's roped in w/ organic, natural foods. Truth is it's often cheaper. [#vegnewschat](#)

- [about 15 hours ago](#) [@sistahvegan](#) how can any anti-essentialist theory about race rely on a conflation of culture/race/diet? [#VegNewsChat](#)

- [about 15 hours ago](#) RT [@VegNews](#): Q5: Do you believe veganism is perceived as a diet of privilege? [#vegnewschat](#)

- [about 15 hours ago](#) [@VegNews](#) A5: Yes a privilege even though people don't realize veggies are actually very cheap, even organic ones (in season) [#vegnewschat](#)

- [about 15 hours ago](#) No way! Many articles & campaigns promote \$5 vegan meals RT “[@VegNews](#): Q5: Is veganism perceived as a diet of privilege? [#vegnewschat](#)”

- [about 15 hours ago](#) [@VegNews](#) decolonial? Critically reflecting on how colonialism shapes consciousness, desires, and trying to erase that 'damage' [#vegnewschat](#)



- [about 15 hours ago](#) Absolutely...the diet is a luxury in many parts of the world considering all the options available here [#vegnewschat](#)



- [about 15 hours ago](#) [@VegNews](#) [#VegNewsChat](#) show ppl painful diseases & death lol. ppl think veganism is for snobs ironically



- [about 15 hours ago](#) RT [@sam_metal](#): [@VegNews](#) lead by example! nothing inspires more than radiating positivity. [#vegnewschat](#)



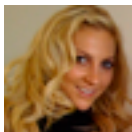
- [about 15 hours ago](#) Q5: Do you believe veganism is perceived as a diet of privilege? [#vegnewschat](#)



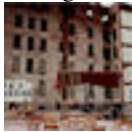
- [about 15 hours ago](#) We can start with accessibility, at [@HumaneSociety/@HSIglobal](#), we make content in Chinese, Spanish, Portuguese, French [#VegNewsChat](#)



- [about 15 hours ago](#) [@benjamin2971](#) Explain how CRT problematizes this. [#vegnewschat](#)



- [about 15 hours ago](#) I the [@PETA](#) Lettuce Ladies! RT "[@VegNews](#): Q4: What are the best ways to educate on veganism & the vegan movement? [#vegnewschat](#)"



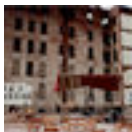
- [about 15 hours ago](#) [@sistahvegan](#) what about, ex., sea shepherd's blatantly imperialist and racist vegan campaigns? is veganism sometimes colonial? [#VegNewsChat](#)



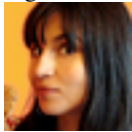
- [about 15 hours ago](#) [@sistahvegan](#) Q4 Yes, passion about whatever method you choose but w/mindfulness how [un]privileges/social location shape it. [#vegnewschat](#)



- [about 15 hours ago](#) [@sistahvegan](#) Could you expand on decolonial theorizing? Thanks! [#vegnewschat](#)



- [about 15 hours ago](#) [@sistahvegan](#) agreed, but CRT problematizes "the black body" in ways that make it hard to argue about a decolonized diet, no? [#VegNewsChat](#)



- [about 15 hours ago](#) Ah, thanks [@PatrickKwan](#) ! There's lots to do indeed! [#vegnewschat](#)



- [about 15 hours ago @VegNews](#) Q4. For me, i focus on using racism as a starting point, show veganism as anti-racist through decolonial theorizing. [#vegnewschat](#)



- [about 15 hours ago](#) Ha. [@TerryHope](#) answered [#VegNewsChat](#) Q4 much more eloquently than I did. What she said!!! :) [#vegnewschat](#)



- [about 15 hours ago #VegNewsChat](#) Q4 - I think it's important for folks to follow their passion + utilize their expertise. Lots of work to do! [#vegnewschat](#)



- [about 15 hours ago @VegNews](#) A4: I def think food is the number 1 way, but also outreach: leafletting/writing letters to newspapers. Info is power [#vegnewschat](#)



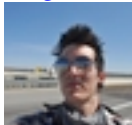
- [about 15 hours ago](#) Q4: Whatever you do best: cooking, speaking, writing, talking, doing. Do what you can and love doing it, or you'll burn out [#vegnewschat](#)



- [about 15 hours ago](#) RT [@VegNews](#): Q4: What are the best ways to educate on veganism and the vegan movement (food, legislation, outreach)? [#vegnewschat](#)



- [about 15 hours ago @benjamin2971](#) critrace could question how blacks are 'animalized' within colonial logic [#vegnewschat](#)



- [about 15 hours ago @VegNews](#) lead by example! nothing inspires more than radiating positivity. [#vegnewschat](#)



- [about 15 hours ago](#) Q4: What are the best ways to educate on veganism and the vegan movement (food, legislation, outreach)? [#vegnewschat](#)



- [about 15 hours ago .@sistahvegan](#) Thus the "we" - we the movement? we the grassroots? we the leadership? we the veg media? All? [#VegNewsChat](#) [#vegnewschat](#)



- [about 15 hours ago @benjamin2971](#) It does not really do it YET. I and a few others like Angela P. Harris are making the critical cross connections. [#vegnewschat](#)



- [about 15 hours ago](#) [@PatrickKwan](#) Q3 Who is "we"? [#vegnewschat](#)



- [about 15 hours ago](#) [@VegNews](#) Q3 is complex to answer when most people don't understand all facets of race: racial formation, racialization, etc. [#vegnewschat](#)



- [about 15 hours ago](#) [.@sistahvegan](#) how does critical race theory inform ideas about the black body in relation to veganism? [#VegNewsChat](#)



- [about 15 hours ago](#) Also need to ask: What are "we" doing to build diversity, outreach to communities + mobilize leadership? [#VegNewsChat](#) [#vegnewschat](#)



- [about 15 hours ago](#) [@PatrickKwan](#) Q3: Good question. Maybe there is not enough media covering these groups? Not enough support? [#vegnewschat](#)



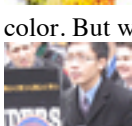
- [about 15 hours ago](#) [@PatrickKwan](#) [@vegnewschat](#) I feel most people in the usa mainstream do not have a critical race literacy 4 the 21st century. [#vegnewschat](#)



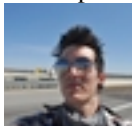
- [about 15 hours ago](#) Good point! MT [@sistahvegan](#) movements representation in the media mainstream is affected by racialized hierarchies of power. [#vegnewschat](#)



- [about 15 hours ago](#) Good Q! MT [@PatrickKwan](#) Polls show support for animal protection in communities of color. But why isn't movement more diverse? [#vegnewschat](#)



- [about 15 hours ago](#) Polls find 87% Hispanics, 84% African Americans more likely to find using downed animals unacceptable <http://t.co/MGOqrR6y> [#VegNewsChat](#)



- [about 15 hours ago](#) [@VegNews](#) It depends. In SF, probably not. In Louisville, absolutely. [#vegnewschat](#)



- [about 15 hours ago](#) 86% Hispanics, 87% African Americans agree farms be inspected to ensure animal welfare laws are followed <http://t.co/Vu11jFkJ> [#VegNewsChat](#)



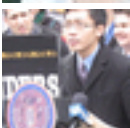
- [about 15 hours ago @Vegan15](#) the movement's representation in the media mainstream is affected by racialized hierarchies of power. [#vegnewschat](#)



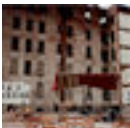
- [about 15 hours ago @VegNews](#) 6 years later, I still do. [#vegnewschat](#)



- [about 15 hours ago @VegNews](#) A3: Nope, based on reading [@brownvegan](#)'s great blog! [#vegnewschat](#)



- [about 15 hours ago](#) Polls show great support for animal protection in communities of color. But why isn't movement more diverse? [#VegNewsChat](#) [#vegnewschat](#)



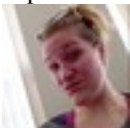
- [about 15 hours ago](#) yes. the question of "racial disparities" is about a misguided notion of color-blindness as the solution to racism. [#VegNewsChat](#)



- [about 15 hours ago](#) Q3: It can be hard to see in the US, but interest in the veg movement is growing over the world [#vegnewschat](#)



- [about 15 hours ago @Vegan15](#) Q3. Question is too vague. the vegan experience is 'racialized' just like most experiences in the USA. [#vegnewschat](#)



- [about 15 hours ago @VegNews](#) right away mom started cooking vegan & buying vegan cookbooks. Dad was a meat cutter, but supported me wholly. [#VegNewsChat](#)



- [about 15 hours ago @VegNews](#) I also wrote one for [@VegNews](#) years ago of how I went vegan, but I don't think it's online! [#vegnewschat](#)



- [about 15 hours ago](#) There are plenty of veg folks of all backgrounds, globally + in US, who are not part of the veg movement per se [#VegNewsChat](#) Q3 [#vegnewschat](#)



- [about 15 hours ago](#) MT [@sistahvegan](#): why vegan? seems to fit my black feminism, anti-racism. Anti-Speciesism extends my decolonial consciousness. [#vegnewschat](#)



- [about 15 hours ago](#) [@sistahvegan](#) Q2. Dad told me our town chicken factories were "concentration camps 4 chickens" when I was 9.He planted the seed. [#vegnewschat](#)



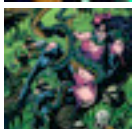
- [about 15 hours ago](#) Must-read this! MT [@PatrickKwan](#): Q2 - Wrote a piece for Animals Agenda re: my experience going veg <http://t.co/a37Y3kbi> [#vegnewschat](#)



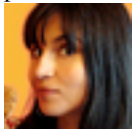
- [about 15 hours ago](#) I'd like to emphasize that there's veganism + there's the vegan movement [#VegNewsChat](#) Q3 [#vegnewschat](#)



- [about 15 hours ago](#) [@VegNews](#) [#VegNewsChat](#) not really depends on the location



- [about 15 hours ago](#) [@VegNews](#) Q2 Yes. Especially because I just had a baby, even more focus on getting enough protein and vitamins from the family [#vegnewschat](#)



- [about 15 hours ago](#) [@LindzNikkiB](#) Some family still tries to offer meat. Keeps me young by making me feel 16 all over again during holidays! [#vegnewschat](#)



- [about 15 hours ago](#) RT [@VegNews](#): Q3: Do you think there is a racial disparity in veganism? [#vegnewschat](#)



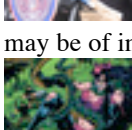
- [about 15 hours ago](#) RT [@VegNews](#): Q3: Do you think there is a racial disparity in veganism? [#vegnewschat](#)



- [about 15 hours ago](#) Q3: Do you think there is a racial disparity in veganism? [#vegnewschat](#)



- [about 15 hours ago](#) [#VegNewsChat](#) Q2 - I wrote a piece for Animals' Agenda re: my experience going veg that may be of interest <http://t.co/F7SPzzYw> [#vegnewschat](#)



- [about 15 hours ago](#) [@VegNews](#) Q1 I am an environmentalist and buddhist, realized it was one of the best things I could do for the earth and health [#vegnewschat](#)



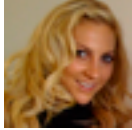
- [about 15 hours ago](#) Fantastic! MT [@terryhope](#) Q2: Family thought I'd starve or become weak willed. Not much support, but now they want to be veg. [#vegnewschat](#)



- [about 15 hours ago @VegNews #vegnewschat](#) No one has gave me a hard time about it but I live in Portland Oregon which is very vegan friendly. Also vegan family



- [about 15 hours ago](#) RT [@sistahvegan](#): why vegan? seems to fit my blk feminism, anti-racism. Anti-Speciesism extends my decolonial consciousness. [#vegnewschat](#)



- [about 15 hours ago](#) 2 yrs & mom still thinks I'm crazy. It's ok, the feeling's mutual :) RT “[@VegNews](#): Q2:Did u have any push back from ur family? [#vegnewschat](#)”



- [about 15 hours ago](#) how do you theorize "the black body" in relation to veganism and decolonization without relying on essentialism? [@sistahvegan #VegNewsChat](#)



- [about 15 hours ago](#) LOVE IT! MT sistahvegan Q2: Was supported. Father, though omnivore, told me that life for "food" animals is hell on earth. [#vegnewschat](#)



- [about 15 hours ago @VegNews #vegnewschat](#) for my health and fitness.



- [about 15 hours ago](#) Q2: Of course! Family thought I'd starve or become weak willed. Not much support, but they got over it! Now they want to be veg [#vegnewschat](#)



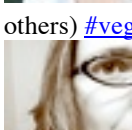
- [about 15 hours ago @VegNews #VegNewsChat](#) no



- [about 15 hours ago](#) Q2: Was supported. Father, though omnivore, told me that life for "food" animals is hell on earth, so he understood my logic. [#vegnewschat](#)



- [about 15 hours ago @VegNews](#) Was vegetarian & then my daughter was diagnosed with egg & milk allergies (+ others) [#vegnewschat](#)



- [about 15 hours ago @VegNews](#) Q2: day 1! Went to buy a vegan cookbk at the store and the salesman made a snarky comment. [#vegnewschat](#)



- [about 15 hours ago #VegNewsChat](#) Q2 - That said, growing up in a Chinese, Buddhist family in Chinatown NYC, I grew up with soymilk, tofu, seitan [#vegnewschat](#)



- [about 15 hours ago #vegnewschat](#) My community is health conscious, my mother raised me [#veg](#), and I work at a [#vegan](#) lifestyle center. <http://t.co/tyn0UsEZ>



- [about 15 hours ago](#) RT [@VegNews](#): Q2: When you went vegan, did you have any push back from your family and/or community? [#vegnewschat](#)



- [about 15 hours ago](#) Because I finally took responsibility & found out where meat really comes from [#CAFOs](#) RT ["@VegNews](#): Q1: Why did you go vegan? [#vegnewschat](#)"



- [about 15 hours ago @VegNews](#) my boyfriend's first complaint was "we're never going to be able to go out to eat!" now he knows he was wrong :) [#vegnewschat](#)



- [about 15 hours ago](#) My family was so supportive. I was recovering from an ED at the time so they were down for anything that would help me! [#vegnewschat](#)



- [about 15 hours ago #VegNewsChat](#) Q2 - everyone says going veg is hard for them. I think I have a harder time than most - my parents were chefs. [#vegnewschat](#)



- [about 15 hours ago @VegNews](#) want to go more plant-based diet for health reasons too! [#vegnewschat](#)



- [about 15 hours ago](#) Q2: When you went vegan, did you have any push back from your family and/or community? [#vegnewschat](#)



- [about 15 hours ago @VegNews](#) I went vegetarian after reading Diet for a New America and went fully vegan thanks to podcasts from [@PatrickGoudreau](#) [#vegnewschat](#)



- [about 15 hours ago](#) We love all these reasons of why our panelists and readers went vegan! [#vegnewschat](#)



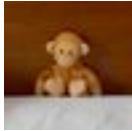
- [about 15 hours ago](#) “[@theloveofkale](#): Q1: I went vegan because I wanted to fuel my body in the best way possible...but I stay vegan for the animals [#vegnewschat](#)”



- [about 15 hours ago](#) [#vegnewschat](#) bc I have a lot.of food allergies



- [about 15 hours ago](#) Q1: I went vegan because I wanted to fuel my body in the best way possible...but I stay vegan for the animals [#vegnewschat](#)



- [about 15 hours ago](#) [@VegNews](#) Monk go [#vegan](#) cause of Darwinian evolutionary principles directly impacting his psyche [#vegnewschat](#)



- [about 15 hours ago](#) [@VegNews](#) I went vegan because of a video of farmers beating the animals. Made me sick. 4.5 yrs later, still loving it. [#VegNewsChat](#)



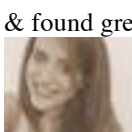
- [about 15 hours ago](#) [@VegNews](#) my second reason would be that it only seems to fit into an extension of black feminism & anti-racism activism 4 me [#vegnewschat](#)



- [about 15 hours ago](#) [#VegNewsChat](#) - I went vegan for animals. Like Isaac Singer said, went veg to disagree w/ the horrible treatmeant of animals. [#vegnewschat](#)



- [about 15 hours ago](#) Q1: Vegetarian at 16, vegan later seemed like a natural progression. Also meet more vegans & found great vegan food in NYC [#vegnewschat](#)



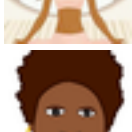
- [about 15 hours ago](#) [@VegNews](#) [#vegnewschat](#) Finally woke up. Realized being veg didn't cut it.



- [about 15 hours ago](#) [#vegnewschat](#). My [#vegan](#) evolution was for my body, mind, and spirit. <http://t.co/dcaaV9Ev>



- [about 15 hours ago](#) RT [@VegNews](#): Q1: Why did you go vegan? [#vegnewschat](#)



- [about 15 hours ago](#) [@VegNews](#) Saw it through the eyes of vegan activist Queen Afua to decolonize the black body and reclaim a diet of love . [#vegnewschat](#)



- [about 15 hours ago](#) Hi Patrick! [#vegnewschat](#)



- [about 15 hours ago](#) I participated in a 2005 Satya mag article on race + the animal movement, glad to join [#VegNewsChat](#) to continue convo! <http://t.co/sn6NbK1L>



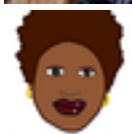
- [about 15 hours ago](#) Hello Breeze! [#vegnewschat](#)



- [about 15 hours ago](#) Q1: Why did you go vegan? [#vegnewschat](#)



- [about 15 hours ago](#) Joined! [#VegNewsChat](#)



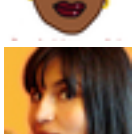
- [about 15 hours ago](#) Breeze Harper here. [#vegnewschat](#)



- [about 15 hours ago](#) Tonight, we'll be talking about Veganism: Race, Politics, & Equality with [@PatrickKwan](#) [@sistahvegan](#) [@terryhope](#). Join us! [#vegnewschat](#)



- [about 15 hours ago](#) correction: [#vegnewschat](#)



- [about 16 hours ago](#) Hello world: testing out tonight's [#VegNewsChat](#) w/ [@PatrickKwan](#) [@sistahvegan](#) , so 'scuse the torrent of tweets to follow [#vegnewschat](#)



- [about 16 hours ago](#) [@PatrickKwan](#) Welcome Patrick! He works as the New York State Director for The Humane Society of the United States. [#vegnewschat](#)

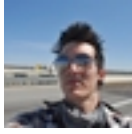


- [about 16 hours ago](#) [@sistahvegan](#) Welcome Breeze Harper! She's the editor of Sistah Vegan and a PhD Candidate at UC Davis. [#vegnewschat](#)

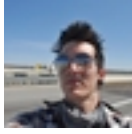


- [about 16 hours ago](#) [@terryhope](#) Welcome to Terry Hope Romero—VN columnist and vegan cookbook star with an international cookbook, out in the fall. [#vegnewschat](#)





- [about 16 hours ago](#) [#VegNewsChat](#) You guys and gals are all awesome! Also, pics of the HR department please.



- [about 16 hours ago](#) RT [@VegNews](#): Don't forget! Only half an hour remains until tonight's [#VegNewsChat](#)! <http://t.co/7U8HGn62>



- [about 16 hours ago](#) RT [@VegNews](#): Don't forget! Only half an hour remains until tonight's [#VegNewsChat](#)! <http://t.co/7U8HGn62>



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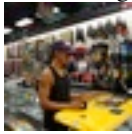
- [about 16 hours ago](#) 1 HOUR UNTIL [#VegNewsChat](#): Veganism & Race w/ [@PatrickKwan](#) [@sistahvegan](#) [@terryhope](#) at 6pm PT. I'm excited to discuss this important issue!



- [about 17 hours ago](#) I'm participating in tonight's 9pm-10pmEST [#VegNewsChat](#) as a panelist; please excuse flurry of tweets from my normally low-traffic account!



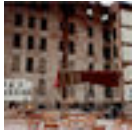
- [about 18 hours ago](#) RT [@SuperVegan](#): Tonight 9pmEST/6pmPST - Join [@VegNews](#) for [#VegNewsChat](#) on Race + Veganism with [@PatrickKwan](#) [@TerryHope](#) [@SistahVegan](#)! <http://t.co/epzyfzI7>



- [about 18 hours ago](#) RT [@SuperVegan](#): Tonight 9pmEST/6pmPST - Join [@VegNews](#) for [#VegNewsChat](#) on Race + Veganism with [@PatrickKwan](#) [@TerryHope](#) [@SistahVegan](#)! <http://t.co/epzyfzI7>



- [about 18 hours ago](#) Tonight 9pmEST/6pmPST - Join [@VegNews](#) for [#VegNewsChat](#) on Race + Veganism with [@PatrickKwan](#) [@TerryHope](#) [@SistahVegan](#)! <http://t.co/epzyfzI7>



- [about 22 hours ago](#) don't look now: vegans talking about race! MT [@PatrickKwan](#) [#VegNewsChat](#) on Veganism & Race w/ [@terryhope](#) [@sistahvegan](#) at 9pm EST