Vegan Father's Day

Flowchart-Style

Show the Big Guy how much you care with just the right compassionate celebration—and turn him vegan while you're at it!

START HERE!

Is your dad vegan?

YES

Totally dad-tacular! Will you be with him on Father's Day?

Yes

Cook him the Ultimate Vegan Grilling Menu! (Grilled pizza FTW!)

No

Buy him a snazzy shirt from our Guide to Vegan Men's Fashion, a VegNews subscription, or a copy of *The China Study*.

NO

Is he open to it?

Yes → Totally dad-tacular! Will you be with him on Father's Day?

No

Bummer. Does he like ...

Food? → Cook him the Ultimate Vegan Grilling Menu! (Grilled pizza FTW!)

Sports? These athletes are vegan: Rich Roll, Mac Danzig, Timothy Bradley

Animals? Have him take a look at these rescues, babies, and unlikely animal friends!

Science? Tell him that meat and butter may impair brain function. Oh, and pork eats your brain.

Still not convinced?

Check out these great vegan dads!

Sold? Great!

Still nothing? Time to bring out the big guns.

THE CLOSER

Veganism prevents premature death. Don't you want to spend a long, happy, healthy life with your kids?

BOOM. Now we feast on Mac 'n' Cheese Bread Bowls!