

# Preliminary Annual Report 2017



# AVP MISSION & VALUES

## Our vision

Our vision is of a responsible and ethical society, in which individuals consider the impact of life choices and eating habits upon their health, the animals and the environment. We value the adoption of a balanced vegetarian diet as a sustainable, ethical and healthy life model, which represents a transversal solution of many of the biggest challenges we face as a global society. We promote vegetarianism and veganism as a lifestyle, as well as any attitudes or efforts that are made towards it, and which may contribute to the eradication of epidemic health diseases, the mitigation of negative impacts on the environment, as well as the ending to suffering and death of millions of exploited animals in agriculture.

## Our mission

To promote the benefits of plant-based diet, in terms of respect for animal sentience and well-being, environmental sustainability and increasing human health, while also alerting to the risks and consequences of an animal-based diet. We are committed to create incentives for adopting a plant-based diet, for any of the above-mentioned reasons, through information campaigns and lobbying for structural transformation that will facilitate dietary pattern change.

## Official Position

The Portuguese Vegetarian Association (AVP) recommends a vegetarian-based diet, exempt from any animal ingredients, for considering that this optimizes the benefits to human health, the mitigation of impact on the ecosystems, as well as the reduction of negative impact on animal and human well-being. However, we also represent and support all of individuals that practice other forms of vegetarianism and are gradually transitioning between dietary regimes, towards vegetarianism.

# HEADLINES FROM THE YEAR

JANUARY 2017

## Parliament discusses AVP's petition

The Portuguese Parliament discussed the popular petition with over 15.000 signatures, claiming the right to strictly vegetarian meals in all Portuguese public facilities, submitted by AVP.



MARCH 2017

## AVP participates in live TV debate on RTP2

AVP was invited for a live debate on RTP2 channel, dedicated to the discussion of vegetarianism. It was represented by Darchite Kantelal, it's leading dietician.



OCTOBER 2017

## AVP in VeggieFest

AVP was present in the first edition of VeggieFest, at São João da Madeira. We were invited to give talks about the nutrition aspects of a plant-based diet and also about the new law for vegan meals in public facilities.



MARCH 2017

## Law that guarantees vegan meals in public facilities is approved

On 3<sup>rd</sup> March, the parliament has approved a new law that will guarantee vegan meals in public facilities all across the country.



MAY - JUNE 2017

## Leaflet distribution

During the hot months of May and June, AVP distributed thousands of copies of its new edition brochure – "Be part of the change", in several colleges and metros across the Lisbon.



# **MONTHLY** ACTIVITIES



## Challenge for 2017



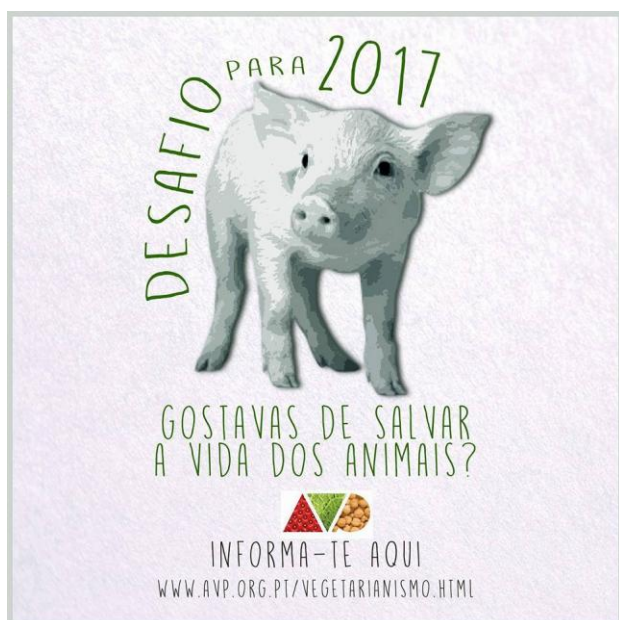
Our campaign aimed at creating small steps towards vegetarianism.

## JANUARY 2017

### Challenge for 2017

In January 2017, AVP launched a new campaign for encouraging people to hold a new year resolution and adopt vegetarianism.

This campaign was held on our website and social media. We appealed to people's sense of ethics, the concern with environment and their own health.



# Parliament debates vegan meals in public facilities



## JANUARY 2016

### Parliament debate

The Portuguese parliament debated AVP's petition for the inclusion of vegetarian (vegan) meals in public facilities, such as schools, hospitals, universities, nursery homes, prison, etc, on 5<sup>th</sup> January. The petition was signed by over 15.000 people, claiming the right to have a different meal other than the imposed by all public institutions.

You can listen to the full debate here:

<https://www.youtube.com/watch?v=qToz3tvoU6w>



The Health Ministry has also debated the inclusion of vegetarian meals in public facilities. Above, the debate is mentioned in one of the main newspapers in Portugal.



## Interview with Dr. Ostfeld, expert in plant-based nutrition

## FEBRUARY 2017

You can watch the full interview here:

<https://www.youtube.com/watch?v=FXav9M9JrS4>

AVP, represented by its acting nutritionist, Darchite Kantelal MSc RD, interviewed Dr. Robert J. Ostfeld, a cardiologist and expert in plant-based nutrition, who was also a consultant in the Forks over Knives project, and works with the Montefiore Hospital.





## Take Away Love – Spring Edition



Take Away Love is a vegan food catering event held in the streets of Porto.



## MARCH 2017

In a partnership between AVP, Porto pelos Animais, Omeletes sem Ovos, Capuchinho Verde and the party People-Animals-Nature, we helped organizing one more edition of Take Away Love – this time dedicated to spring. Take Away Love is a unique event in Portugal, in which we prepare and serve vegetarian food for free in the streets of Porto.

This edition took place in the Spring Festival, help by the Terra Solta Movimento.





It's now a  
Law!  
Mandatory  
vegan meals  
in public  
facilities

Mandatory vegan meals in public facilities!  
New law in Portugal.  
International media outlets such as the  
Metro have taken notice of it, and Portugal  
is lauded for the good example. Read more  
here: <https://goo.gl/cMpFPS>



It is now illegal not to offer vegan food at prisons,  
hospitals and schools in Portugal  
Could a similar law be passed in the UK?

METRO.CO.UK

## MARCH 2017

3rd March will be a historical day in Portugal. The Portuguese parliament approved a law for mandatory vegan meals in all public facilities, including schools, universities, hospitals, nursery homes and prisons.

This came into effect after the Portuguese Vegetarian Association (AVP) submitted a petition with over 15.000 citizen signatures claiming that right, as well as several law drafts presented by different political parties – such as PAN, BE and PEV.

This new law will hopefully put an end to discrimination at public facilities and guarantee the right to freedom of choice and belief, while creating diversity in public canteens.

Read more: <https://goo.gl/eajXEW>

## VEGETARIAN WORKSHOP



A Vegetarian food workshop and a talk about nutrition, with the collaboration of AVP.

## MARCH 2017

### VEGETARIAN WORKSHOP

AVP had the pleasure to promote a workshop dedicated to vegetarian meals in collaboration with the Environmental and Sustainability department of Faculdade de Ciências e Tecnologia – Universidade Nova de Lisboa. Darchite Kantelal, MSc, RD, in representation of the AVP, gave a talk about the myths and truths about a vegan diet, while Isabel Sousa prepared the food workshop.



# TV DEBATE IN CIVIL SOCIETY



To watch the full debate, please click  
on:  
<https://www.rtp.pt/play/p3150/e279357/sociedade-civil>



Sociedade Civil (XIII) - Episódio 42 - RTP Play - RTP

Alimentação Vegetariana - Serão cerca de 30 mil os portugueses que optaram por uma alimentação vegetariana e agora, os refeitórios e cantinas do Estado

RTP.PT

## MARCH, 2017

### AVP participates in TV debate

AVP was invited to participate in a national TV debate on the subject of vegetarianism, in which Darchite Kantelal, MSc RD, the acting dietician working with AVP, was the spokesperson. This debated aired on TV live, in channel RTP2, and was streamed to thousands of viewers.



## IN THE ANIMAL RIGHTS MARCH



Here's an interview with AVP during the animal rights march:  
<http://apenasfumaca.pt/na-rua-marcha-animal-2017/>

## APRIL 2017

We were once more present at the Portugal's Annual Animal Rights March, edition 2017, organized by ANIMAL. We were present with our motto – for the health of people, for the animals and for the planet, please consider vegetarianism.



## AVP IN DEBATE ABOUT SUSTAINABILITY



In a debate about the planet's sustainability and the future of the food industry.

## APRIL 2017

Celebrating the World's Earth Day, in 22nd April, AVP was invited to a debate by the political party PAN, held in their headquarters, in Lisbon. Nuno Alvim, the acting board director, was the spokesperson from AVP. We had the opportunity to have an informal talk about the impact of agrobusiness and factory farming on the environment on a national and global scale, while also presenting reflections about the future of the food industry and how its hinged on technological revolutions.





## MAY 2017

Darchite Kantelal, MSc RD, AVP's dietician, gave a formal talk about the myths and truths of a vegan diet in the Green Talks event, organized by AEISCTE-IUL, in ISCTE Business School .

AVP also held a booth with several products for sale, as well as informative brochures.

Green talks is an event dedicated to the discussion of sustainability and solutions for mitigating our impact on the environment.



## DISTRIBUTING BROCHURES



## MAY-JUNE 2017

### DISTRIBUTING BROCHURES

During the months of May and June we held several mass distributions of AVP's new edition brochures in numerous locations across Lisbon, including several university campuses, metro stations, etc. The new edition of AVP's Brochure "Be part of the Change" can be accessed at: <http://www.avp.org.pt/panfletos.html>.







## VEGAN MEALS IN PUBLIC FACILITIES COMES INTO EFFECT



## JUNE 2017

The new Portuguese law that states that all public facilities must have a vegetarian (vegan) meals in their menus came into effect in June 1st, 2017 – Law nº 11/2017. This law was approved after a long duration lobbying effort of AVP and the commitment of political parties, namely PAN – Pessoas-Animais-Natureza, to turn it into a reality.

Back in February 2015, AVP started a petition, which collected over 15.000 signatures from Portuguese citizens claiming a right to a different meal in public facilities. Finally, their voice has been heard and it's now a legal right.

Read more here: <https://www.publico.pt/2017/05/31/sociedade/noticia/vai-um-tofu-com-natas-lei-obriga-cantinas-do-estado-a-servir-vegetariano-1774131>



## AVP IN SÃO JOÃO FEST (PORTO)

SÃO JOÃO

VEGETARIANO

PORTO (RIBEIRA)  
RUA NOVA DA ALFÂNDEGA,  
EM FRENTE A IGREJA  
DE S. FRANCISCO  
COM VISTA PARA O RIO

ASSOCIAÇÃO VEGETARIANA PORTUGUESA

SE ME DISFARÇAR DE  
MANJERICO  
PODE SER QUE ME  
DEIXEM EM PAZ



AVP participated in the 2017 edition of São João Vegetariano, at the city of Porto.



## JUNE 2017

We were present at this year's edition of São João Festival, one of the major events in the city of Porto, that attracts hundreds of thousands of people. Although São João is traditionally an event focused on the consumption of sardine's, PAN – People-Animals-Nature usually holds the São João Vegetariano, an alternative to all vegetarians.

We had plenty of amazing vegan food at this, and the collaboration of amazing volunteers.

## AVP IN THE INTERNATIONAL VEGANISM AND LAW SYMPOSIUM



AVP presented Portugal's law that guarantees mandatory vegan meals in public facilities to representatives from different organizations, in IVRA's annual conference.

## JULY 2017

AVP participated in the International Symposium on Law and Veganism, in the 2nd edition of this event, in Berlin. The event is held by IVRA – International Vegan Rights Alliance, with which AVP also collaborates.

Darchite Kantelal, AVP's nutritionist, and Nuno Alvim, the board director, presented the Portuguese recent law that guarantees a vegan meal in all public facilities (e.g. schools, universities, hospitals). This law is considered a breakthrough and is looked as a good example across Europe.



## CAMPAIGN TO BRING VEGAN CORNETTO TO PORTUGAL



AVP launched a public appeal to request the introduction of the Vegan Cornetto in Portugal. This will make veganism more accessible for everyone.

## AUGUST 2017

Cornetto, the famous Italian brand of ice-creams, has recently launched a vegan Cornetto, which has stirred the interest of vegans all across the world. AVP started its own campaign to bring this new Cornetto to Portugal, a sunny country where ice-creams are extremely popular, and veganism is becoming a growing trend. We triggered a popular plea for introducing this vegan variety, asking the main ice-cream distribution company in Portugal – Olá – to begin marketing the product. The petition was shared by thousands of people, caught the media attention, and led a lot of people to lobby for this vegan Cornetto.

Hopefully, next summer it will be available, as the market cannot avoid spotting a clear profit opportunity. This is a great chance to make veganism more accessible and practicable.



## TV DEBATE WITH AVP



You can watch the full interview here:  
<https://goo.gl/aRhrrdr>

## AUGUST 2017

AVP was invited to Kuriako's TV morning program dedicated to the subject of vegetarianism. Ricardo Morais-Pequeno was AVP's spokesperson, who presented the association to the audience, as well as our mission and goals, our main activities and campaigns, and in what ways the public can support our organization.



## AVP IN DEBATE VEGGIE FEST



AVP participated in the first edition of Vegan Fest and gave talks to a large audience of over 2000 people.



## OCTOBER 2017

The VeggieFest, held in the progressive city of S. João da Madeira, between 14<sup>th</sup> and 15<sup>th</sup> of October, was a large-scale event dedicated to the promotion of vegetarianism. This was the first edition of this promising event, with a large number of vegetarian food stalls, showcookings, talks and a lot of other activities. This year more than 2000 people attended the event.

AVP participated as well in this event. We had an information booth and presented the public our new campaign regarding vegan meals in public facilities.

On the 14<sup>th</sup>, Nuno Alvim, AVP's board director, gave a talk about the law that guarantees vegan meals in public facilities and introduced AVP's new campaign, that will provide information and training services.

Darchite Kantelal, AVP's nutritionist, also gave a talk on Sunday, 15<sup>th</sup>, presenting the benefits of a plant-based diet.

## AVP IN VEGANÁRIO FEST 2017



AVP participated in 2017's edition of Veganário Fest, in Lisbon.

## OCTOBER 2017

AVP was present once more in Veganário's Fest, the main vegan festival held in Lisbon, this time on 2017's edition, happening also between 14<sup>th</sup> and 15<sup>th</sup> October.

We held a stall in several merchandising articles for sale, as well as food, with the great help of amazing volunteers.

Furthermore, Darchite Kantelal, our acting nutritionist, also gave a talk about plant-based diet and the nutritional considerations to have in mind.





# REGULAR ACTIVITIES

# MERCADO COMPAIXÃO MARKET



mercado **ComPaixão**

MERCADO DE CORES, AROMAS E SABORES

4 DE FEVEREIRO • SÁBADO

ESPAÇO PAN • RUA BARÃO FORRESTER, 783 • PORTO

**PARCEIROS:**

ASSOCIAÇÃO VEGETARIANA PORTUGUESA • BEM BOM PRODUTOS VEGANOS  
 BORDADOS DA LURDES • CAPUCHINHO VERDE • CASA DO RIACHO - SÍTIO DO PEDRO  
 CHANSON PORTUGAL • DOCES E SALGADOS VEGANOS • MIMOS DA NATUREZA  
 OS TRÊS SENTIDOS • PROBIÓTICOS E A ARTE DO SABÃO • TERRA - COMPOSTAS ARTESANAIS  
 PRODUÇÃO DE COGUMELOS SHITAKE BIOLÓGICOS • VEGANCARE • SEMENTE

**PROGRAMA:**

12H - 19H MERCADO COMPAIXÃO  
 MASSAGENS TERAPIA POR MIMOS DA NATUREZA

13H00 WORKSHOP: INICIAÇÃO AO SUSO 100% VEGETAL POR CAPUCHINHO VERDE

14H30 WORKSHOP: COMO FAZER VELAS AROMÁTICAS PARA MASSAGEM POR VEGAN CARE

16H00 DEMONSTRAÇÃO: COMO CRIAR CORTINA DE PLANTAS POR TUNA SOUTA

18H00 AULA DE CAPOEIRA POR PEDRO MARQUES

Mercado Compaixão (“The Compassion Market”) is the only vegan market fair in Portugal, hosted by PAN, in the city of Porto. AVP regularly participates in the market, holding a booth with good tasting vegan food and informative material (e.g. leaflets, brochures).

## February, October

### Mercado Compaixão

The Portuguese Vegetarian Association (AVP) participates regularly in the “Compassion Market” in Porto, the only fully vegan market fair in Portugal, hosted by PAN – People, Animals, Nature.

In this market, we have been regularly selling affordable and tasteful vegan food and we always have a lot of informative material available to everyone, for free.



## ARTICLES IN MAGAZINES

In a partnership with JUMBO – one of the main supermarket chains in Portugal, AVP produced several articles focused on vegetarianism, which were made widely available and were read by thousands of people. The articles were all carefully researched and developed by AVP's leading nutritionist, Darchite Kantelal MSc RD, an expert in plant-based nutrition.



NUTRIÇÃO > OS BENEFÍCIOS DE UMA ALIMENTAÇÃO VEGETARIANA NO DESPORTO

### OS BENEFÍCIOS DE UMA ALIMENTAÇÃO VEGETARIANA NO DESPORTO

Again in a collaboration with JUMBO, we sponsored a vegetarian (vegan) recipe in their latest supermarket catalogue. This catalogue is also read by dozens of thousands of Portuguese.









### LEGUMES SALTEADOS COM SOJA EM NACOS

Jumbo







#### Ingredientes

120g	soja em nacos	2 c. de sopa	azeite
1 c. de café	sal	1 c. de sopa	molho de soja
120g	arroz integral	1 c. de sopa	pimenta branca
200g	cebola	2 c. de sopa	sementes de chia
300g	tomate	q.b.	alecrim
1	alho-francês		

#### Preparação

Numa tigela, demolhe os nacos de soja durante 30 minutos. Num tacho, coloque água abundante e 1 c. de café de sal e quando levantar fervura adicione o arroz e deixe cozer durante 25 a 35 minutos. Num outro tacho, salteie a cebola, o tomate e o alho-francês no azeite. Regue com o molho de soja. Escorra a soja e junte ao preparado de legumes. Tempere com pimenta e o restante sal. Deixe cozinhar cerca de 15 minutos, mexendo de vez em quando. Depois de cozinhado, junte as sementes de chia e misture. Após o arroz cozer, sirva-o como acompanhamento. Retire o preparado do tacho e polvilhe este e o arroz com alecrim.

#### Dica

O sabor da soja combina bem com uma grande variedade de legumes. Experimente esta receita também com outros à sua escolha.



**SAIBA MAIS SOBRE SOJA TEXTURADA**

Mais receitas e dicas em [alimentacaosaudavel.jumbo.pt](http://alimentacaosaudavel.jumbo.pt)

#### Nutrição

Energia (kcal): **308**  
Lípidos (g): **8.7**  
Saturados (g): **1.2**  
Hidratos Carbono (g): **37**  
Açúcares (g): **9.2**  
Fibra (g): **10.6**  
Proteínas (g): **19.3**  
Sal (g): **1.6**

**SÁBADO**  
1/11 às 12:10 ·

👍 Gostar da Página

Aos 25 anos, o nutricionista português, Darchite Kantelal, trabalha com 400 jovens da formação do Estoril Praia. Hindu, vegano há quase dois anos, defende que é tempo de esclarecer os muitos mitos da alimentação de um futebolista.



**SÁBADO**

As asneiras que os futebolistas cometem à mesa

SABADO.PT

Sabado's magazine, one of the most read in Portugal, interviewed Darchite Kantelal, AVP's leading dietician, who at 25 years old, has already made hallmarks in his career. He works with Estoril Praia Football Club and with AVP since 2016.

# A NOTE TO THE GENERAL-DIRECTORY OF HEALTH

## OTHER HALLMARKS



We addressed the Portuguese General-Directory of Health statements made in a film where they are seen recommending the consumption of cow's milk as a part of a healthy breakfast, though a note written by Darchite Kantelal, AVP's nutritionist. Milk consumption is still high in Portugal, specially amongst woman, and though it may have some health benefits, AVP considers it's also important to consider heavy risks that it poses for human health. Therefore, we consider this recommendation irresponsible.

# A RESPONSE TO AN ARTICLE MISINTERPRETATION



A revista Sábado publica artigo que não corresponde à verdade científica

ASSOCIAÇÃO VEGETARIANA PORTUGUESA - SEXTA-FEIRA, 28 DE JULHO DE 2017 - 255 leituras

AVP responded to an article in Sabado Magazine, titled “Being vegetarian may be bad for your health”, which stirred a lot of controversy amongst vegetarians. This title resulted from a misinterpretation of a recent study published in the Journal of the American College of Cardiology. In our duty to clarify and inform, we wrote a note to stop the spreading of this misinterpretation.

## AVP’S NUTRITIONIST PUBLISHES A BOOK

AVP’s leading nutritionist, Darchite Kantelal MSc, RD, has published a book titled “Eating well, playing better”, considering the benefits of adopting a plant-based diet in the optic of improving the performance of football players. The book was made available on a national scale and can be purchased at all main book shops.







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