

Try Vegetarianism & You Could Win up to \$1,000!

Non-vegetarians pledging to go meat-free during Vegetarian Awareness Month (October) could win. Even just one day will make you eligible for the drawing. Vegetarian diets help people, animals and the earth. Join us to make the world a better place and we are all winners!



vegetarian awareness month
october



Vegetarianism is Healthy, Compassionate and Ecological Living

PRIZE WINNING CATEGORIES

There will be a random drawing in each category

ONE MONTH
\$1,000

ONE WEEK
\$500

ONE DAY
\$250

VEGETARIAN DIETS:

- ★ Reduce the risk of major killers such as heart disease, stroke and cancer while cutting exposure to foodborne pathogens
- ★ Provide a viable answer to feeding the world's hungry through more efficient use of grains and other crops
- ★ Save animals from suffering as a result of farming practices and from the pain and terror of slaughter
- ★ Conserve vital but limited freshwater, fertile topsoil and other precious resources
- ★ Preserve irreplaceable ecosystems such as rainforests and other wildlife habitats
- ★ Decrease greenhouse gases that are accelerating climate change
- ★ Mitigate the ever-expanding environmental pollution of animal agriculture

worldvegetarianday.org

navs
North American Vegetarian Society

OCTOBER: Vegetarian Awareness Month

VEGETARIAN PLEDGE CARD / MAKE THE PLEDGE AND YOU COULD WIN UP TO \$1000!*

I am not a vegetarian, but will abstain from eating all meat, fish and fowl for the following time period during October. (check one box) I have read and agree to the terms of the contest rules. Please enter me in your drawing.

- ENTIRE MONTH** (winner receives \$1,000) **ONE WEEK** (winner receives \$500) **ONE DAY** (winner receives \$250)

SIGNATURE

*Send in this signed pledge card postmarked by October 31st and you will be entered in a random drawing for cash prizes.

FIRST NAME

LAST NAME

PLEASE PRINT LEGIBLY

ADDRESS

CITY

STATE

ZIP CODE

EMAIL

*CONTEST RULES:

The contest is sponsored by the North American Vegetarian Society. You must not be a vegetarian prior to entering and participating in the contest to be eligible to win. You must be 18 or older to enter and win the contest. No NAVS employees, board members or officers (or their immediate families) are eligible to enter the contest. No Employees of Trainor Associates or their immediate families are eligible. There will be one prize awarded for each of three pledge time periods: Entire month of October (all 31 days): winner receives \$1000 - One week (7 consecutive days) in October: winner receives \$500 - One day in October: winner receives \$250. To be eligible, each day counted must be 24 consecutive hours. Winners will be chosen by a random drawing. Winners must certify that they have abstained from all meat, fish and fowl for their designated time period. If you have not abstained from all meat, fish and fowl you will forfeit your prize and a new winner will be chosen. To be eligible to win, pledges that are mailed in must be postmarked by October 31st and online pledges must be submitted by October 31st (midnight eastern standard time). Winners will be notified by November 30th. Prize money will be sent in the form of a check. Winners must pay state and federal income tax on their prizes. Winners who do not claim their prize within 30 days after being notified by NAVS will forfeit their prize and a new winner will be selected. To claim your prize you must fill out and sign a form certifying that the eligibility requirements listed in the contest rules were met. If any requirements were not met a new winner will be selected in that category. Winners will be announced in Vegetarian Voice magazine and on the NAVS websites. This contest is void where prohibited by law. Only one pledge per person will be accepted in the drawing.

Send pledge card to: North American Vegetarian Society | PO Box 72 | Dolgeville, NY 13329

SPECIAL VEGETARIAN VOICE SUBSCRIPTION IS HALF PRICE IF YOU PLEDGE – PLUS GET 2 FREE GIFTS

Become a member of the North American Vegetarian Society and you'll receive a subscription to our quarterly magazine, which will keep you informed about important health, nutrition, environmental and animal rights issues. New members will receive our 40 recipe card set featuring favorite recipes from 8 popular cookbook authors. Plus you'll also receive *Vegetarianism: Answers to the Most Commonly Asked Questions*. This handy 16-page booklet provides answers to essential questions and includes recipes.

- YES!** I would like to subscribe to the quarterly magazine *Vegetarian Voice* and receive two free gifts. One year membership, regularly \$22 is **1/2 price (\$11) for people taking the Vegetarian Awareness Month Pledge** (You do not need to join NAVS to enter the Vegetarian Pledge Contest).

To learn more about vegetarianism, join NAVS or pledge on-line, go to:
worldvegetarianday.org

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