

News - Vegan Potluck

by Life Positive

A group of Mumbai vegans comprising professionals from all walks of life meets monthly for potluck lunches, where each one gets a yummy dish along. There's great conversation and great food – all vegan!

Veganism is an ideology and lifestyle whose adherents seek to eliminate what they see as the exploitation of animals for food, clothing, or any other purpose. The most common reasons for veganism are ethical concerns about animal rights or welfare, health, environmental concerns, and spiritual or religious concerns. Vegans consider it unethical to use animals in ways that infringe their rights.

This potluck, everyone shared their 'how I turned vegan story' along with one practical example of their social activism for the vegan cause. Every potluck has a theme. The last one had the colour green as its theme. Everyone wore green coloured outfits. Some innovative ones even brought green coloured food along!

Vegan potlucks are a great way to bond for these vegans and it is almost like a festival for them. "A monthly meet for a good cause is not like any other meeting. Here, we don't waste any time. We propagate the vegan cause, discuss issues, clear doubts and give much-needed support to vegans.

Going against the tide is not easy after all," said Monika Mehta Siriya, whose home in Mulund, Mumbai, was the venue for the potluck the last time.

She adds, "Health benefits of turning vegan include reversal of diabetes, heart disease, high cholesterol, arthritis and obesity. Peter, who attended the potluck this time, lost a whopping 30 kgs!"

At the last potluck, dishes that were particularly appreciated included mushrooms, solkadhi and a vegan mousse made with sabudana. Some attendees brought South Indian sweets like coconut laddoos.



Vegan warriors: (from L, lower row) Chintan, Monika, Harini. (upper row), Rita, Radhika, Chandni, Peter, vegan baker Rithika. Pic by Krish

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