

I will encourage more people to go vegetarian or better still vegan!
but I want 10 other people to pledge to go veggie at least to try for
a month. to join me.

— Mark Saunders, Colchester newbie

Text **promise RecruitVeggies** to 60022
(UK only) or promise at
promise.livesimply.org.uk/RecruitVeggies

This promise closes on 31st December 2008. Thanks!

Remember, if you promote your promise to others, you'll be
helping create a community action. Not only are you being the
best you can be, you're encouraging others to do the same.

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