

# THE VEGAN OATH

I PLEDGE TO  
EAT A PLANTS-ONLY DIET  
— AND —  
TO LIVE BY THE  
FOLLOWING VALUES:

**VEGAN VALUE #1- NO ANIMAL SHALL BE  
ENSLAVED, CONFINED, BRED, OWNED, USED,  
EXPLOITED, HARMED, OR KILLED**

**VEGAN VALUE #2- ALL HUMAN BEINGS ARE  
OBLIGATED TO BE RESPONSIBLE STEWARDS  
OF THE NATURAL ENVIRONMENT**

*I do solemnly swear, in the presence of  
my family, friends and fellow citizens,  
that I will, to the best of my ability,  
keep and fulfill this Oath.*

---

SIGNATURE

DATE