

# Now You Can Has Cruelty Free WA Newsletter



The first piece of exciting news for this issue is the renewal of our lease! Yes, that's right we're here for another year - turns out it's not so easy to get rid of us after all. This shop can only continue because so many people have come forward in support. Thank you! And remember nobody takes a wage from this business, all money goes straight back into the store.

## New Items

Vita Coco coconut water is 100% natural with no added sugar or preservatives and more potassium than two bananas. It also contains more than 15 times the electrolytes and is naturally more hydrating than sports drinks.

As promised, Tofutti ice-cream is here! We now have Cuties (mini vegan ice-cream sandwiches) in vanilla and chocolate flavours, Marry Me bars (vanilla ice-cream coated in chocolate) and tubs of vanilla, chocolate and wild berry.



Jubuk soap is palm oil free and made in WA from WA organic/biodynamic NASAA certified extra virgin olive oil. Each bar contains emollient, skin-loving oils which reduce the need for moisturisers after your shower.

Marshmallows! Yes we now have vegan marshmallows all the way from America. These yummy treats act just like gelatine marshmallows; they even go crunchy over an open flame and taste great in hot chocolate with a little vegan cream mmmmmm.

The addition of our freezer has allowed us to increase the range of Redwood products and leaves room for more items in the refrigerator. You will now find King Land cheddar cheese, mayonnaise and yoghurt and Pureland tofu in the fridge.



We've also added delicious lentil pies to our meal range. These meals and pies are baked in a vegan kitchen so you can be sure there is no 'contamination' by meat products. Our meal range now includes; lasagne, pasta pesto, risotto, garlic/mushroom pasta, alumata and channa heat and serve meals and lentil, gourmet vegetable and Thai pumpkin pies.

Don't forget that the latest issues of Vegan Voice and Bite Back magazines are out now. This issue Vegan Voice discusses duck rescue and vegan existence, while Bite Back covers direct action campaigns from around the world such as the Notre Dame raid, Huntingdon Life Sciences (HLS) updates and news.

Smashing Platters jam is handmade in Mundaring and has won multiple gold medals at the Perth Royal Show. Our range now includes apricot, strawberry, onion and pear & vanilla jams, mango chutney, spicy tomato relish and Mediterranean style olives.

Condensed soy milk is now in store! Use it for baking pumpkin pies or making ice-cream or confectionery. We also have maple syrup, almond spread, cashew spread and Mrs May's snacks.

## Recipe

After the success of the Global Vegan Waffle party a lot of people asked us for the waffle recipe. Here it is in all its messy glory.

2 1/4 cups plain flour  
2 1/2 teaspoon baking powder  
1/4 teaspoon salt  
3 tablespoons sugar  
Egg replacer and water to equal 3 eggs (conversion is on the box)  
125g dairy free margarine  
Soy Compound and water made up to the equivalent of 1 1/2 cups milk

1/2 cup of batter makes one waffle.



Mix all the ingredients (besides the egg replacer and water) together in a bowl. The secret to getting waffles crispy on the outside while still soft and fluffy on the inside is to combine the egg replacer with a little water in a separate bowl and whisk until frothy. Then add this mixture to the other ingredients and stir gently. Spoon the waffle batter onto a pre-heated waffle iron, but be sure the iron can close. If you use too much batter the iron will not close completely and the waffle will be burned on the outside and still gooey on the inside.

We served our waffles with organic agave syrup and vegan whip cream.

## Animal News

On July 1st Agriculture Minister Terry Redman gave approval for horse meat to be served for human consumption in Western Australia. This is a temporary approval, however Mr Redman says he will consider making horse a declared animal under the WA Meat Industry Act if there is a demand for horse flesh. This means horse meat will be allowed on menus permanently. Leading the charge is Mondo's butcher Vince Garreffa and Pierre Ichallalene of Chez Pierre restaurant.



Fremantle City council has unanimously voted to phase out the transportation of live sheep from its ports. In 2006 nearly 80% of sheep were loaded through Fremantle Port. Mayor Brad Pettitt said that it was not about pushing the trade from Fremantle to Kwinana, but stopping it altogether.

## **Survey**

If you would like to make your voice heard, or would just like to suggest a new product, please complete our short survey at <http://www.surveymonkey.com/s/RWFPGB7>

All surveys are totally anonymous and we really value your input. We're here to make your life easier, so be vocal and tell us what you want to see.

## **Online Ordering**

Don't forget about our easy to use online ordering. Vegans and vegetarians in remote areas no longer have to suffer through another fish finger free dinner or stock up whenever they come to the city. We are able to ship cold items anywhere in WA and less heat affected items all around Australia. If you can receive mail, you can receive cruelty free goodies.

## **Our Pledge**

Our pledge to you and to the animals is to never sell products that fund animal cruelty or line the pockets of those who exploit animals. We will not sell any product tested on animals, whether by that company or another on its behalf. We will not sell products owned by companies that test on animals. And we believe that the animal kingdom extends to insects, arachnids and crustacea. All money from sales in this shop goes directly back into the store (no wages are paid to anyone).

## **Choose Cruelty Free**

The new Choose Cruelty Free (CCF) Preferred Products List is now available. We have plenty in store for free, so pop down and grab one for you and a few friends.

### **Cruelty Free WA**

28A Queen Street  
Fremantle WA 6160

*Opposite MYER and the multi-level carpark*

Phone: (08) 9335 7039

Online: [www.crueltyfreewa.com.au](http://www.crueltyfreewa.com.au)

Email: [info@crueltyfreewa.com.au](mailto:info@crueltyfreewa.com.au)

Monday Closed

Tuesday 11:30am - 6:00pm

Wednesday 11:30am - 6:00pm

Thursday Closed

Friday 11:30am - 6:00pm

Saturday 11:30am - 6:00pm

Sunday 11:30am - 6:00pm

**Don't forget we're open all weekend Saturday and Sunday 11:30am - 6:00pm**