



THE PROTEGO FOUNDATION'S

# WIZARDING GUIDE TO GOING VEGAN



# WHAT MAKES VEGANISM MAGICAL?

Not only is it possible to live life with an emphasis on compassion, it's also easy and enjoyable!

You don't need to be a budding **Magizoologist** to recognize that the creatures we share our planet with have value beyond how they can be exploited and commodified. In our global food system, it is estimated that 75 billion land animals and trillions of fish and shellfish are slaughtered each year to feed human appetites.

From an environmental perspective, animal agriculture is the leading cause of deforestation and ocean pollution. **Fantastic beasts** are hunted and farmed for their skins, fur, and feathers in the name of fashion, experimented on for cosmetics and pharmaceuticals, and kept captive to entertain the masses (like at Circus Arcanus).

By removing the exploitation of magical creatures from your daily life, you can reduce the suffering of animals across the globe. A plant-powered lifestyle can also revolutionize your health with many notable benefits, such as better athletic performance, lower cholesterol, and lower blood pressure.

If you can **solemnly swear** that you will protect animals, the planet, and fellow magical people, get ready to **Transfigure** your life with this compassionate guide! The Protego Foundation has enchanted these pages with spellbinding recipes, recommendations, and tips to lead a creature-free lifestyle.



# IT'S EASIER THAN CASTING ALOHOMORA

## UNLOCK YOUR POTENTIAL WITH A PLAN

If Hermione Granger taught us anything, it was the importance of planning for success. “Vegucate” yourself on all things nutrition and meal planning so you can keep yourself healthy, happy, and motivated. Fail to plan and you might find yourself *Confunded!* This planning includes going out to eat, too. Spend time exploring your local vegan scene with friends! By casting *Appare Vestigium* while using The Happy Cow app, you can track down vegan-friendly cafes and restaurants.

## VEGANIZE YOUR FAVORITES!

Embracing a vegan lifestyle is filled with abundance, despite what others may have led you to believe! There is a vegan recipe for all of your favorite dishes. With a swish-and-flick, get creative and switch your creature comforts for animal-free alternatives. Start simple, like subbing non-dairy milk and plant-based butter for cow’s milk products, to build your confidence.



*At The Protego Foundation, we love veganizing our favorite  
wizarding world foods and sharing them with you!*  
Visit [ProtegoFoundation.org/Recipes](https://ProtegoFoundation.org/Recipes) to start exploring.



# MAGICAL MEAL IDEAS

from *The Unofficial Harry Potter Vegan Cookbook*

## BREAKFAST

**MONDAY**

**CHEERY OWL BREAKFAST DONUTS**

**TUESDAY**

**BACON AND EGGS**

**WEDNESDAY**

**BATH BUNS**

**THURSDAY**

**CLASSIC CASTLE STEAMED PORRIDGE**

**FRIDAY**

**MERPEOPLE BREAKFAST BOWL**

**SATURDAY**

**ROCK CAKES**

**SUNDAY**

**PUMPKIN PASTIES**



## LUNCH



CARAMELIZED  
DEVIL'S SNARE

PEA SOUP

BLACK LAKE  
TEMPURA

SHAVED CHOMPING  
CABBAGE SALAD

STUFFED PUMPKINS

WILD HARVEST  
QUICHE

GILLYWEED SALAD

## DINNER



SHEPHERD'S PIE

BANGERS & MASH

HEARTWARMING  
GOULASH

MEATBALLS IN CREAMY  
ONION SAUCE

NO FISH & CHIPS

SPARE RIBS WITH  
MASHED POTATOES

ENGLISH ROAST WITH  
GARDEN VEGETABLES

# SPELLBINDING RECIPES

from *The Unofficial Harry Potter Vegan Cookbook*



## Cauldron Crisps

A tornado of crispy, crunchy goodness coated with sweet spice, twisted and spiraled out of control in the bubbling, toiling oil, these enchanted spuds on a stick are a rare delicacy that make a big impression. They pair perfectly with a good book and a self-refilling beer.

**PREP TIME** 20 minutes **COOK TIME** 1 hour **YIELD** Enough for 4 adventurous guests

### INGREDIENTS

#### CRISPS

- 6 cups (12 L) deep-frying oil
- 4 large unpeeled waxed potatoes

#### SEASONING

- 1 tsp (2 g) smoked paprika
- 1 tsp (2 g) ras el hanout
- 1 tsp (2 g) garlic powder
- 1 tsp (2 g) dried onion powder
- 1 tsp (2 g) dried rosemary
- 1 tsp (2 g) dried thyme
- 1 tsp (2 g) chile flakes
- 1 tsp (2 g) sea salt
- 1 tsp (2 g) black pepper
- ½ cup (45 g) vegan Parmesan cheese or nutritional yeast
- ¼ cup (60 ml) olive oil
- ¼ cup (60 ml) vegan butter, melted

#### DIPPING SAUCE

- 1 cup (285 g) vegan mayo
- 2 Tbsp (30 ml) ketchup
- ½ tsp (1 g) smoked paprika

- 1 tsp (3 ml) whiskey or apple cider vinegar

- Zest and juice of half a lemon
- ¼ cup (41 g) chives, chopped
- Salt and pepper to taste

#### GARNISH

- ¼ cup (40 g) parsley, chopped

#### MAGICAL METHOD

- Preheat deep fryer to 300 degrees F/150 degrees C. (Alternatively, you can bake. Preheat oven to 340 degrees F/170 degrees C. Line a baking sheet with parchment paper and set aside.)
- Skewer each potato. Next, place a knife at one end of each potato, then slice down carefully but not all the way to the skewer (½ inch/1 cm from the skewer). Cut around the potato to create a spiral (or use a potato spiralizer). Gently pull the spiralized potato into a tornado shape.

- In a small bowl, mix all seasoning ingredients until combined.

- Fry the potato spirals in the deep fryer for 5 minutes. They should be cooked in the middle but not golden brown.

- Set the deep fryer to 385 degrees F/180 degrees C. Fry the potatoes for 5 to 6 minutes. Remove from fryer and brush with the seasoning mixture. (If baking, brush the seasoning mixture onto the potatoes, place on the baking sheet and bake for 45 to 50 minutes, turning the skewers every 15 minutes.)

- Meanwhile, in a small bowl, mix the dipping sauce ingredients until combined. Adjust to taste. Garnish with chopped parsley and enjoy right away.

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*The Kitchen Witch is humming...  
"The Goblet of Fire" —Patrick Doyle*  
.....





## Dark Arts Fudge



If the Dark Lord had his way, every magical soul would've joined his dark cause. Things turned out differently, of course, but that shouldn't stop you from enjoying this refined (if ruinous) fudge. The blood red cherries, covered in the darkest of dark chocolate and laced with smoked sea salt and crushed Oreos, evoke Voldemort's vision and taste like victory.

PREP TIME 5 minutes COOK TIME 20 minutes YIELD 20 pieces

### INGREDIENTS

- 2 cups (500 g) dark chocolate (87%), finely chopped
- ¼ cup (56 g) vegan butter
- 1 tsp (2 g) activated charcoal
- ½ cup (120 ml) condensed coconut milk
- Zest of 1 orange
- 1 tsp (2 g) gingerbread spices
- Pinch of smoked sea salt
- ½ cup (85 g) Oreos, crushed
- ¼ cup (50 g) Amarena cherries, chopped
- ½ cup (65 g) dried cranberries or sour cherries
- ¼ cup (48 g) black sesame seeds

### MAGICAL METHOD

1. Line a brownie tin with

parchment paper and set aside.

2. Fill a medium-sized saucepan one-third of the way with water, set heat to medium and place a well-fitting, heat-proof mixing bowl on top.

3. Add the chocolate to the mixing bowl and let it melt down for about 6 to 8 minutes, stirring occasionally, until melted.

4. Mix in the butter and activated charcoal until melted and combined. Remove from heat, then stir in the condensed coconut milk, orange zest, gingerbread spices and sea salt.

5. Transfer the chocolate mixture to the lined brownie tin. Sprinkle with crushed Oreos, cherries,

- dried cranberries, black sesame seeds and smoked sea salt to taste.
6. Refrigerate the mixture for at least 2 hours (best overnight).
7. Slice into squares and serve.

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The Kitchen Witch is humming...  
"The Locket" —Alexandre Desplat  
.....

### From the Kitchen Witch

Wrap these sinfully delicious fudge squares in plastic wrap or place them in decorative jars or tins as a gift to friends on this spooky night.

Visit [UnofficialHarryPotterVeganCookbook.com](http://UnofficialHarryPotterVeganCookbook.com)  
to order the cookbook — it's filled with 75 magically vegan recipes!



# Dragon Roasted Nuts

As seen in the film adaptation of *Half-Blood Prince*, these crackling roasted nuts make the perfect snack for just about any journey (no magical vending machine required).

When opening the hot paper bag, a welcoming waft of smoke and chile flakes warms your spirit and lifts your mood. Just don't spoil your dinner!

**PREP TIME** 5 minutes **COOK TIME** 50 minutes **YIELD** Enough for 4 magical friends to go nuts with

## INGREDIENTS

- 2 cups (300 g) almonds, peeled
- 2 cups (300 g) pecans
- 2 cups (300 g) hazelnuts, peeled
- 2 cups (300 g) peanuts
- 1 tsp (2 g) sea salt
- 2 tsp (3 g) chile flakes
- 1 tsp (2 g) smoked paprika
- 2 drops liquid smoke
- ½ cup (120 ml) maple syrup
- ½ tsp (1 g) ground cinnamon
- 1 tsp (2 g) garlic powder
- 1 tsp (2 g) onion powder
- 1 tsp (2 g) dried mango powder
- 1 tsp (2 g) ground cumin
- 1 Tbsp (15 ml) walnut oil
- 1 Tbsp (15 ml) sesame oil

1 tsp (2 g) dark muscovado sugar

½ tsp (1 g) allspice

## MAGICAL METHOD

1. Preheat oven to 250 degrees F/120 degrees C.
2. Line a baking sheet with parchment paper and place the nuts on the parchment paper. Set aside.
3. In a small mixing bowl, mix remaining ingredients until combined.
4. Pour this mixture over the nuts and mix and coat well. Roast the nuts for 50 minutes, low and slow.
5. Let cool completely before

enjoying immediately, bagging them for an on-the-go snack or giving to a magical friend.

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*The Kitchen Witch is humming...  
"Harry Sees Dragons" —Patrick Doyle*  
.....

## *From the Kitchen Witch*

Hang a few dried chiles above your stove in the kitchen—the fiery vibrations absorb negative energy and will bring more deliciousness to your food (and life!).





THE UNOFFICIAL  
**HARRY  
POTTER**  
VEGAN  
COOKBOOK

Extraordinary Plant-Based Meals  
Inspired by the Wizarding World

IMANA GRASHUIS and TYLOR STARR  
Foreword by Evanna Lynch

*The Unofficial Harry Potter Vegan Cookbook* is a stunning visual delight that features more than 75 mouth-watering recipes certain to be enjoyed by vegans and non-vegans alike.

Created by Imana Grashuis and Tylor Starr, the book is both an amazing recipe collection as well as an encouraging, uplifting invitation to the vegan lifestyle.

**UNOFFICIALHARRYPOTTERVEGANCOOKBOOK.COM**

# THE DARK MARKETING MAGIC OF MEAT

All creatures — both magical and non-magical — are capable of suffering, feeling pain, and experiencing stress-inducing emotions of fear, loneliness, and anxiety.

Just as *The Daily Prophet* and the Ministry of Magic launched a false campaign against Dumbledore and Harry in *Order of the Phoenix*, our governments and farming industry do the same. The narrative surrounding animal agriculture, with its images of happy hens and contented cows in green fields, exists to encourage people to buy animal products.

But the reality couldn't be more different. By educating ourselves, we can help debunk the myth of "humane meat."

**"THERE ARE NO STRANGE CREATURES,  
ONLY BLINKERED PEOPLE." - Newt Scamander**

*"When I first encountered veganism, I was most definitely a blinkered person, contributing to suffering and misery three meals a day. I was initially defensive because I didn't want to acknowledge my role in a system that exploits and slaughters billions of creatures a year while hiding behind meaningless buzzwords like 'humane,' 'grass-fed,' and 'free range.' But, as I found out, being vegan isn't extreme. It's not even difficult! Since going vegan 7 years ago, I am now healthier, happier, and have discovered an entirely new community of amazing and passionate people. I'm so happy to be able to support The Protego Foundation in their mission to protect creatures and create a kinder and more compassionate world."*

**- ROBBIE JARVIS**

Young James Potter,  
*Harry Potter and the  
Order of the Phoenix*



# MAGICAL GENERATION THE NEXT OF COMPASSIONATE PEOPLE

Do you have a young magical person in your life? While many people who raise their children plant-based do so for health reasons, teaching children about respect, compassion, and empathy is also an important part of raising the next generation.

Children do not inherently believe that some beings deserve more respect and kindness than others. This is taught, both socially and culturally. When the adults in their lives tell them that they need dairy to grow strong bones and meat to grow strong muscles, children generally trust and believe it. Most adults don't preface these statements with the truth about where these products come from because the realities of animal agriculture are so well hidden.

While the truth behind animal products is painful, teaching people of all ages about veganism doesn't have to be. Lead by example by allowing your kids to help plan meals and discover tasty new foods. Once your little one is old enough for Hogwarts, they'll be raving about the delicious vegan food the elves (now paid employees) make in the kitchens!

"IT MATTERS NOT  
WHAT SOMEONE IS  
BORN, BUT WHAT  
THEY GROW TO BE!"

- *Albus Dumbledore*



# TRANSFIGURE TO A PLANT-BASED DIET & AVOID A TRIP TO THE HOSPITAL WING

Nutrition is important for our general health and the prevention of diseases. Madam Pomfrey will be proud to hear that you're looking into how to be as healthy as possible. So how do we get these nutrients on a plant-based diet and keep our health in check?

## PROTEIN: WHAT IS IT AND WHERE DO YOU GET IT FROM?

Protein is made of amino acids, of which there are twenty different kinds. To get everything we need, it's important to look for protein sources that are complete proteins (meaning they contain all nine essential amino acids) or know which ones to combine.

Protein is found in many common foods, such as tofu, tempeh, edamame, buckwheat, hemp seeds, and quinoa. Other great sources (which can make complete proteins when mixed together) include beans, rice, lentils, oats, whole-grain bread, nuts, and nut butters.

## BUILD THOSE BONES, SKELEGGRO-FREE!

Did you know that there are a ton of great plant-based sources of calcium? It's found in fortified plant-based milks like soy milk, tofu, greens, sesame seeds (or tahini), bok choy, almonds, kale, beans, seaweed, and even black-eyed peas! But make sure you're getting enough sunlight, since Vitamin D is what helps absorb calcium.

## ACCIO IRON!

Need another excuse to eat chocolate? Not only is vegan dark chocolate a remedy for Dementors, it's also abundant in iron! Other sources include fortified cereals, pistachios, cashews, almonds, beans, lentils, prunes, quinoa, dates, and tofu.

## WHAT'S THE DEAL WITH B-12?

B12 is essential for the proper function of our bodies. Soil is a natural source of B12, but with modern farming methods, the bacteria that produce it are killed off. Instead, B12 can be found in fortified plant milks and cereals and in nutritional yeast. It's recommended that everyone take a high-quality B12 supplement to ensure that an adequate amount is consumed.

## FISH-FREE OMEGA-3S

Many are taught that fish are a good source of omega-3s, but fish build these stores of healthy fats by consuming seaweed. Fish often contain many toxins and commercial fishing is detrimental to the environment. To get a healthy and sustainable source of omega-3s, you can take microalgae supplements or consume walnuts, canola oil, or chia, flax, or hemp seeds.

## DID YOU KNOW?

Plant-derived foods don't contain any cholesterol and our bodies make as much as we need. The average vegan has a cholesterol level of around 133, with the average meat-eater's level sitting around 210. A landmark study found that heart attacks are extremely unlikely with levels under 150. In addition, studies suggest that vegans are about 40% less likely to develop diabetes and cancer.

# THE WRITING ON THE WALL: HOW EATING ANIMALS HARMS THE PLANET

Our Forbidden Forest is burning, our Black Lake is being polluted, and magical creatures are at risk of extinction. Transfiguring to a plant-powered diet has consistently proven to be the most effective way to take a stand and protect our planet. Just ask the International Confederation of Wizards!

## DIMINUENDO DEFORESTATION

The leading cause of deforestation is animal agriculture. To feed the billions of land animals used for farming, ancient habitats are destroyed to grow crops. Around 70% of soy crops are fed to animals while humans all around the world face a hunger crisis. Without the space needed to house and feed farmed animals, 75% of agricultural land could be rewilded and used for conservation efforts.

## IMMOBULUS TOXINS & POLLUTION

Globally, factory farms conjure a *Riddikulus* amount of toxic waste which collects in disease-filled pools and seeps into the water supplies of local communities. In 2018, the Environmental Integrity Project (EIP) found that US slaughterhouses pour 250,000 gallons of toxic wastewater into water sources every day.

## REDUCIO YOUR CARBON FOOTPRINT

The animal agriculture industry emits more greenhouse gasses than all of the world's transportation industries combined. An Oxford University study showed that people who eat meat are responsible for 2.5 times more greenhouse gas emissions than those who don't.

# SEEN & UNFORESEEN

## THE PERKS OF VEGANISM

More than one innocent life can be saved, and you don't need a Time-Turner to succeed in this mission! By following a plant-powered lifestyle, you'll save approximately 200 animals, 400,000 gallons of water, 14,600 pounds of grain, and 7,300 pounds of CO2 per year.

You will also save Galleons at the grocery store by purchasing budget-friendly plant foods like lentils, beans, tofu, rice, pasta, and veggies. You'll be astonished at how affordable a vegan lifestyle can be!

Did you know you can also make a difference to the 795 million people worldwide who go hungry? It's true! By reducing the amount of grain fed to farmed animals, we can increase the amount of plant foods available for magical folk across our wizarding world!

"ANYTHING'S  
POSSIBLE IF  
YOU'VE GOT  
ENOUGH NERVE!"

- *Ginny Weasley*



By not buying animal products, we invest in a compassionate future. By making a plant-powered choice for every meal, we make an impact on supply and demand. This is a great place to start in our fight for wizard and creature liberation!

# VEGAN OPTIONS AT THE WIZARDING WORLD OF HARRY POTTER

One of The Protego Foundation's goals is to see a wide variety of vegan options offered at The Wizarding World of Harry Potter themed lands within the Universal parks around the world. We believe that all magical people deserve to be completely immersed in their favorite story, including those with allergies and those who choose to abstain from consuming animal products. Here are our favorite offerings at the theme parks:

## IRISH STEW

The Leaky Cauldron (Orlando)

The Three Broomsticks (Hollywood)

## SHEPHERD'S PIE

The Leaky Cauldron (Orlando)

The Three Broomsticks (Hollywood)

## DAIRY-FREE BUTTERBEER & PUMPKIN JUICE

The Leaky Cauldron (Orlando)

The Hog's Head (Hollywood)

The Three Broomsticks (Orlando & Hollywood)

## SUGAR QUILLS & SHERBERT LEMONS

Honeydukes (Orlando & Hollywood)

Sugarplum's (Orlando)





# VEGAN OPTIONS AT WARNER BROS. STUDIO TOUR LONDON

There's no denying that the location where the *Harry Potter* and *Fantastic Beasts* films were created is one of the most magical places you can visit. At Warner Bros. Studio Tour London, you'll find a great variety of vegan options to indulge in. Here are a few of our favorites:

## VEGETARIAN QUARTER POUNDER

Backlot Café

## STONE BAKED PIZZA

The Food Hall

## BOTTLED BUTTERBEER

The Studio Shop

## VEGAN AFTERNOON TEA

Additional Experience Add-On



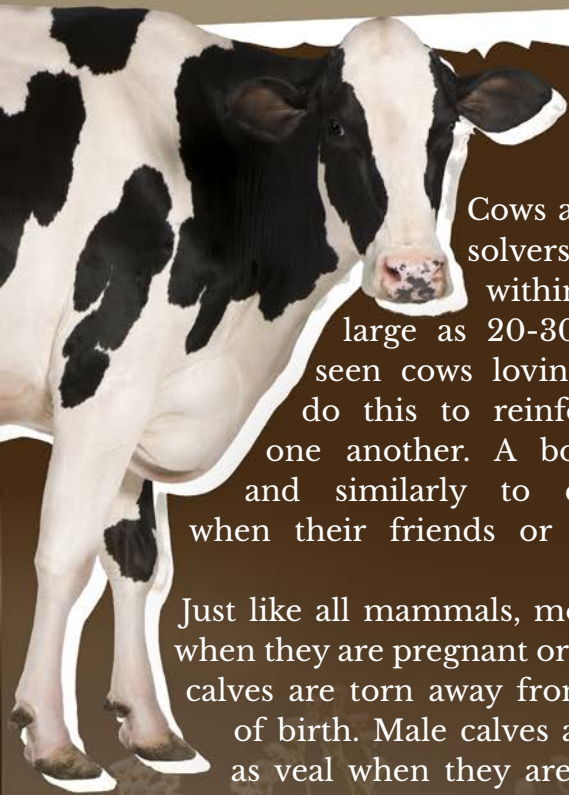
*Hungry for more? This is just a taste of the full selection!*

Visit [ProtegoFoundation.org/Guides](https://ProtegoFoundation.org/Guides)

*for an in-depth look at everything you can try at the theme parks,  
studio tour, and other Wizarding World experiences.*

# INTO THE PENSIEVE:

## UNVEILING THE TRUTH BEHIND MEAT



### COWS

Cows are gentle and clever problem-solvers. They form close friendships within their herd, which can be as large as 20-30 individuals. Have you ever seen cows lovingly licking each other? They do this to reinforce their relationships with one another. A bond with a cow runs deep, and similarly to elephants, they will grieve when their friends or family members pass away.

Just like all mammals, mother cows only produce milk when they are pregnant or nursing a calf. On dairy farms, calves are torn away from their mothers within hours of birth. Male calves are killed immediately or sold as veal when they are about 3 months old. Female calves are raised to have their reproductive organs exploited just like their mothers, all in the name of the dairy industry. Mother cows will cry for their young upon separation, and when their milk production wanes, they are sent to slaughter.

Perhaps an unexpected comparison, cows are similar to the delicate *Demiguise*. They are both peaceful, herbivorous creatures with large, doleful eyes. Their skins are cruelly commodified to make leather bags and shoes, just as in the case of the *Demiguise*, whose fur is used to make Invisibility Cloaks.

# PIGS

Pigs are sociable, bright, and loving creatures who have been deeply misunderstood. Pigs are incredibly smart, have exceptional memories, and are ranked as the fifth most intelligent species in the world — even more highly ranked than dogs. Pigs are very clean, and if given the choice, refuse to make a mess where they sleep. They are clear communicators who form close bonds with one another. Mother pigs are known to sing to their piglets whilst nursing, and they love to snuggle and sleep close together.

In factory farms, mother pigs are imprisoned in gestation and farrowing crates that prevent them from being able to turn around or care for their piglets. They are unable to protect their babies as they cry from being castrated and having their ears cut and tails docked without anesthesia. The piglets who survive are left in crowded and filthy pens, never seeing natural sunlight. Before even reaching full maturity, they are slaughtered by having their throats slit or by suffocation in gas chambers.

The magical counterpart for pigs is the notorious **Niffler**. Similarly snouted, both pigs and Nifflers are talented treasure hunters with brilliant burrowing abilities (though Nifflers have a preference for sparkly prizes).

Mischievous, loveable, and adorably cute, you would be blessed to have such cheeky companions on your adventures.



# CHICKENS, DUCKS, GEESE, & TURKEYS



Chickens are magnificent mathematicians who can count to five within hours of hatching. Turkeys are powerful communicators who have an extensive vocabulary for conversing with other turkeys. Ducks and geese are excellent navigators who can travel hundreds of miles each year during their migrations. Geese in particular travel in a V-formation to reduce air resistance, which allows them to travel 70% farther as a gaggle. There is no doubt that birds are brainy!



Unfortunately, these beautiful birds, chickens in particular, are considered to be the most exploited animals on the planet. In the US alone, approximately 9 billion chickens are killed every year after spending their entire lives confined in darkness. As a result of selective breeding, chickens suffer from developmental abnormalities that cause them to grow at an extreme rate, preventing them from being able to walk or stand. Chickens used for their eggs produce over 300 eggs per year when they naturally would only produce 12.

The fabulous **Fwooper** is a colorful African bird who lays strikingly speckled eggs. Just like our feathered friends exploited in farming, the Fwooper is silenced (in this instance with a Silencing Charm), unable to sing their song. Chickens, turkeys, ducks, and geese are silenced in the non-magical world through the suffering they undergo on farms.



# FISH & CRUSTACEANS

Fish are fast learners who can count, tell time, and even use tools! They form complex relationships and “talk” to one another in low frequencies that are inaudible to humans. They are incredibly astute and traverse the deepest, darkest parts of the world’s oceans and rivers with only their hearing to guide them. Crustaceans, such as lobsters and crabs, feel pain and can even recall unpleasant experiences in order to avoid repeating them.

Every year, it’s estimated that 2.74 trillion wild fish are captured globally. That number doesn’t include the fish who are intensively farmed or caught as bycatch. In an attempt to escape nets from trawlers and other commercial fishing ships, fish will thrash around and cause scale damage. Many will suffocate due to the immense weight of the other fish trapped in the net or experience decompression injuries such as burst swim bladders.

**Sea Serpents**, like our aquatic acquaintances, are found in mystical waters across the globe. They are gentle giants who like to keep out of harm’s way. Unfortunately, like with sharks, they are villainized for endangering magical folk when, in fact, conflicts with humans are extremely uncommon.



# \* \* COMMUNITY IS KEY

Join The Protego Foundation's friendly Discord Community to connect with other compassionate and supportive people. From what to cook and where to eat out with friends to dealing with common questions surrounding nutrition and animal welfare, you're sure to be met with kindness and encouragement for any topic.

In addition, we love to chat about all things wizarding world. Hop into your Common Room and start a conversation about your favorite characters and wackiest theories. Win the House Cup and score some exclusive giveaway prizes while signing petitions to help animals and making new friends.

Visit [ProtegoFoundation.org/Discord](https://ProtegoFoundation.org/Discord)  
to join our friendly wizarding community!

## SUCCESSING TOGETHER

By campaigning for animals together, we spark change. When one magical person speaks up for animals, they inspire others to do the same. Just like Dumbledore's Army, our magical community has impacted the wizarding fandom in many positive ways by spreading awareness about the plights that our non-human animal friends face.

Together we have helped companion animals in shelters, rhinos at risk of being poached, chimpanzees in need of rescue from experimentation, badgers in danger of being culled, and mother cows who suffer to provide ingredients used in Butterbeer. And we won't stop there!



# ABOUT THE PROTEGO FOUNDATION

The Protego Foundation fights to end the abuse of animals in the non-magical world by empowering all magical persons to get active for animals.

Launched in 2015, the organization was inspired by the *Harry Potter* and *Fantastic Beasts* series to compare how magical creatures in the wizarding world and animals in the non-magical world are treated.

The Protego Foundation is a 501(c)(3) nonprofit organization. Through their educational content, outreach campaigns, and programs, they educate and motivate fan activists to find ways to help animals through the lens of the magical creatures living in their favorite stories.

The Protego Foundation's goal is to create a wizarding fandom that is more considerate of the rights, feelings, and treatment of all creatures regardless of species, size, or magical ability.

THANK YOU FOR READING  
THE WIZARDING GUIDE  
TO GOING VEGAN!

*A special thanks to the team at The Protego Foundation  
who contributed to this guide.*

