

# Veganuary Challenge

Challenge yourself this new year and pledge to give up animal products for January.

## Getting ready

- Start advertising your Veganuary challenge to friends and family and on social media
- Ask for donations for the whole event or a donation per successful vegan day



## During the month

- Make sure you post updates with photos on your JustGiving page and social media
- Write an update each day that includes how you feel, what's surprised you, what's been the hardest part, etc.

## Top tip

- Get in touch with local vegan businesses and let them know what you're doing - they might be able to sponsor you or match how much you fundraise!