

Vegetarianism

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Vegetarians refrain from eating meat. In Canada, vegetarianism is usually synonymous with ovo-lacto vegetarianism; people do not eat any meat, fish, or poultry, but do consume some animal products such as milk, yogurt, and eggs. This may be for various reasons, including religious, health, and ethical ones. The following religious communities generally observe **ethical vegetarianism** – which means that food for consumption does not include any meat, including no cross-contamination of cooking/preparation surfaces and utensils (including oils for frying).

Jains

In accordance with their principle of nonviolence towards all beings, Jains eat only food materials derived from plant sources and milk/milk products and do not consume meat or eggs. They will avoid eating root vegetables and things that grow underground (eg. onions, garlic, potatoes) and also avoid eating before sunrise and after sunset.

Sikhs

Many Sikhs will not eat meat killed or prepared in a sacrificial way therefore they will not eat halal or kosher foods. Even if they are not vegetarian, many will avoid