## BEAUTY

At Feet of My People, we believe cruelty-free products are a beautiful thing. We've gathered some of our favorite brands below, many who are Leaping Bunny or PETA certified as cruelty-free. This means there was no animal testing at any point during production, no animal testing from their suppliers, and no distribution in mainland China. We also strongly recommend that you look at (and bookmark!) one of our favorite resources, <a href="Cruelty-Free Kitty">Cruelty-Free Kitty</a>. Their amazing site is incredibly comprehensive, allowing you to search for specific brands to see if they are cruelty-free. They've also compiled an exhaustive list of verified cruelty-free brands. If you're new to this journey of ethical and compassionate shopping, their <a href="Cruelty-free 101">Cruelty-free 101</a> tab is an excellent starting point for beginners.

#### Find all your cruelty free and vegan brands in one place:

Petit Vour - sign up for their beauty box and try new brands every month!

#### **Cruelty Free Skin Care Brands:**

These can be found at most natural grocery stores, some can be found at Target and drug stores, and all can be ordered on Amazon or iherb.com.

Alba Bontanica

Pacifica - 100% Vegan

Kiss My Face - 100% Vegan

YES TO

The Body Shop - although The Body Shop is cruelty-free, they are owned by L'Oreal which is not cruelty-free

ACURE - 100% Vegan

derma e - 100% vegan

**Desert Essence** 

Most brands can be found at Sephora or through the brand's website

Juice Beauty - 100% vegan

**KORRES** 

Kani - 100% vegan

Mad Hippie - 100% vegan (except for sunscreen)

NIU BODY - 100% vegan

Suntegrity

<u>LUSH</u> - Find a store near you or shop online

Sunday Riley

Mukti Organics - 100% vegan

OSEA - 100% vegan

Tarte - anything vegan friendly will be marked as so

#### **Drunk Elephant**

#### **Cruelty Free Hair Care Brands:**

<u>Abba</u>

Giovanni

Andalou Naturals

**Avalon Organics** 

DermOrganic - 100% vegan

**Desert Essence** 

Pacifica - 100% vegan

**Evolvh** 

**Drybar** 

John Masters Organics

**ORIBE** 

Yarok - 100% vegan

Kevin.Murphy

Verb

Aveda (Aveda is owned by a parent company who is not cruelty free)

**LUSH** - Find a store near you or shop online

#### **Cruelty Free Makeup Brands:**

e.l.f

**Pacifica** 

The Body Shop - owned by L'Oreal which is not cruelty-free

<u>Milani</u>

Wet n Wild

Tarte - anything vegan friendly will be marked as so

Kat Von D

Glossier

Anastasia Beverly Hills

**Hourglass** 

Urban Decay - this brand is Leaping Bunny-certified but their parent company L'Oreal still tests on animals

**LUSH** 

Milk Makeup

#### **Cruelty Free Nail Polish Brands:**

Wet n Wild

L.A Girl

NCLA - 100% vegan

Pacifica - 100% vegan

**Butter London** 

100% Pure

<u>LVX</u> - 100% vegan

ella + mila

Gabriel Cosmetics - 100% vegan

#### **Cruelty Free Perfume Brands:**

Pacifica - 100% vegan

LUSH

My Daughter Fragrances

TSI~LA - 100% vegan

**ECCO BELLA** 

**TERRA NOVA** 

## **FASHION**

With gorgeous alternatives to leather, suede, fur, wool, down, feathers, pearls, and silk readily available at a great price, it's time for vegan, animal-free fashion to lead the way to a new way of shopping and living that does not have animal cruelty at its foundation.

Trending this season and every season: compassionate clothing. Ditch the leather, suede, fur, wool, down, feathers, pearls, silk, and any other clothing that cost an animal its life or its dignity. There are countless alternatives to these cruel forms of fashion, in every style and every price range. We've curated some of the most gorgeous, vegan, and animal-free fashion brands to get you inspired. Step out in clothing that is as ethical as it is stunning. You'll be more than a trend-setter. You'll be setting the tone for compassionate, educated, and sustainable shopping, and there's no look more daring than that.

#### Outerwear

<u>Vaute</u>

Save The Duck

**Brave Gentleman** 

Wuxly

Stella McCartney

jakke London

**Shrimps** 

SpiritHoods

HoodLamb

**NOIZE** 

Bleed

#### **Shoes**

**SUSI** 

**Native** 

**Brave Gentleman** 

beyond skin

Olsenhaus

Stella McCartney

**NICORA** 

**PAWJ** 

Sydney Brown

Matt & Nat

**BHAVA** 

Cri de Coeur

Dr. Marten - vegan collection

Kat Mendenhall - vegan cowboy boots

Lulus - carries a range of vegan shoes

Moo Shoes

#### **Bags**

**Hipsters for Sisters** 

Matt & Nat

Doshi

Miomojo

Stella McCartney

ANGELA ROI

**Denise Roobol** 

**EXPRESSION NYC** 

#### Clothing

**Brave Gentleman** 

Vaute

Reformation

Delikate Rayne

Stella McCartney

**Animal Behavior** 

Bleed

## FOOD

# Everything on this list is 100% dairy free, 100% animal free and 100% vegan (unless noted otherwise)

You don't have to compromise good taste to have an animal-free plate. For every food product that relies on animals or animal by-products, there is a delicious, cruelty-free alternative. We've gathered a list of incredible companies who are committed to tasty and healthy food that is as kind to the planet and animals as it is kind to our bodies. Everything on this list is 100% dairy free, animal free, and vegan (unless noted otherwise). We guarantee you'll find some new favorites staples on this list!

### **Dairy Free Alternatives**

Follow Your Heart - dairy free cheese slices, salad dressings and mayo, dips, speads, and vegan eggs

Chao - Field Roast started their own line of dairy free cheeses and frozen mac and cheese

<u>Daiya</u> - here you'll find and array of cheeses, cream cheese, frozen cheesecake, frozen pizza, yogurt, boxed mac and cheese, sauces, and dressings

<u>MIYOKO'S</u> - Miyoko's makes an assortment of gourmet nut cheeses and butter. Their fresh mozzarella is an amazing option for homemade pizza, a caprese salad or your favorite crackers.

Earth Balance - butter spreads, baking sticks, nut butters, dressings, snacks and crackers

<u>Treeline</u> - delicious gourmet nut cheese spreads

Kite Hill - here you will find plant based yogurt, cream cheese, ricotta, and ravioli

<u>So Delicious</u> - So Delicious specializes in coconut milk, almond milk and cashew milk. They also offer an assortment of dairy free yogurt, cheese shreds, creamers, and frozen desserts Nada Moo - Ice cream

Ben & Jerry's - now offers non-dairy pints \*make sure you read the label as most of what they carry is not dairy free

Coconut Bliss - Ice cream and ice cream sandwiches

<u>Dream</u> - Almond, rice, soy, cashew and coconut milk alternatives. Almond, soy, rice and coconut ice creams and frozen treats. Almond and coconut yogurt.

Violife - cheese alternatives - grated, cream, slices\*, and blocks

Tofutti -cheese slices, cream cheese, sour cream, ricotta, and frozen desserts

<u>Silk</u> - Silk offers soy, almond, cashew, and coconut milk alternatives as well as creamers, yogurts and milk alternative singles (great for kids lunches).

Almond Breeze - almond milk

Forager - yogurt, drinkable yogurt with probiotics, cashew milk, shakes, juices, and chips

Pacific - milk alternatives; oat, hemp, almond, hazelnut, cashew, coconut, soy, and rice

Ripple - high protein milk alternative

<u>Califia Farms</u> - milk alternatives; almond, coconut, and cashew. Probiotic drinkable yogurt, creamers, cold brewed coffees, and juices

Trader Joe's - blueberry lavender almond milk and matcha almond milk

#### **Meat Free Alternatives**

<u>Beyond Meat</u> - the beyond burger and beyond sausage look and cook like real meat (can be found in the cold and/or frozen section). You can also find their chicken strips and beef crumbles in the frozen section

<u>Gardein</u> - I love everything this company makes! chick'n, turk'y alternatives, beef alternatives (try the meatballs!), holiday roasts, sliders, and fish alternatives (try the fish fillets with Follow Your Heart tartar sauce and you won't be disappointed)

<u>Tofurky</u> - slow roasted ckick'n, deli slices, veggie burgers, artisan sausages, kielbasa, beer brats, grounds, tempeh, and roasts

Field Roast - sausages, deli slices, fieldburger, roasts, loaves, and appetizers

<u>Lightlife</u> - frozen food; ravioli, bowls and snacks. Cold foods; deli slices, beef, chick'n, tempeh, sausages, burgers, hot dogs, bacon and breakfast sausage patties

Sweet Earth - please note that not everything this company makes is vegan but they label their vegan products on the front of their packaging. Everything I have listed here is 100% vegan: Pizza; veggie lovers pizza. Bowls; cauliflower mac and cheese, black bean and mango cubano, curry tiger, general tso's tofu, korean japchae, kyoto stir fry, moroccan tagine. Mini meals; moroccan empanada, aloha bbq enchilada. Burritos; kyoto, curry tiger, anasazi. Breakfast; big sur burrito, get cultured burrito, lighten up burrito, harmless ham and chickpea patty breakfast sandwich. All of their breakfast meats, veggie burgers, and seitan are vegan. Hilary's - burgers, breakfast sausages, bites, dressings, and millet melodys Upton's Naturals - jackfruit, seitan, curry, pad see ew, mac and cheese, bacon, thai spaghetti, and burgers

<u>Yves</u> - appetizers, burgers, ground round, dogs, sausages, deli slices, and breakfast foods <u>MorningStar Farms</u> - *Please note everything this company makes is not vegan.*