

## Christmas Gifts Ideas for Vegans and Vegetarians

*By Bourgeois Boheme*

*Dated: Dec 17, 2007*

*Online animal-friendly fashion company, Bourgeois Boheme, came up with a list of Christmas presents ideas for think-alike veggies.*

Christmas shoppers may spend hours examining the ingredients and labels on products to ensure they are friendly for their vegan or veggie friend.

Us lot at Bourgeois Boheme have put together a list of “insider” tips and ideas that may guide you though a labyrinth of veggie Christmas shopping.

### 1. Christmas Shoe instead of Christmas Stocking!

According to the Vegan Panel, the most desirable Christmas gift for a vegan is cruelty-free footwear! Let the veggie feet do the talking with a pair of animal-friendly shoes from Bourgeois Boheme

### 2. “Winter Wonderland” trip

With global warming on its way we may all soon be left with “dreaming of a White Christmas”. Why not enjoy the snow while we can? Go to Vegi Ventures for weekend getaway ideas and take your veggie friend on a trip! Relaxing in a veggie friendly hotel after a hard day’s skiing in the Alps or walking in Cumbria will earn you bonus points.

### 3. Naturally Bubbly bottle

Oh yes before you purchase that bottle of Christmas Champagne take note that not all champers are vegan! Champagne (as other alcohol drinks) is often clarified with animal ingredients that are derived from bone, fish, eggs and milk proteins. Festival Wines sell a good range of veggie friendly bubbly.

### 4. Happy Hamper

Foie gras faux pas!

A hamper full of yummy veggie goodies will bring a smile to any veggie. Fill the hamper with skincare from No Cows, choccies from Happy Hippo or savory goodies from Clearspring

### 5. Surprise Christmas dinner from a first-time veggie Chef

You don’t need to be vegetarian to prepare a veggie dinner for your friend. It’s not all carrot sticks and lentils, your courage to step into unknown territory will be admired!

If you want to look like a pro, The Vegetarian Society runs fabulous veggie cooking courses. You may also borrow some vegan recipes at Vegan Village.

### 6. Vegetarian Library Finds

If your friend is a vegan couch potato, for those lazy days over the winter holidays cozying up with a good book from Animal Aid’s Shop could be just the trick. Wild London, Tiger Jungle, Elf Bedtime Stories and Vegan Stories are just few items to choose from.

### 7. Pet Adoption certificate

Give your friend the joy of instant parenthood! Even if he/she lives in a tiny studio there is always a room for an adoption certificate on the wall. Adopt from an animal sanctuary such as Hillside that works tirelessly for its 900 or so residents. Choose from La Vizelle an Ex-Race Horse to Felicity the Pot-Bellied Pig. To find a sanctuary locally, visit Animal Rescuers UK.

#### 8. Veggie Pride Hoodies

“If it’s got a face I don’t eat it” – states a hoodie that can be purchased from Vegetarians International Voice for Animals (VIVA). More hoodies with statements are available from PETA.

Not only they will help your veggie/vegan friends to express themselves but also will keep them toasty warm during winter.

#### 9. Cuddly and Cruelty-free winter accessories for Ipods and their owners

Silver Velvet Muff for their Mobile or Mini Ipod, Cashmere Feel Cable Scarves, Velvet Gloves with Faux Fur Trim for women and patterned scarves for men are available at Bourgeois Boheme. All the products look like their real prototypes but are “faux”, so don’t forget to mention that when giving our accessories to your veggie friends.

#### 10. Leaving the dark side

Becoming a veggie or vegan even if it is for just a few days would be the best gift for your veggie friend or family member! For those brave enough to take the challenge Bourgeois Boheme will offer a 10% discount of their first order. Go to The Vegan Society for helpful tips to “use the force”!

Additional tips: Please look out for the variations of the letter “V” on the products suitable for vegetarians and vegans and for a happily jumping rabbit stating that the product wasn’t tested on animals. Please remember that “suitable for vegetarians” items may not be suitable for your vegan friends. For various certifications logos go to <http://rawdc.org/food/veglogo.html>

In case the text you see is not hyperlinked or appears in a non friendly format you may find a copy of our pr at <http://www.bboheme.com>

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Bourgeois Boheme - fashion with compassion

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Bourgeois Boheme, [www.bboheme.com](http://www.bboheme.com) - is an online ethical fashion boutique that specializes in animal-friendly shoes and accessories.

We are a fashion company with an ethical-business model that aims to attempt to facilitate a lifestyle attitude of compassion towards animals, humans and the environment.

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Tags	vegetarian, vegan, animal-friendly, cruelty-free, christmas, gift ideas
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