

ZINE INSTRUCTIONS

STEP 1

Print out **double sided** pages
There should be **two** total pages once printed (fig a.)

On Mac:
Open PDF in Acrobat
Select Print
Page Scaling: None (do not fit to page)
Select Copies & Pages Drop Down Menu
Select Layout
On the Two Sided option
choose Short Edge Binding

STEP 2

Fold each page in half

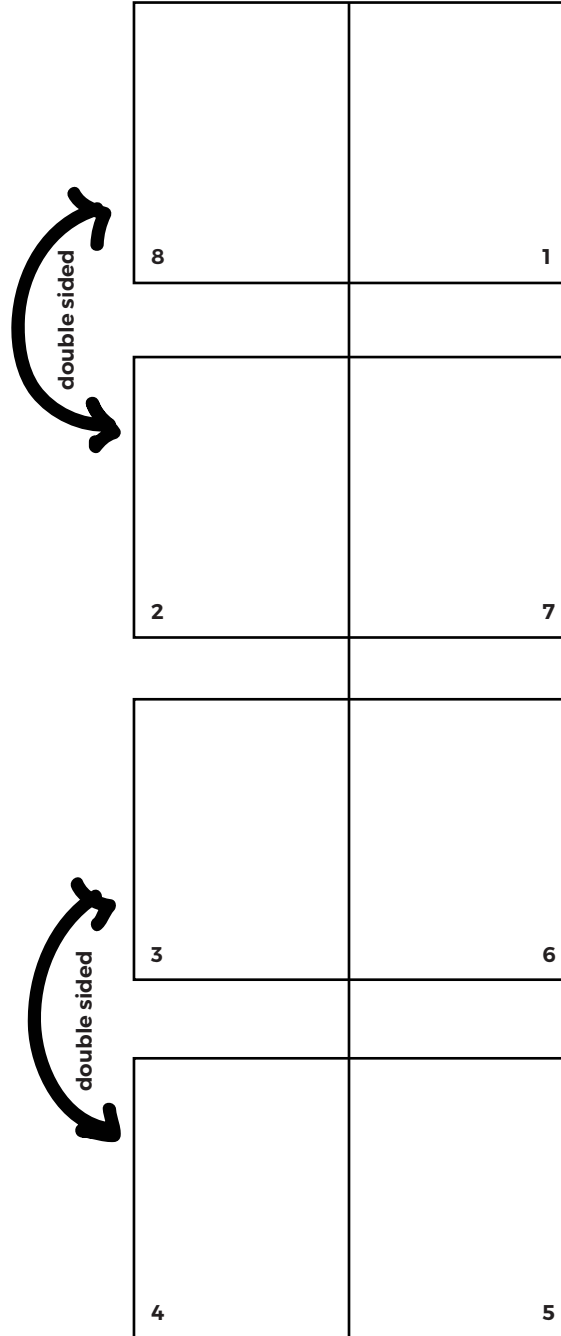
STEP 3

Place second sheet inside cover sheet
according to numbers listed on bottom
of pages (fig b.)

STEP 4

Distribute with a smile

(fig a.)



(fig b.)



place this page
inside cover
page

NEED #222:
VEGANS DON'T GET ENOUGH IRON

DAILY NEED	FOOD	SERVING
18 mg	1/2 cup lentils	4.4
	1 cup chickpeas	6.0
	1 cup kidney beans	4.3
	1 cup black beans	4.7
	1 cup pinto beans	4.0
	1/2 cup chickpeas	2.3
	1 cup lentils	3.0
	1 cup chickpeas	1.1

NEED #21:
THE FOOD SUCKS

TO USE NEW HANDS TO BE TO BE VEGAN SEARCH FOR VEGAN FRIENDLY PRODUCTS

#VEGANFOODSHARE
@VEGANBERFEST

NEED #20:
I CAN'T BE AN ATHLETE

TO USE HEALTHY MUSCULAR VEGAN ATHLETES:

BEYONCE, BRAD PITT, CHRIS ROCK, JAY-Z, KATY PERRY, MARY ELI, NICKI MINAJ, RYAN REYNOLDS, STEVE JOBS, TOMMY LEE, ZAC EFRON, ZAYN MALIK