



# A Resource Guide for Being Vegan in the Capital Region

## For **ALL** the Right Reasons



### **Capital Region Vegan Network**

empowers our community to  
adopt and maintain a vegan  
lifestyle through outreach,  
education, support,  
and advocacy.



Capital Region Vegan Network has prepared this guide to support people who are interested in vegan resources in the region. We are very fortunate to live in an area where we can readily access vegan food and products.

In this guide, we have included a list of vegan and vegan-friendly restaurants in Albany, Rensselaer, Saratoga, Schenectady, and Schoharie counties. We've also included lists of stores where you can easily find vegan food, health and beauty products, and clothing items, along with helpful tips when shopping for cruelty-free products.



If you would like additional assistance or support in becoming vegan or just incorporating more plants and/or animal-free foods into your diet, please consider becoming an annual member of Capital Region Vegan Network (information on back cover) and following us on social media for recipe ideas and up-to-date news stories as vegan history is made every day.

If you have any questions regarding where to find vegan products, you can also contact us at [info@capregionvegans.org](mailto:info@capregionvegans.org) or through any of our social media channels.

We hope these resources will help both new and experienced vegans thrive in the Capital Region, and we hope to see you at our events throughout the year!

Sincerely,

*Sarah*

Sarah A. Shearer, Esq.  
Executive Director  
Capital Region Vegan Network

## DINING OUT: ALBANY CITY AND NEARBY

### ALBANY AND NEARBY

**3Fish Coffee:** <https://www.facebook.com/3FishCoffee/>

**Aashiana:** Middle Eastern  
<http://aashianany.com/8145>

**Ama Cocina:** Mexican  
<http://www.amacocina.com>

**Athos Restaurant:**  
Greek/Mediterranean  
<https://www.athosrestaurant.com>

**Barcelona Restaurant:**  
Spanish/Mediterranean  
<http://www.barcelona-albany.com>

**Bare:** Smoothies, bowls, juice  
<https://bareblends.com/>

**V Berben & Wolff's Vegan Delicatessen:** <http://berben-and-wolffs.cafe-inspector.com>

**Blaze Pizza:** Vegan cheese  
<http://www.blazepizza.com>

**Bombers Burrito Bar:** Mexican  
[www.bombersburritobar.com](http://www.bombersburritobar.com)

**Bountiful Bread:** Counter cafe  
<https://bountifulbread.com/>

**Café 217:** <http://susiespub.com/secretsusies/cafe-217>

**Café Madison:** Breakfast/lunch  
[www.cafemadisonalbany.com](http://www.cafemadisonalbany.com)

Adapted from list compiled by **518 Vegans:**  
<https://www.facebook.com/notes/518-vegans/vegan-friendly-restaurants-in-the-capital-district-/1791680844467556/>

All restaurants listed here offer vegan options.

**100% vegan menus: V**  
**100% vegetarian: Veg**

**Cheesecake Factory:** American  
<http://thegreenplate.com/blog/so-a-vegan-walks-into-the-cheesecake-factory>

**City Line Bar & Grill:** American  
<https://www.citylinebar.com>

**CoreLife Eatery:** Counter-serve bowls, salads & soups  
[www.corelifeeatery.com/locations/](http://www.corelifeeatery.com/locations/)

**Crave Burgers:** Beyond Burger  
<https://cravealbany.com/>

**Delaware Supply Craft Beer Bar:**  
Light fare. [www.facebook.com/delawaresupply](http://www.facebook.com/delawaresupply)

**DP Dough:** Calzones, vegan cheese; Berben & Wolff's items available  
<https://www.dpdough.com>

**El Loco:** Mexican  
[www.ellocomexicancafe.com](http://www.ellocomexicancafe.com)

**El Mariachi:** Mexican  
<http://elmariachisrestaurant.com>

## ALBANY CITY AND NEARBY

**El Patron:** Mexican  
No website available

**Veg Healthy on Lark:** Small café  
<http://www.healthyonlark.com>

**Ichiban:** Japanese  
[www.ichibanjapanesechinese.com](http://www.ichibanjapanesechinese.com)

**Iron Gate Café:** Breakfast/lunch  
<http://www.irongatecafe.com>

**Junior's Bar & Grill:** Pub  
[www.juniorsbarandgrill.com/](http://www.juniorsbarandgrill.com/)  
juniors-albany

**Lazeez:** Indian  
<http://www.eatlazeez.com>

**Little Anthony's Pizza:** Vegan  
cheese/meats, other vegan options  
<https://littleanthonys.org>

**Maggie McFly's:** Impossible  
Burger and other vegan options  
[www.maggiemcflys.com/albany](http://www.maggiemcflys.com/albany)

**Maharaja Indian Restaurant:**  
<http://www.maharajaofalbany.com>

**Mamoun's:** Mediterranean  
<http://www.mamounsalbany.com>

**Margarita City:** Mexican  
<https://www.margarita-city.com/>

**McGeary's:** Pub  
<http://www.mcgearyspub.com>

**New World Bistro:** Global  
<http://newworldbistrobar.com>

**Oscar's Pizza/Subs:** Vegan cheese  
<https://www.oscarspizzamenu.com>

**O'Toole's Restaurant:** Irish pub  
Beyond Burger available  
<http://otoolesalbany.com>

**Pad Thai Noodle:**  
<http://www.padthai-albany.com>

**P.F. Chang's:** Asian  
<http://thegreenplate.com/blog/so-a-vegan-walks-into-pf-changs>

**Pho Yum:** Vietnamese,  
<http://www.pho-yum.com>

**Poke Bar, Lark Street:** Fast-casual  
<http://larkstpokebar.com>

**Professor Java's Coffee Sanctuary**  
<http://www.professorjavas.us>

**Recovery Sports Grill:** Sports bar  
Gardein wings & Beyond Burger  
[www.recoverysportsgrill.com](http://www.recoverysportsgrill.com)

**Restaurant Navona:** Modern  
Italian and Mediterranean  
<http://restaurantnavona.com/>

**Savoy Taproom:** American  
<http://www.savoyonlark.com>

**Spinners Pizza & Subs:**  
[www.spinnerspizzaalbany.com/](http://www.spinnerspizzaalbany.com/)

**Steuben St. Market:** Deli & cafe  
<http://steubenstmarket.com>

**Sukhothai:** Thai  
<http://www.sukhothaialbany.com>

## ALBANY CITY AND NEARBY

### **Sweet Basil Thai:**

[www.sweetbasilthaialbany.com](http://www.sweetbasilthaialbany.com)

### **Taj Fine Indian Cuisine:**

<http://www.tajofglenmont.com>

### **Tanpopo Ramen:** Asian

[tanpopoalbany.com/index.php](http://tanpopoalbany.com/index.php)

### **TapAsia:**

<http://www.tapasiaonlark.com>

### **The City Beer Hall:** Pub

<http://thecitybeerhall.com>

### **The Hollow Bar & Kitchen:**

American

<http://thehollowalbany.com>

### **The Orchard:** American

[www.orchardtavernalbany.com/vegan-menu](http://www.orchardtavernalbany.com/vegan-menu)

### **The Point:** Restaurant & bar

[www.thepointalbany.com/](http://www.thepointalbany.com/)

### **Umana Restaurant & Wine Bar:**

Global street food, Ethiopian

[www.umanarestaurant.com](http://www.umanarestaurant.com)

### **Van's Vietnamese Restaurant:**

[www.vansrestaurantny.com](http://www.vansrestaurantny.com)

## BETHLEHEM

### **Empire Wok:** Chinese

[www.happycow.net/reviews/empire-wok-delmar-29986](http://www.happycow.net/reviews/empire-wok-delmar-29986)

### **Shalimar:** Indian

<http://www.goshalimar.com>

## LATHAM

### **Ala Shanghai:** Chinese

[www.alashanghai.net/default.html](http://www.alashanghai.net/default.html)

### **Celadon Thai Restaurant:**

[www.celadonthairestaurant.com](http://www.celadonthairestaurant.com)

### **CoreLife Eatery:** Counter-serve

bowls, salads & soups

[www.corelifeeatery.com/locations/](http://www.corelifeeatery.com/locations/)

### **Elevation Burger:** Fast food

<http://elevationburger.com>

### **Garden Bistro 24:** Vegan burger

and soups sometimes: call ahead

<http://gardenbistro24.com>

### **Karavalli:** Indian

<http://www.karavalli.com>

### **Tamarind Thai:**

[www.tamarindthailatham.com](http://www.tamarindthailatham.com)

### **White Apron Galleria 7:** Food

court with smoothies, wraps, bowls

<http://the-white-apron-galleria-7-market.business.site>

## WATERVLIT

### **Sadudee:** Thai

[sadudeethaifood.com/home.html](http://sadudeethaifood.com/home.html)

## RENSSELAER COUNTY

### AVERILL PARK

Westfall Station Cafe: American  
[www.westfallstationcafe.com](http://www.westfallstationcafe.com)

### TROY

**V Berben & Wolff's Vegan**

**Delicatessen:**

<http://berben-and-wolffs.cafe-inspector.com>

**Brown's Brewing Troy Taproom**

<https://brownsbrewing.com/troy-taproom>

**V Burrito Burrito:** Tex-Mex

[www.burritosquared.com](http://www.burritosquared.com)

**Carmen's Cafe:** Cuban/Spanish

<https://carmenscafetroy.com>

**DeFazio's Pizzeria:** Vegan cheese

[www.defaziospizza.com](http://www.defaziospizza.com)

**First Choice Caribbean:** Jamaican

[firstchoicecaribbean.com/8087](http://firstchoicecaribbean.com/8087)

**Franklin Alley Social Club:**

vegan hot dogs and bean chili

[www.franklinalleysocialclub.com/](http://www.franklinalleysocialclub.com/)

**Harrison's Corner Market & Deli:**

[www.grubhub.com/restaurant/](http://www.grubhub.com/restaurant/harrisons-corner-market-96-congress-st-troy/609837)

[harrisons-corner-market-96-](http://www.grubhub.com/restaurant/harrisons-corner-market-96-congress-st-troy/609837)

[congress-st-troy/609837](http://www.grubhub.com/restaurant/harrisons-corner-market-96-congress-st-troy/609837)

**Junior's Bar and Grill:** Pub

[www.juniorsbarandgrill.com/north-greenbush](http://www.juniorsbarandgrill.com/north-greenbush)

**Little Pecks:** Cafe

<http://www.littlepecks.com>

**Liza's:** Smoothies, bowls, etc.

[www.lizasoftroy.com](http://www.lizasoftroy.com)

**Muddaddy Flats Quesadillary:**

<https://muddaddyflats.com>

**Nighthawks:** Bar & cafe

[facebook.com/nighthawkstroy](https://facebook.com/nighthawkstroy)

**Pizza Da Vinci:** Vegan cheese

[www.thepizzadavinci.com](http://www.thepizzadavinci.com)

**Shalimar:** Indian

<http://www.shalimarny.com>

**Slidin' Dirty:** Sliders & sides

<http://slidindirty.com>

**Sunhee's Farm & Kitchen:** Korean

<https://www.sunhees.com>

**Tara Kitchen:** Moroccan

<http://www.tarakitchen.com>

**The Greek House:**

<http://www.thegreekhouse.net>

**The Ruck:** Pub

<https://www.getrucked.com>

**Wolff's Biergarten:** German

[www.wolffsbiergarten.com/troy-new-york](http://www.wolffsbiergarten.com/troy-new-york)

## SARATOGA COUNTY

### BALLSTON SPA

**Alaturco Mediterranean Grill:**  
[www.alaturcogrill.com/index.html](http://www.alaturcogrill.com/index.html)

**Iron Roost:** Breakfast/lunch  
[www.ironroost.com](http://www.ironroost.com)

### CLIFTON PARK

**Veg Antipasto's:** Italian  
<http://www.antipastos.com>

**Blaze Pizza:** Vegan cheese  
<http://www.blazepizza.com>

**CoreLife Eatery:** Counter-serve  
bowls, salads & soups  
<https://corelifeeatery.com/>

**Dog Haus Biergarten:** Burgers, etc.  
<https://cliftonpark.doghaus.com/>

**Fruit Loop:** Bowls, smoothies, etc.  
[www.fruitloopcliftonpark.com/](http://www.fruitloopcliftonpark.com/)

**La Fiesta:** Mexican  
[www.lafiestamexican.com](http://www.lafiestamexican.com)

**Oh Corn! Arepas & More:**  
Venezuelan, counter-serve  
[www.ohcornarepas.com](http://www.ohcornarepas.com)

**Saigon Spring:** Vietnamese  
[saigonspring.squarespace.com](http://saigonspring.squarespace.com)

**Shalimar:** Indian  
[www.shalimarcliftonpark.com](http://www.shalimarcliftonpark.com)

**Sushi Thai at the Park:**  
[www.sushithaiatthepark.com](http://www.sushithaiatthepark.com)

### HALFMOON

**Sparx Fine Chinese Cuisine:**  
<http://www.sparxcuisine.com/>

### MALTA

**Wired Coffee Roasters:** Cafe  
<https://www.facebook.com/wiredcoffeeroastersny/>

### SARATOGA SPRINGS

**Boca Bistro:** Spanish/tapas  
<http://bocabistro.com>

**Cantina:** Mexican  
<https://www.cantinasaratoga.com/>

**Country Corner Cafe:** Breakfast/  
lunch: soy milk and tofu scramble  
<http://countrycornercafe.net/>

**Esperanto:** Casual Cafe  
<http://esperantosaratoga.com>

**Farmers Hardware:** Breakfast/  
lunch, Wednesday-Sunday  
[farmershardwaresaratoga.com/](http://farmershardwaresaratoga.com/)

**Veg Four Seasons Café:** Buffet  
[fourseasonsnaturalfoods.com](http://fourseasonsnaturalfoods.com)

**Karavalli:** Indian  
<http://www.karavallisaratoga.com>

**Kraverie:** Korean BBQ  
<http://kraveriesaratoga.com>

**Little India:**  
[saratogalittleindiarestaurant.com](http://saratogalittleindiarestaurant.com)

## SARATOGA AND SCHENECTADY COUNTIES

**Putnam's Restaurant & Bar (at the Gideon Putnam):** American  
[www.gideonputnam.com](http://www.gideonputnam.com)

**Scallions:** American  
[www.scallionsrestaurant.com](http://www.scallionsrestaurant.com)

**Sushi Thai Garden:**  
<http://sushithaigarden.com>

**The Falafel Den:** Mediterranean  
[www.falafelden.com](http://www.falafelden.com)

**Three Vines Bistro:** Italian  
<http://www.threevinesbistro.com>

**Urban Roots:** Juice & avocado  
<https://urbanrootsjuice.com/>

**Wheatfields:** Italian  
<http://wheatfields.com/saratoga>

**Whole Harvest:** Sandwiches, smoothies, bowls  
[www.wholeharvestco.com/](http://www.wholeharvestco.com/)

## DUANESBURG

**Peppino's Pizza:**  
[/www.facebook.com/peppinos518](https://www.facebook.com/peppinos518)

## SCHENECTADY

**Ambition Coffee:** Urban bistro  
<https://ambitionbistro.com>

**Blaze Pizza:** Vegan cheese  
<http://www.blazepizza.com>

**Bombers Burrito Bar:** Mexican  
[www.bombersburritobar.com](http://www.bombersburritobar.com)

**Celadon Thai Restaurant:**  
[www.celadonthairestaurant.com](http://www.celadonthairestaurant.com)

**Centre Street Pub:**  
[www.centrestreetpub.com](http://www.centrestreetpub.com)

**City Squire Ale House:**  
Impossible Burger  
<http://citysquirealehouse.com/>

**Jasmine Thai Restaurant:**  
[jasminethairestaurant.webs.com](http://jasminethairestaurant.webs.com)

**Mexican Radio:**  
<http://mexrad.com>

**Moon & River Café:**  
<http://moonandrivercafe.com>

**More Perreca's:** Cafe  
<http://perrecasbakery.com>

**Taj Mahal Restaurant:** Indian  
<http://www.tmahalrestaurant.com>

**Tara Kitchen:** Moroccan  
<http://www.tarakitchen.com>

**The Happy Cappuccino:** Coffee  
<http://thehappycappuccino.com/>

**Wolff's Biergarten:** German  
[www.wolffsbiergarten.com/](http://www.wolffsbiergarten.com/)  
[schenectady-new-york](http://schenectady-new-york)

**Zen:** Asian  
[www.zenasianfusionlounge.com](http://www.zenasianfusionlounge.com)



## SCHENECTADY AND SCHOHARIE COUNTIES

### SCOTIA

**Jade Bistro:** Thai/Asian  
<http://www.jadebistroscotia.com>

**Mohawk Taproom & Grill:**  
Beyond Burger available  
[www.mohawktaproom.com](http://www.mohawktaproom.com)

**Waters Edge  
Lighthouse:** American  
[thewatersedgelighthouse.com](http://thewatersedgelighthouse.com)

### GROCERIES

**Healthy Living Market & Cafe**  
3065 Route 50 (Wilton Mall)  
Saratoga Springs, NY 12866  
<https://healthylivingmarket.com/saratoga>

**Honest Weight Food Co-op**  
100 Watervliet Avenue  
Albany, NY 12206  
<https://www.honestweight.coop>

**Trader Joe's**  
79 Wolf Road, Colonie, NY 12205  
<https://www.traderjoes.com>

**Whole Foods**  
1425 Central Avenue  
Albany, NY 12205  
[www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)

**The Fresh Market**  
52 Marion Avenue  
Saratoga Springs, NY 12866  
(OR) 664 New Loudon Road  
Latham, NY 12110  
[www.thefreshmarket.com](http://www.thefreshmarket.com)

### MIDDLEBURGH

**Hen and the Hound Bistro:**  
[www.henandhoundbistro.com](http://www.henandhoundbistro.com)

### SCHOHARIE

**El Taco Shack:** Mexican  
[www.facebook.com/El-Taco-Shack-149036075828110](http://www.facebook.com/El-Taco-Shack-149036075828110)

### HEALTH & BEAUTY

**Lush Cosmetics**  
1 Crossgates Mall Rd Space D102,  
Albany, NY 12203  
<https://www.lushusa.com>

**Pure Elements Salon**  
1728 Western Avenue  
Albany, NY 12203  
<https://pure-elements-salon.com>

### CLOTHING

**The Vegan Outfitter**  
152 4th St Troy, NY 12180  
<https://www.facebook.com/theveganoutfitter/>

### BED & BREAKFAST

**Red Robin Song Guest House**  
94 Schoolhouse Road  
New Lebanon, NY 12125  
[redrobinsonguesthouse.com](http://redrobinsonguesthouse.com)

## CRUELTY-FREE CHOICES GO BEYOND FOOD

**Many companies test their cosmetics, cleaning and personal-care products on animals and/or use animal-derived ingredients in their formulas.**

Look for these logos on package labels to help you tell at a glance if a product is vegan and cruelty-free.

There are similar vegan and cruelty-free logos in common use, but the ones shown here come from trusted organizations so you can feel confident in your decision to purchase when you see these on labels.



**cruelty**free



## Look out for the following animal-derived ingredients in personal-care products:

- allantoin
- alpha-hydroxy acids (often in anti-wrinkle creams and exfoliants)
- ambergris
- arachidonic acid
- beeswax (cera alba)
- biotin (often in shampoos)
- caprylic acid
- carmine (carminic acid)
- cochineal
- castor (castoreum – from beavers' anal glands)
- cerebroside
- cetyl alcohol
- cholesterol
- collagen
- chitosan
- L-cysteine
- cystine
- emu oil
- estrogen (estradiol)
- fish scales (shimmery makeup)
- gelatin
- glycerin
- guanine
- honey
- hyaluronic acid
- keratin
- lanolin (and various derivatives, including triterpene alcohol)
- lard
- linoleic acid
- lecithin
- monoglycerides, glycerides
- mink oil
- myristic acid
- oleic acids
- oleyl alcohol
- nucleic acids
- panthenol (provitamin B5 and derivatives)
- palmitic acid
- polypeptides
- polysorbates
- pristane
- progesterone
- propolis
- shellac
- RNA
- royal jelly
- silk / silk powder
- snails
- squalene
- stearic acid
- turtle oil
- urea (uric acid)

**Grocery and drug stores carry a variety of cruelty-free laundry detergents, dish soaps, spray cleaners, hand soaps, furniture cleaners, bath and toilet cleaners, floor cleaners and wood polish, including these brands:**

- |               |                |
|---------------|----------------|
| • Attitude    | • Method       |
| • Astonish    | • Mrs. Meyer's |
| • Biokleen    | • Clean Day    |
| • Better Life | • Seventh      |
| • Clean Well  | Generation     |
| • ECOS        | • Sun & Earth  |

## CHOOSE CRUELTY-FREE COSMETICS BRANDS

### Cruelty Free Kitty compiled this list

(For more information, visit [www.crueltyfreekitty.com](http://www.crueltyfreekitty.com))

- |                               |                           |                           |
|-------------------------------|---------------------------|---------------------------|
| 1. BECCA                      | 27. DUWOP                 | 54. PACIFICA              |
| 2. ANASTASIA<br>BEVERLY HILLS | 28. BARE<br>MINERALS      | 55. MINERAL<br>FUSION     |
| 3. HOURGLASS                  | 29. BUXOM                 | 56. ESSENCE               |
| 4. URBAN DECAY                | 30. THEBODYSHOP           | 57. BARRY M               |
| 5. ILLAMASQUA                 | 31. LUSH                  | 58. GOSH                  |
| 6. TOO FACED                  | 32. EYEKO                 | 59. MARCELLE              |
| 7. NARS                       | 33. ARDENCY INN           | 60. ANNABELLE             |
| 8. MILK MAKEUP                | 34. EDWARD BESS           | 61. W3LL PEOPLE           |
| 9. CHARLOTTE<br>TILBURY       | 35. KORRES                | 62. RMS BEAUTY            |
| 10. MARC JACOBS<br>BEAUTY     | 36. CATRICE               | 63. ILIA                  |
| 11. KAT VON D*                | 37. JAPONESQUE            | 64. KJAER WEIS            |
| 12. JOSIE MARAN               | 38. CHANTECAILLE          | 65. VAPOUR                |
| 13. TARTE*                    | 39. ELLIS FAAS            | 66. RED APPLE<br>LIPSTICK |
| 14. COVERFX                   | 40. BY TERRY              | 67. JANE IREDALE          |
| 15. OCC                       | 41. ROUGE BUNNY<br>ROUGE  | 68. 100% PURE             |
| 16. BITE                      | 42. ELF                   | 69. SAPPHO                |
| 17. THEBALM                   | 43. HARD CANDY            | 70. AU NATURALE           |
| 18. PUR<br>COSMETICS          | 44. MILANI                | 71. ALIMIA PURE           |
| 19. IT COSMETICS              | 45. PHYSICIANS<br>FORMULA | 72. EVERYDAY<br>MINERALS  |
| 20. FACE ATELIER              | 46. SONIA KASHUK          | 73. YOUNGBLOOD            |
| 21. CIATE                     | 47. WET N WILD            | 74. LILY LOLO             |
| 22. BESAME                    | 48. NYX*                  | 75. INIKA                 |
| 23. PERFEKT                   | 49. JORDANA               | 76. ANTONYM               |
| 24. NUDESTIX                  | 50. FLOWER                | 77. BELLAPIERRE           |
| 25. BLINC                     | 51. JANE                  | 78. ZUII ORGANIC          |
| 26. CARGO                     | 52. PRESTIGE              | 79. MAKEUP GEEK           |
|                               | 53. PIXI                  | 80. COLOURPOP             |

81. GLOSSIER	104. AXIOLOGY	122. JEFFREE STAR
82. BH COSMETICS	105. BEAUTY BLENDER	123. JOUER
83. ZOEVA	106. BEN NYE	124. JUVIA'S PLACE
84. NATASHA DENONA	107. BLACK RADIANCE	125. KKW BEAUTY
85. RITUEL DE FILLE	108. BUTTER LONDON	126. KYLIE COSMETICS
86. AROMI	109. CHI CHI COSMETICS	127. KOSAS
87. SUGARPILL	110. CLOVE & HALLOW (GREEN BEAUTY)	128. KRYOLAN
88. GABRIEL COSMETICS	111. COPYCAT BEAUTY	129. LA GIRL
89. MELT	112. COVERGIRL	130. LILAH B. (GREEN BEAUTY)
90. DOSE OF COLORS	113. CYO COSMETICS	131. LINDA HALLBERG
91. COLOURED RAINE	114. DECK OF SCARLET	132. LIT COSMETICS
92. GIRLACTIK	115. DOLL 10	133. LUNAR BEAUTY
93. CATE MCNABB	116. ELATE (GREEN BEAUTY)	134. MEHRON
94. CAILYN COSMETICS	117. EMANI	135. NABLA COSMETICS
95. CONCRETE MINERALS	118. FIONA STILES	136. NUDE BY NATURE
96. SUVA BEAUTY	119. GRANDE COSMETICS	137. PALLADIO
97. SILK NATURALS	120. HAN (GREEN BEAUTY)	138. PUPA MILANO
98. FAIRY GIRL	121. HYNT BEAUTY (GREEN BEAUTY)	139. SLEEK
99. GERARD COSMETICS		140. STARGAZER
100. LIMECRIME		141. THRIVE CAUSEMETICS
101. SHIRO		142. WANDER BEAUTY
102. AETHER BEAUTY		
103. AFTERGLOW COSMETICS		

**Homemade cleaners can be safe, effective, cruelty free, and better for the earth.**

### Some basic tips:

- ❑ Vinegar and water combined can clean glass and counter tops.
- ❑ Baking soda mixed with vinegar is great for cleaning bathrooms, toilets, bathtubs, and clearing clogged drains. (Will foam when mixed together.)
- ❑ Mix lemon juice and olive oil for polishing wood.

Cleaning-product recipes listed at right are from Keeper of the Home.

<https://keeperofthehome.org/homemade-all-natural-cleaning-recipes/>

### All-Purpose Cleaner

1/2 cup white vinegar  
2 Tablespoons baking soda  
1 Tablespoon water  
10 drops tea tree, lavender, or lemon essential oil (these are naturally disinfectant)

Mix vinegar, essential oil and water before adding baking soda in a clean 12-ounce spray bottle (glass is best). Fill to top with water. Gently shake to mix ingredients. Spray and wipe with a cloth. Allow surface to dry.

### “Soft-Scrub” Cleaner

1 1/2 cups baking soda  
1/2 cup laundry soap  
10 drops tea tree, lavender, or lemon essential oil

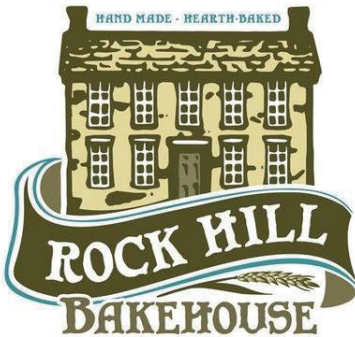
Mix baking soda and laundry soap in a mixing bowl, stirring vigorously to combine into a paste. Add essential oil and mix well. Store in an air-tight food container.

## CRVN MEMBERSHIP PERKS

Show your CRVN membership card and receive discounts from our Perk Providers!

burritoburrito.

NANOLA



LIVE MUSIC

THE  
HOLLOW  
BAR + KITCHEN

ALBANY

Just  
Jennie  
Reiki Master



ume

urban.massage.elite.

# BECOME A CRVN MEMBER TODAY!

One of the best ways to support your local vegan events and educational endeavors is by becoming a member of Capital Region Vegan Network (CRVN).

CRVN is the longest-standing vegan organization in the Capital Region. CRVN was founded by a core group of dedicated volunteers back in 2006—and has continued to this day thanks to the generosity of our members.

As a member of CRVN, you'll receive discounts at regional stores and restaurants, early access to limited availability events, and our monthly newsletter.

## CRVN MEMBERSHIP APPLICATION

January 1 - December 31  
Annual Cost is \$25

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

My eating style is most similar to:

☐ Vegan ☐ Vegetarian

☐ Pescetarian ☐ Omnivore

☐ Other: \_\_\_\_\_



[capregionvegans.org](http://capregionvegans.org)

P.O. Box 1617 Latham, NY 12110



@CapRegionVegans



@CapitalRegionVeganNetwork