

TO ESTHER AND ROSIE

# HOPE JONES

WILL NOT EAT MEAT



JOSH LACEY

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 Andersen Press



BE KIND.  
BE VEGAN.

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I'M GIVING UP  
MEAT TO  
SAVE OUR  
WORLD!

I'M NOT GOING  
TO STOP TILL I  
**CHANGE THE  
WORLD!**

# Hope Jones' Blog

Hello.

Welcome to my blog.

My name is Hope Jones.

I am ten years old.

I am going to save the world.





'Wilderness is not a luxury but a necessity of the human spirit, and as vital to our lives as water and good bread'

Edward Abbey

**'We are, quite literally, gambling with the future of our planet – for the sake of hamburgers'**

**PETER SINGER**

**'YOU ARE NEVER TOO SMALL TO MAKE A DIFFERENCE'**  
GRETA THUNBERG

'Wilbur burst into tears. "I don't want to die," he moaned. "I want to stay alive, right here in my comfortable manure pile with all my friends. I want to breathe the beautiful air and lie in the beautiful sun.'"

*CHARLOTTE'S WEB*, E B White

**'IN OUR WORLD, EVERYBODY THINKS OF CHANGING HUMANITY, AND NOBODY THINKS OF CHANGING HIMSELF'**

**LEO TOLSTOY**

**'There is no fundamental difference between man and animals in their ability to feel pleasure and pain, happiness, and misery'**

**CHARLES DARWIN**

'Big impact change starts with the individual. No one else can bring what you have. You show up, you say yes, and then you bring your magic'

Kelsey Juliana





# Hope Jones' Blog



**SATURDAY 1 MARCH**

Hello!

I have to tell you some very exciting news. I am a vegetarian.

It happened like this . . . After breakfast, Mum and I walked to the shops. It was just us two, because Dad had taken my little brother Finn to football practice, and my big sister Becca was still in bed.

We're boycotting supermarkets, because they use so much plastic. Instead we buy everything from our local shops. Walking around them takes a bit longer than pushing a trolley up and down the aisles or ordering stuff online, but we get a chance to chat to everyone. I've become good friends with our local shopkeepers. Like Katya, the baker, who often gives us a free doughnut or an extra slice of poppy seed cake.

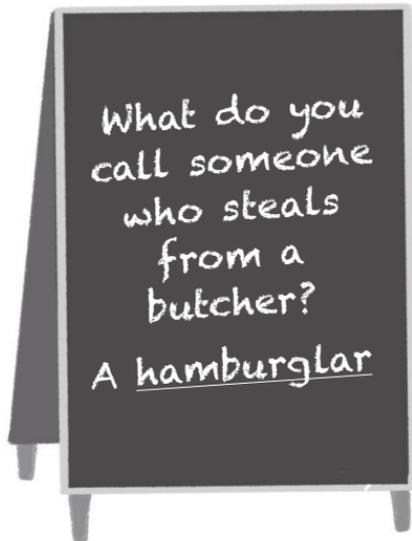




I always like chatting with Mr Zaimoglu in Bosphorus. He sells fresh vegetables, unusual fruits, and hundreds of different spices, and can tell you something interesting about all of them. Like: do you know the difference between a Medjool and a Deglet Noor? Do you even know what they are? (I didn't, but I do now: they're both types of dates. And they're both delicious!)

Mitch the butcher makes me laugh. He's the local joker. Mitch always has a sign outside his shop and, at least once a week, he writes a different slogan on the board. Sometimes it's funny, sometimes it's serious, and sometimes it's a special offer.

Today the sign wasn't the only thing outside Mitch's shop. Sparkle was there too. I love Sparkle, she is one of my favourite people in the whole world. I got to know her when I started protesting against plastic. She comes round to our house quite often, because she is good friends with Becca's boyfriend Tariq.

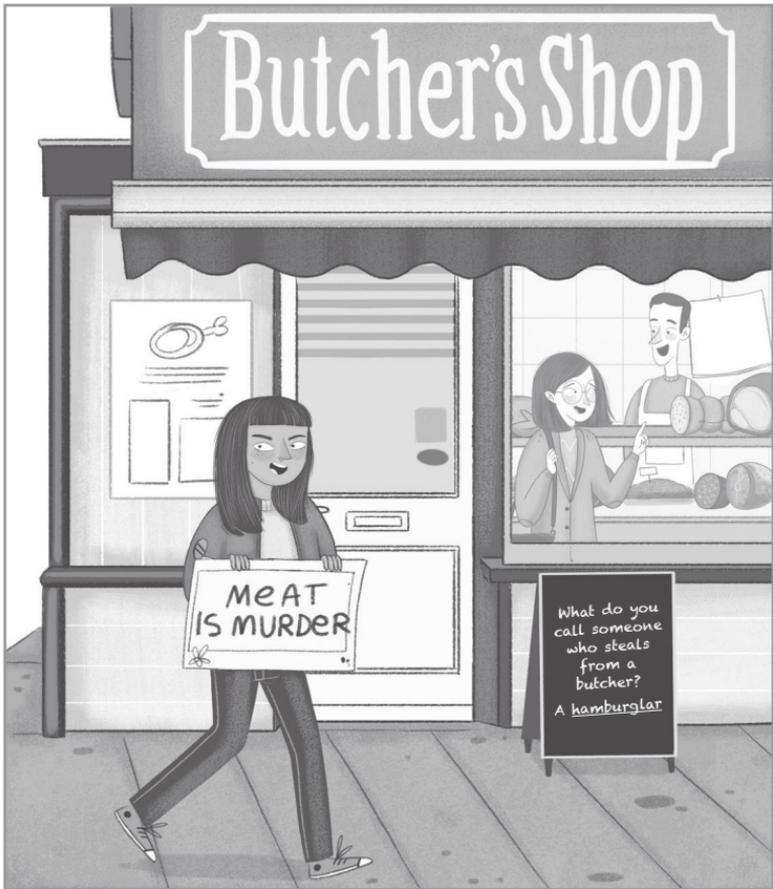




I was very surprised to see her outside Mitch's shop. I said, 'What are you doing here?'

'I'm holding a protest,' she said. 'Like yours.'

I couldn't understand why Sparkle was protesting. I didn't know there was anything wrong with meat.





Sparkle said, 'What is meat?'

'Animals,' I said.

'Dead animals,' Sparkle said. 'Your roast chicken. Your bacon sandwich. Your burger. They were all animals once. Living, breathing animals, just like you or me. Then they were killed, simply to satisfy the hunger of a human. Don't you think that's wrong?'

I don't like the idea of eating a dead animal, but I've always done it. And meat is quite delicious.

'I don't want an animal to die for my dinner,' Sparkle said. 'But that's not the only thing wrong with eating meat. The meat industry is a major cause of climate change.'

I was very surprised to hear that.

Sparkle said, 'Didn't you read my book?'

'Which book?' I said.

'The book I gave you.'

To be honest, I had completely forgotten about that book. Sparkle gave it to me a couple of months ago. I was very busy at the time, protesting against plastic, so I put the book on my shelf and never took it out again.

'You should read it,' Sparkle said.

'I will,' I promised. 'As soon as I get home.'

'For now,' Sparkle said, 'you can read this.' She gave me a leaflet.





# STOP AND THINK

## BEFORE YOU SHOP!

BEFORE YOU BUY MEAT FROM  
THIS BUTCHER, PLEASE THINK  
ABOUT YOUR CHOICES



*There are many good reasons to stop eating meat.*

- 1. Eating meat is wrong. Why should a chicken perish for your lunch? Why should a sheep suffer for your supper? Why should any animals have to die simply so you can have a nice meal?*
- 2. Eating meat causes climate change. Livestock farming produces approximately a fifth of our greenhouse gas emissions. Which is more than the emissions from ships, planes, trucks, cars and all other transport added together.*
- 3. Eating meat is unfair. Right now, some of us eat meat while others starve. We could easily feed all the people on this planet if everyone switched to a vegan diet.*
- 4. Eating meat is making us sick. Eating meat is linked to heart disease, diabetes and cancer.*

**Be Kind. Be Vegan.**

**VEGAN**



Follow me for more information

@sparklethevegan #sparklethevegan





Sparkle told me all about her protest. She is going to demonstrate outside Mitch's shop every weekend until he stops selling the flesh of dead animals.

'What does Mitch think about that?' I asked her.

'I haven't asked him,' Sparkle admitted.

She would like to do her protest every day, not just Saturdays, but she has to go to school during the week.

As soon as I got home, I started reading Sparkle's book and learning a lot more about being a vegetarian. It was amazing. Sparkle is absolutely right – the meat industry is a major cause of climate change, because of the farts. You might think I'm joking, but I'm not – farting cows cause global warming.





It's not just cows. It's pigs, chickens and sheep too. Their farts are made of methane, which goes into the atmosphere and causes global warming.

Their poo is bad for the environment too. So is the water that they drink, and the food that they eat, and the lorries that carry them around, and all the other pollution and emissions connected to the meat industry.

After reading Sparkle's book, I know that there is one very simple way to save the world: stop eating meat! So I'm now a vegetarian. I haven't eaten any meat all day.





## SUNDAY 2 MARCH

What's your favourite food? Mine is lasagna. I love lasagna . . . juicy, tomatoey, cheesy lasagna. Mmmmmmm. I love it.

Being a vegetarian is mostly very easy. This morning, I had porridge for breakfast. There aren't any animals in oats. The problems started at lunchtime. Because: lasagna. Dad apologised again and again. He had completely forgotten that I am now a vegetarian. Next time he'll make a special veggie lasagna just for me.

I don't mind. I'm having beans on toast instead, it's not as nice as lasagna, but I'll be fine.





I have been a vegetarian for two whole days. I can't have saved a pig yet, or a cow, but I have saved a bit of each. I didn't have the lasagna for lunch. Or ham sandwiches for tea, I had cheese instead.

Obviously I'm not going to save the world on my own, I'm just one person, but at least I'm making a difference.

I talked to Mr Crabbe who lives next door. I asked him if he had ever considered becoming a vegetarian. He said he doesn't like vegetables, which I must admit is a bit of a problem.





I asked Dad if he would consider becoming a vegetarian.

‘Definitely,’ he said. ‘As long as I can carry on eating steak, burgers, sausages, and bacon sandwiches.’

I wish he could be serious sometimes.

I asked Mum if she might become a vegetarian. She said, ‘Maybe. We’ll see. I’ll think about it when I’m not so busy.’ When she talks like that, she usually means no.

I asked Finn. He said, ‘Not in a million years,’ which obviously means no too.

Becca was the only person who said yes, because she is already a part-time vegetarian. I didn’t even know that. She never eats meat when she and Tariq are together. From today, she’s going to try and be vegetarian at home too. I am very proud of her. Thank you, Becca! Thank you, Tariq!





There is only one member of our family who definitely won't become vegetarian: our cat, Poppadom.

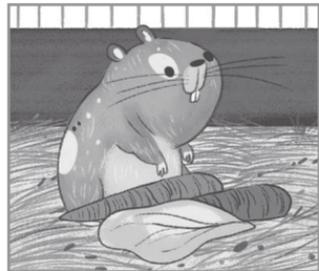
I have been doing some research on the internet and apparently cats have to eat meat. That's what vets say.

I also read about the ingredients of cat food and it is really quite disgusting.

Cat food is all the yucky bits of animals that people won't eat. Their feet, for instance. And their guts, brains, ears, whiskers, nostrils, and all the other sticky, slimy bits that can't be made into anything else.

I really don't like thinking about it. All those brains and guts and slimy bits stuffed into a tin, which is sitting on a shelf in our fridge. Gross.

Luckily hamsters don't eat meat.





Poppadom can't become a vegetarian, that's just the way she is. Some things can't change, but some things can. And some people too.







# DURDLE PRIMARY Lunch Menu

Monday 3rd March

MAIN

Beef burger

VEGETARIAN OPTION

Mushroom burger

VEGETABLES

Chips and salad

DESSERT

Banana custard

I said, 'What's that?'

She said, 'Eat the meat. It's so tasty! I love burgers. Mmmmm.'

My friend Harry thinks I am wasting my time, worrying about meat so much. He says I should just eat what I want, because very soon scientists will invent a food product which is entirely carbon neutral.





‘All our nutritional needs will be satisfied by a few pills,’ Harry said. ‘You won’t need to eat anything else. We won’t need animals, or farms. We won’t even need food. You’ll just take a pill in the morning and that will fill you up for the whole day.’





Harry thinks science is going to solve all our problems.

‘You just have to wait a few years till I’m a bit older,’ he said. ‘I’ll invent some foods which don’t cause climate change.’

‘What if the planet has been destroyed before you’ve had a chance to grow up?’ I said.

Harry didn’t know the answer to that, unfortunately.

I don’t know what to think about Harry’s ideas. I hope he’s right, because it would be wonderful if we could survive on pills which don’t emit any carbon or cause climate change. But I can’t help hoping we find a different solution, because I would miss real food so much. Imagine never having chips again, or ice cream, or chocolate eclairs, or waffles drenched in maple syrup, or a gummy bear.

That would be so sad.





# Hope Jones' Blog



**TUESDAY 4 MARCH**

We need to talk about farts, because I am confused.

At lunch, Harry asked me a question. He said, 'What are your farts made of?'

'Methane,' I said.

Methane is why farts smell so bad.

Harry said, 'Do you know what a cow's farts are made of?'

'Methane,' I said.

Harry said, 'So your farts are made of the same thing as a cow's farts?'

'I suppose so.'

'Then why are a cow's farts so terrible for the planet, but your farts are fine?'

I did not know the answer to that.

Harry said, 'If you want to save the world and stop global warming, shouldn't you stop farting too? Shouldn't you stop eating so many lentils and beans? They make you fart a lot, don't they? If eating a cow is bad, isn't eating beans just as bad? Or even worse?'

They were all very good questions. I felt embarrassed because I didn't know any of the answers.

Harry wasn't trying to embarrass me, he would never do anything like that, he's my best friend. But he does ask questions that make my head hurt.

Sometimes Miss Brockenhurst sighs when Harry puts up



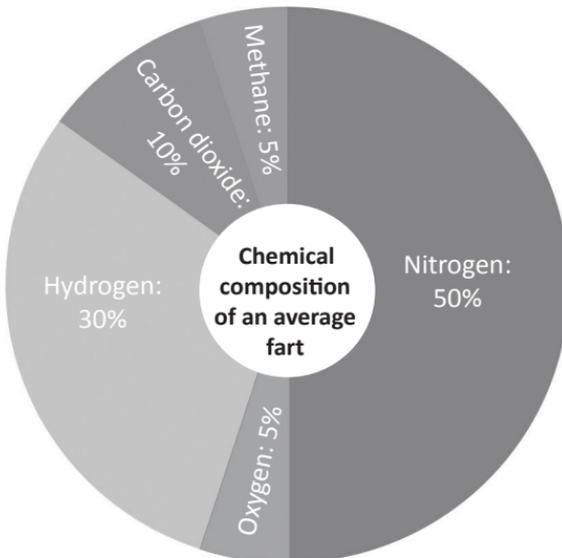


his hand, because she knows he is going to ask her a difficult question. Today it was my turn to sigh, but he did ask me a very good question. If a cow's farts are killing the planet, aren't my farts killing the planet too?

When I got home, I tried to find the answer in Sparkle's book, and I looked on the internet, but I could find anything. So I asked Dad. 'Harry's right,' Dad said, 'you're killing the planet. I am too. You know the best way to stop climate change? Get rid of humans. We're the problem.'

I don't want to get rid of us. Dad doesn't either, but he's like Harry. He enjoys asking me difficult questions. I just wish I knew the answers.

Harry is obviously still thinking about farts too – he sent me this pie chart in an email. The subject line was, 'An average fart':





## WEDNESDAY 5 MARCH

Today my lunch was cheese salad.

After I had scraped my plate, I talked to the dinner ladies, Mrs Darlington and Mrs Baptist, and asked if they could make the vegetarian option a bit nicer. They weren't very pleased about me asking that.

'We do our best,' Mrs Baptist said. 'Cooking for a whole school isn't easy, especially on our budget.'

Mrs Darlington said, 'How exactly would you like the lunches to be improved?'

I did have one suggestion for the vegetarian option: 'Maybe sometimes it could actually taste of something?'





Mrs Darlington said, ‘Someone needs to teach you some manners, young lady.’

‘We don’t ask for thanks,’ Mrs Baptist said. ‘But a little politeness would be nice.’

I didn’t mean to be rude. I know the dinner ladies have a difficult job, but I just wish the veggie lunches weren’t always so brown and boring.

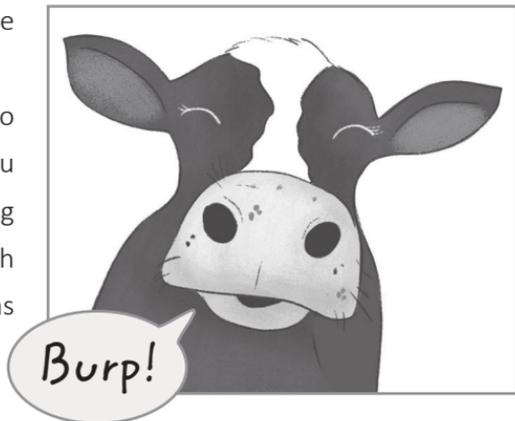


Harry has done some more research about cows. He has now discovered that the big problem isn’t their farts. It’s their burps.

Cow burps contain twenty times as much methane as cow farts. That’s why cows are so bad for the environment: they burp too much!

Because humans are so much smaller than cows, and we only have one stomach, instead of four, our burps and farts don’t emit very much methane into the atmosphere.

‘You don’t have to worry,’ Harry said. ‘You can carry on farting and burping as much as you like.’ Which was a great relief.





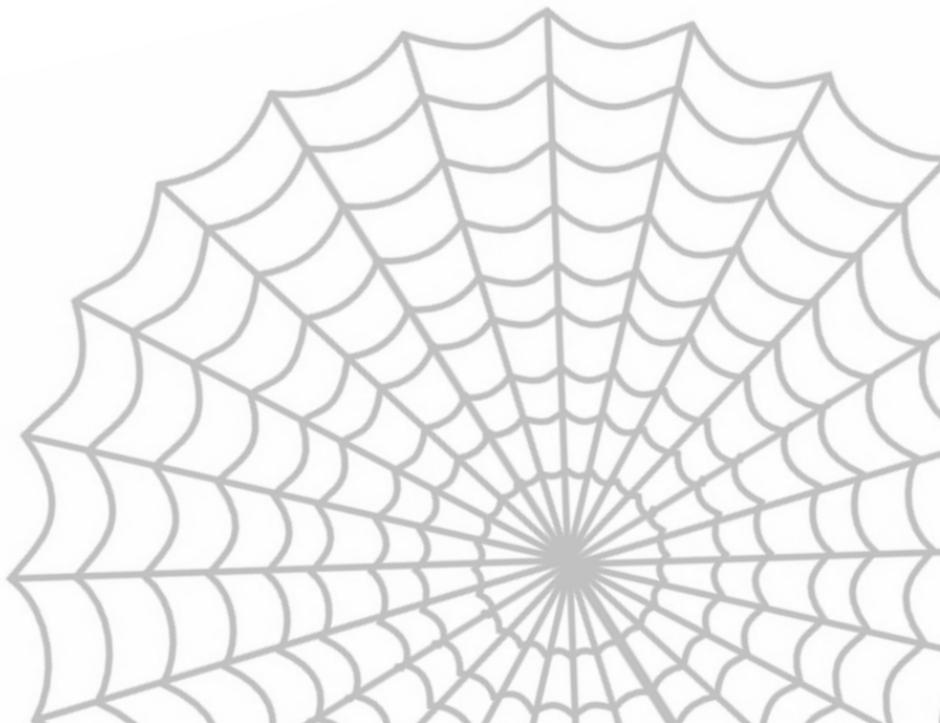
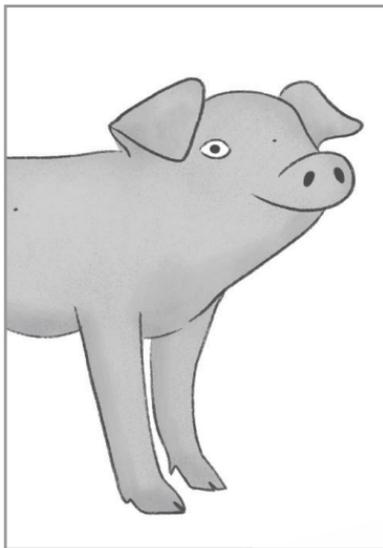
# Hope Jones' Blog



**THURSDAY 6 MARCH**

I have been reading the most vegetarian book in history: *Charlotte's Web*.

Have you read it? If not, you should. I won't tell you what happens in case you don't know the story already. But I will tell you this: I cannot imagine how anyone could read about Wilbur and ever want to eat sausages or bacon again.





**FRIDAY 7 MARCH**

Today I had a big row with Mrs Darlington and Mrs Baptist. I didn't want to, I didn't mean to, but it just happened. Because of the pasty.

**DURDLE PRIMARY**

**Lunch Menu**

**Friday 7th March**

**MAIN**

Fish fingers

**VEGETARIAN OPTION**

Cheese and leek pasty

**VEGETABLES**

Chips and oven-baked courgettes

**DESSERT**

Peach crumble with custard

I only ate one bite of the pasty, then I had to spit it out or I would have been sick. I didn't even try one bite of oven-baked courgettes because they looked so disgusting. Luckily the chips were nice.





Mrs Darlington saw I hadn't eaten much. She asked what was wrong. She said, 'Don't you like the pasty?'

Maybe I should have lied. Maybe I should have said I wasn't hungry. Maybe that would have been better.

But I told the truth. 'It's horrible,' I said. 'I can't eat it, I'll be sick.'

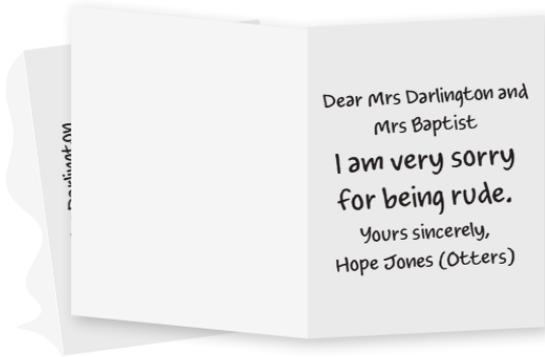
Mrs Darlington looked very upset. She actually looked as if she was going to cry. She rushed back into the kitchen and closed the door after her. Later I saw Mrs Baptist giving her a hug.



Miss Brockenhurst had words with me. (She's our teacher.)  
Mr Khan did too. (He's the head.)



In break, I made a card to say sorry to Mrs Darlington and Mrs Baptist. I feel bad, I didn't mean to be rude to them. I just wish they could make nicer lunches for us vegetarians.



Sparkle says I did the right thing. She says you have to stick to your principles, even if that means upsetting people, because you're never going to change the world by being polite.

Sparkle finishes school early on Fridays, so she went protesting this afternoon. Becca and Tariq joined in.

Sparkle was very impressed that I have been a vegetarian for almost one whole week. She asked if I had made any of the recipes from her book.

'Not yet,' I had to admit. 'Maybe on Monday.'

'The Vegan Wellington is brilliant,' Sparkle said. 'It has beetroot and tofu instead of beef. Mmmmm! Just talking about it is making me hungry.'

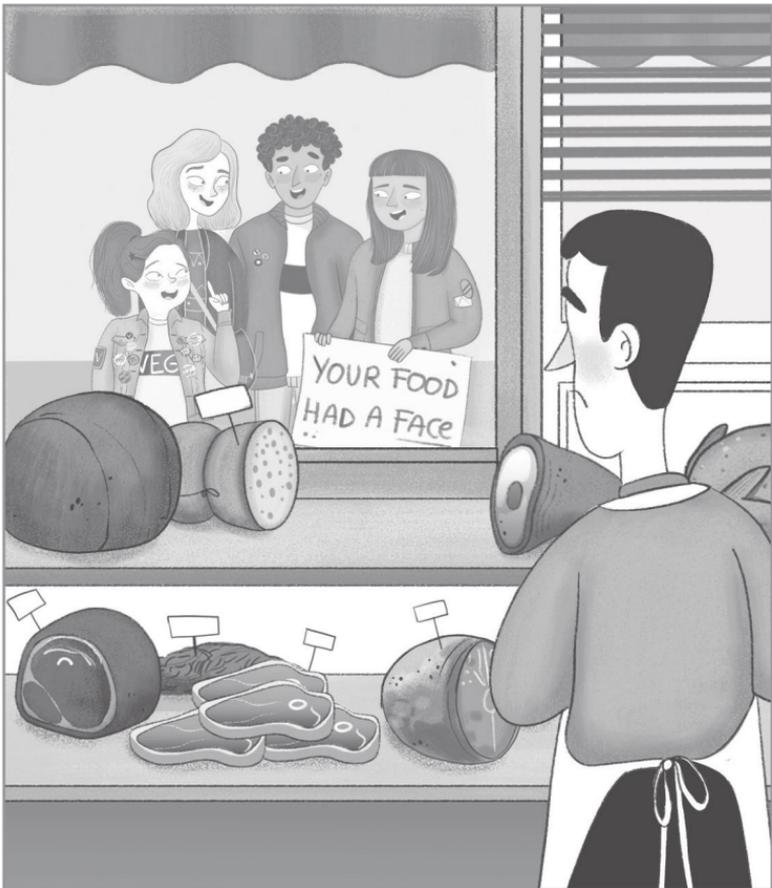
Dad and I are going to try some of the recipes next week.





It will be good experience for me. That's what Dad says, anyway. Also I think he's looking forward to having some time off from cooking.

'It's so great that you're a vegetarian,' Sparkle said. 'Now you just have to take the next step and become a vegan.'





I couldn't actually remember the difference. Luckily she had another leaflet which explained it very clearly.

# DINNER DOESN'T HAVE TO MEAN D E A T H!

**THINK BEFORE YOU EAT! WHO ARE YOU?  
WHO DO YOU WANT TO BE?  
THE CHOICE IS YOURS.**

- *Do you want to be a vegan? Vegans do not consume any animal products. Vegans don't eat meat or fish. Many vegans choose not to wear leather or wool.*
- *Do you want to be a vegetarian? Vegetarians do not eat meat. However, most vegetarians do consume animal products. Most vegetarians drink milk, and eat cheese, eggs and honey, and wear leather and wool. Animals have suffered to provide this food and clothing.*
- *If you don't choose to be a vegan or a vegetarian, then you have chosen to be one of these:*
  - *A pescatarian: you eat fish.*
  - *A carnivore: you eat meat.*
  - *An omnivore: you eat everything and anything, living and dead.*

*We all have choices. We can be who we want to be.*

*Be Kind. Be Vegan.*

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Sparkle pointed out that becoming vegetarian is pretty much pointless, because didn't I know where eggs and milk come from? And didn't I know how cows and chickens were treated?

I didn't, but I do now.

It's totally gross.

Becca thought so too. She would like to become a vegan, but she was worried about one thing: 'Will my hair fall out?' she said.

Sparkle laughed. 'No! Why would it?'

'I read an article which said so,' Becca said. 'It said vegans don't get enough nutrients so their hair falls out.'

'That's fake news,' Sparkle said. 'Look at my hair, is it falling out?'





'Vegans get more than enough vitamins and protein,' Sparkle explained. 'You just have to be careful about what you eat.'

While Becca and Sparkle were talking about their hair, Tariq told me more about factory farming. OMG. I still feel sick. Have you seen what they do to chickens in factory farms? And pigs? It is so gross! And really sad. Looking at those miserable animals made me want to cry.

Do you know what happens to a hen who lives on a factory farm? It spends its entire life in a cage which is the same size as a piece of paper. All day. All night. In that cage. From the day it is born to the day it dies. It never sees the sun, it never goes outside, it can hardly even turn around. It just eats and sleeps and lays eggs.

The protest was brilliant. Lots of people talked to us and took Sparkle's leaflets. I don't know how many of them will actually become vegans or vegetarians, but we've certainly made them think about what they eat.

Sparkle and I have made an arrangement to meet outside Mitch's again tomorrow morning and do another protest.

