



*“Now here’s a vegan magazine I can get behind!”  
- Quarrygirl ([www.quarrygirl.com](http://www.quarrygirl.com))*

T.O.F.U. magazine began as an attempt to further local vegan literature by spreading the message that “there is an alternative.” Originally sparked by the success of a Halifax dining guide and two cookbooks, T.O.F.U. has now landed in homes across the globe.

From the beginning the magazine has been filled with art, editorials and reviews from vegans around the world. As always, we here at T.O.F.U. aim to work more as a platform than a soapbox, showcasing the acts and experiences of those who believe in an alternative to the status quo. No matter where you stand in the vegan universe, there is always room for one more voice within our pages.

Currently, T.O.F.U. magazine focuses on promoting and supporting those who dedicate their lives to change. From highlighting their stories within the magazine to sponsoring their projects through our new grant program, we understand that we are all in this together.

In the future, T.O.F.U. will continue to spread the words of our contributors as far as we can. With our increasing audience, both on and offline, we hope to encourage our readers to think for themselves in a world that so often hopes you do just as you’re told.