



Naomi Feaster

My name is Naomi Feaster and I am eleven years old. When my grandma asked if she could interview me for my “Veg Story,” I said yes. I stopped eating meat two years ago and I’m glad I did. None of my friends are vegetarians but most of them don’t give me a bad time about my choice. Well, except for one friend but I just ignore it.

My mom and grandma eat a plant-based diet but that’s not why I decided to not eat meat. First, I want to be healthy but mostly I love animals and I don’t want them to be killed and I really don’t want them in my body. Plus, I know that not eating animals keeps our planet healthy too.

Of course, I’ve been asked “the question.” “Where do you get your protein?” I answer, “Beans and broccoli.” Actually, my favorite meal is tacos. I love refried beans! I

like broccoli and mandarin oranges. Sometimes I miss marshmallows and Jell-O but I don’t want to eat them because they have gelatin in them. Did you know that gelatin comes from horse’s hooves?

There are lots of delicious substitutes that my mom buys. I like the Boca burgers, soy ice cream, mini-dogs, soymilk and “not-chicken” nuggets. One thing I really don’t miss about my old diet is dead animal parts. Yuk!

I decorated my school notebook with stickers that say, “Kick the meat habit,” “Change your diet, change the world,” “Cut class, not frogs,” and “Must love tofu.” I didn’t do this to offend anyone. I wear a shirt that says, “I don’t eat my friends” with animals on the front. I never do this to

start an argument. I do it because the best part of being vegetarian is being myself and helping all living creatures.



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