

**Feedback from Visitors to the
"Change Your Diet, Change The World" Exhibition
Level 1, Jurong West Regional Library. 28th June to 13st July 2008**

Page 1

28/06/08

Should have more exhibitions around various parts of Singapore. Video is good, catches attention. Very glad to learn that vegetarian diet helps to alleviate World Hunger and Environmental problems. Mr Liang

It's a great exhibition bringing many things that occur to animals to the public. It's better if listing of vegetarian restaurants in your website.

Should have this exhibition at Discovery Centre. During October period (after final exam and before school closed) there are lots of students visiting there.

This is an excellent effort on your part to convey the message of being a vegetarian. I feel slaughtering animals and enjoying their meat is very cruel and inhumane and it must be the reason for all the natural calamities. Nature is taking its revenge. My heartiest congratulations to you and best wishes too. Hemangi.C

Page 2

Video shown is effective. Exhibition could be shown in more places like Woodlands Regional Library. Mr Liew

Vegetarian recipes should be in booklet forms and available to be distributed to the public. Mrs Teo

A great exhibition! Serene Chan

Any Chinese newsletter?

Earthlings in Chinese? Chinese VCD on vegetarianism, for older generations to watch.

Page 3

Excellent exhibition! Well done. I'd suggest for the organiser to provide donation boxes for public who want to donate and support the exhibition and organization. Overall, I am very pleased with the effort done. Siti Arreny

Page 4

Great! I adore it. Dave

It's wonderful on the part of the society to conduct it especially in the library, as public has more chances to look into it. Wonderful! Reeja

The idea is good but will be better if there is Chinese version about the food diet list. Billy

Compile the noticeboard's information into a booklet. It is best that it is colourful. It is great. Shu mei, JC student

Page 5

There should be more donations to help nature and creatures alike. Very good exhibitions to help (the public) become more aware. -Julius Caesar Ccyilog

Really helpful points on diet. Keep it up and conduct more frequently. Thanks. Prakah

Very nice. Do not compare meat eaters and vegetarian. You just tell the benefits of being vegetarian. Because meat eaters would not be impressed as you keep on telling the benefits of vegetarian(diet) alone.

Karidha

I like vegetarian.

Page 6

This exhibition is very good and we should spread it to schools, and encourage the media and government to broadcast these information to everyone. Also, the mock meat industry should make the mock meat healthier to encourage people to eat a nutritious diet. Mr Ng

Very informative. Ms Phang

After watching, I feel so disgusting, very very cruel. I curse those people who torture the animals. And for the "Matador" they are not heroes but the most COWARD, MOROON people on earth.

7/7/08

An eye opener. Will reduce meat intake from now on. Especially chicken. Sometimes I wonder if I too may have inherited the symptoms. Fats and numb fingers. It's scary. If only these video shots can be broadcasted openly through the media. More will be aware of it. School is a good place to start.

The show is very nice and the exhibition is very fun. Please have another exhibition!!! And make it even better!!! 8 year old boy

Page 7

This exhibition is a very good way to educate more people to come forward on stop killing and abusing animals. Because of our cravings, greed, the animals suffer. I hope more people will come to terms that we do not need meat to survive. We can get all the nutrients from the plants too and without killing. I hope these exhibitions will go to school to outreach our younger kids and a better world (global world of no anger and killing). Ms Ng

This exhibition brings out knowledge that is unknown to the world. This awareness is truly beneficial. Many people are unaware of what they are eating. If we can save the world and save the animals, it is a two-way doctrine, we should go for it! Ms Ang

The exhibition is touching my feelings, we didn't realize how much sacrifice of the nature only to feed human. Hope more people are realizing and appreciate what the greed of nature give them to eat. Hope others can see this exhibition too. Mrs Ngjau

Page 8

8/7/08

Perhaps you can list down the specific properties of fruits and vegetables or list the vegetables that contain things like calcium, iron. The flyer, "What is a healthy vegetarian diet" is not specific enough. For example, under calcium: "Dark green leafy vegetables", does all dark green vegetables contain calcium? And cooked dried beans, which kind? String beans etc? I am a cook and am moving towards providing a less meat diet for my clients. I need these specific information to prove that other substances can adequately replace meat. I also want to create new dishes that have all the vitamins of meat replaced by vegetarian food. If VSS can provide such information (collated and condensed into flyers for further reading), it will benefit not only me but the rest who would like to cook vegetarian dishes, or know more about a nutritious diet. Thanks a lot. :) Mr Liew

As I have never get in touch with such information before, I had many misconceptions (about the vegetarian diet). These video clips provide many useful information and facts, enabling us to bring our attention to animals, and to give attention to the health of humans. Hope that more people will benefit from this. Thanks! Qu Xiang

This is my second visit to the exhibition. I feel that the exhibition is great! Informative and clarifies a lot of misconceptions that people may have. I believe that vegetarianism is a good way of life. This exhibition sharply highlights the potential health benefits and environmental sustainability that vegetarianism brings along. I hope that more people can gain access to such exhibitions in order to allow them to make an

informed decision regarding their diets. I strongly support the effort of vegetarian society in promoting healthy diet amongst Singaporeans. All the best! Good job! Alan Tang

Page 9

8/7/08

I guess from the video seeing how people torture and slaughter animals is really unacceptable but we human still needs to consume animal food for our own survival. I guess it is just the survival of the fittest. What we can do to reduce the torture and pain of the animals is to support frozen meat instead. We could also reduce the meat intake too. From my point of view, I guess I cannot convert myself into a vegetarian, but I will try my best to reduce the eating of meat.

9/7/08

I unintentionally chance upon this exhibition and it reminded me once again to avoid meat products. Personally, I don't eat a lot of meat but sometimes I will still take it. As technology advances, people began to seek quality in their food, especially in developed countries. They seem to forget the value of animals. Do they deserve to be killed just because their backs are facing the sky (Chinese saying, referring to undeserving beings)? Hopefully this exhibition can reawaken people and promote vegetarianism/plant based diet as the mainstream diet, then the Earth will be in balance. Really, encourage this activity island-wide and also world-wide. The Modern Man lack the reception of such information. Change the misconception of people thinking that only animals can provide nutrients. I support Vegetarian Society of Singapore! Cheers! Apple, 25 yrs old

Page 10

Exhibition in library is not a bad idea but if possible, can hold the exhibition in shopping mall will be better. Shopping mall is the most crowded and can even attract more people. This may help even more people to become vegetarian. I heard from the youngsters and my friends that they hated to go China as the people there are very cruel; they eat all types of meat including supposedly home pets. I really hope this exhibition will spread to China as China people eat the most and all types of meat. Hope this exhibition will educate them. Judy

Page 11

Thanks for the exhibition. This type of exhibition should be in places as much as we can arrange to save lives and our planet as a human being. Thanks. Maria

Thanks for the information in the VCD. Both my children made a promise not to eat animal's meat anymore after watching the VCD. I threw away all the meat in the fridge because my children didn't want to touch the meat after being cooked. Thanks. Maggie

Page 12

It was a good exhibition! Very informative and it really raises awareness through the use of visual aids such as short video clips. We should definitely have more of such exhibition to spread the message of Going Green, Eating less meat and to Save Gaia!!! :) Junn

10/7/08

This is a very good way to raise awareness to the public to let them know the importance of eating less meat. We have to let them watch more of this kind of videos to let them know how the animals are being slaughtered. Even the animals have nerves, which also means that they will experience pain just like us humans. We have to let them know how these animals are being killed through cruel ways in the farms. If any of us eat lesser meat, there will be less pressure on the farmers so they will not think of all the cruel ways to torture the animals to increase the production rate. This video is very informative and it is a very good way to educate the public, and eat less meat to create a better world for the humans, and the animals!!! SAVE THE ANIMALS! PLEASE! :) Yan Bing, 15 year old

I feel that this is a great exhibition and that we should eat more vegetables and cut down on meat. It is not possible to become a total vegetarian, but we can cut down on eating meat. Animals do have a nervous system and they do hurt too. They have feelings and they will scream too, when we kill them. In Singapore, we don't see how animals are killed. But through this video, I know how animals are killed. And that I believe if we show this video to other Singaporeans or others, they will also understand the cruelty and cut down on

meat. Cutting down on meat also helps in our health and cuts down global warming. So it is an advantage in everywhere. If we continue with this way of eating meat, then 20 yrs later, we need to produce 5 times of meat. And this is because human's huge appetite! We will cause harm to ourselves by eating more meat. It doesn't make sense, does it? Charmaine, sec 3 student

Page 13

I think that this is a good exhibition and the video screened is really great. It shows and teaches us how innocent animals are killed and bred by human means. Although we do not know how to communicate with them, but animals have feelings and would cry in pain when they are being slaughtered. How can people kill them without thinking twice and hearing them cry in pain but ignore it? Animals like humans should have rights and not be enclosed in small area; so small that they are unable to even turn around, move around. I feel that this exhibition should be promoted to the people around the world, and raise awareness to people and let them know how animals are actually cruelly slaughtered. This would decrease the consumption of meat and therefore, slowly down global warming as rearing of the animals would increase in carbon dioxide in the world. At the same time, it also helps to improve our health and we can replenish our proteins/carbohydrates through other food. Therefore, we should think twice before slaughtering and eating the animals and giving them a thought and saving them! :D Rachel, upper secondary school student

Yes, this is a very enriching and informative video of the effect of craving for meat in the expense of the hidden inhuman and unhealthy cost inherent. However, because this video is only confined to the library, only a handful of Singaporean will be reached, educated and become aware. It will be a loss to our nation if such information on meat effect is not made known to all and it will do more harm to our nation if the whole nation is not informed. A few channels that would help bring awareness to our nation (Singapore):

- Through school (government support= moral education)
- Through workplace (company support)
- Through our television media (government support = national health campaign)

As Singapore is a health conscious nation strongly emphasized by our government. Perhaps we can approach our government for sponsorship. A healthy nation would surely help to solve many of our country health and medical issues that our government faces. It would help to save the country resources to solve all health and medical issues, in the long run as it target the direct roots of most health issues. This, I feel, the government would be glad to embrace and support as it affect the whole nation and also every individual. Thank you and keep up the good work. Ms Sim

Page 14

It was a bold initiative to show these videos in public library. Though it would serve for better purpose to have shown more intellectual arguments rather than frightful images. (Though it worked on me, very uneasy over the video's gory images.) I think still it is a good cause and more angles to be done to outreach to more people in the general population. Thanks for the enlightenment! (Though I am already well in the "PATH".) Sam

Page 15

12/7/08

It will be good if the 7 videos be able to distribute to the public/ those who are interested and pass to their friends/ relatives and encourage them to eat less meat.

I think its good. Have it in other libraries too. Mr Sim

Very good ideas for the development of the country. Nice. Do proceed...

Basically we are (myself and my wife) non-vegetarians. But we converted to "Vegetarianism". We are happy to say Hi, it's our commitment. I'm also very happy to join the community. All the very best. Prajanna.

It warms the heart to see that people can show the compassion they're truly capable of and extend it to even our non-human companions. Good luck and may you be successful in spreading awareness of this alternative choice! It is very cruel to kill animals.

Yes I do agree we should take less meat initially and stop completely eventually.

I believe that human body structure itself is built to have vegetarian diet and I am following that. I want others to follow the same, as its a grace to humanity. Thanks for you people for creating such an awareness among people. Vikram

Such exhibitions should be encouraged to be held at libraries around s'pore, in order to gain more attention and awareness from the public. By Choo Pui Voon 13/7/08