

ROLEMODELS

MANAGEMENT



PHILIP IN VEG WORLD MAGAZINE

ROLEMODELS

MANAGEMENT

INTERVIEW WITH A TOP VEGAN MODEL **PHILIP ANTHONY MANGAN**

by Tess Chavez

When did you become vegan, and why?

I became vegan in June of 2017 after watching a documentary called *What the Health*. Nutrition had always been a big interest of mine for as long as I could remember, so when I learned about the harmful effects that animal food products have on our health, I felt as if I'd been lied to my whole life. The following day I jumped right into a vegan diet and haven't looked back.

How has becoming vegan changed your life, both personally and professionally?

The best way I can put it is that becoming vegan made me an overall more mindful person, especially about many things that I previously overlooked such as animal welfare and the many environmental issues our planet is facing. It changed the way I shop for clothes, food, and products, as well as the way I look at waste. All of that then carried over to my professional life by my wanting to put more of a purpose behind what I was doing in the modeling industry, which is why I created the vegan model platform to teach others what I've learned.

Do you find that there are any stigmas associated with vegan men? If so, what are they?

Yes, but I feel they're slowly dying as veganism continues to grow, especially with more and more male athletes/role models promoting it. Some stigmas still exist, though, with vegan men being looked at as weak or feminine, but that's why I try to be as open as possible with my own personal journey in hopes of breaking that type of thinking.

Do you find shopping for vegan clothes difficult or easy? How and why?

Yes and no. I think there are a lot of vegan clothing options available, especially much more in the past year, but just not 'sustainably made' vegan clothes. A lot of the options out right now are made of plastic materials and dyed with harmful chemicals, which is great because they're cruelty free, but still bad for the planet. Also, a lot of these options aren't always the most fashionable or form-fitting so that makes vegan clothing a bit more of a challenge to find.

Do you have any vegan-fashion staple pieces that are a must in your closet? If so, what are they, and who are they by, or where are they from?

My boots from Brave GentleMan, an upcycled chambray shirt from Tact & Stone, and a minimalist bag from TokyoBags are the three things I pretty much wear all of the time, but I have my eyes on a pineapple leather jacket from Altir right now.

Are there any great vegan products that you use and would highly recommend for other vegan men?

I honestly make a lot of my own products so I can control the ingredients, but there are some great vegan/waste-free options out there from PLAINE Products, The Mailroom Barber Co., and The Best Deodorant in the World.

Do you have any vegan passion projects?

Right now I've been mainly focused on my website allthatsustains.com, where I offer plant-based nutritional coaching and information on vegan fashion, food, and products.



IF SOMETHING
DOESN'T
ALIGN WITH
MY VALUES,
THEN I WON'T
DO IT.



What do you think others would find interesting about being a vegan male model in the fashion industry that they might not otherwise know?

Being a male model in the fashion industry is tough by itself, but when you start looking at how many brands aren't producing vegan clothing, then it becomes a lot tougher. Basically, if something doesn't align with my values, then I won't do it, which can be tough at times, to pass up a paycheck, but to me it's much more fulfilling to work with a brand that's focused on doing what's best for animals and our planet.

What kinds of changes would you like to see in the fashion industry?

I'd like to see the use of more plant-based materials for the creation of our clothing. With the amount of clothing that ends up in landfills every year, we need to start thinking not just with cruelty-free in mind, but with the planet as well. I'd also like to see more brands focusing less on the quantity of items they produce every year and more on the quality of those items and the fair treatment of the workers who create them.

ROLEMODELS

MANAGEMENT



PHILIP IN VEG WORLD MAGAZINE