



# Peace On Your Plate

Released - 13th December 2019

## Aiming for the first vegan Christmas number 1

'Peace On Your Plate' is a song released this Christmas with the aim of spreading a message of peace and positivity, whilst raising money for animal / vegan charities.

**The song was released on Friday 13<sup>th</sup> December and is available to download and stream now.**

Details can be found here: <https://peaceonyourplate.co.uk/>



The song asks everyone around the world to '*put peace on your plate this Christmas Day*'. It features powerful lyrics, beautiful harmonies, a glorious festive brass section and an unforgettable chorus – all guaranteed to get you singing along by the joyful climax.

The song was written by vegan musicians Gavin Chappell-Bates and Giles Bryant who hope for it to become the first vegan Christmas number 1.

On why he wrote the song, Gavin said: "I couldn't stop thinking about what it would feel like to wake up on Christmas day, turn on the radio and to hear the song that is top of the charts being about peace to all creatures on earth."

'Peace On Your Plate' was recorded and mastered at the famous Abbey Road Studios by Paul Pritchard (Kylie, Paulo Nutini, Alt J) and Christian Wright (Ed Sheeran, Blur, Radiohead), and has been mixed by Jay Woolcott (Global Academy). The track features a host of vegan musicians and singers from across the planet, including John Robb (The Membranes), Queen V, Ian Haywood, Vanity Ladner (Muse to Sirens) and Melody Causton.

A live band of musicians have been touring the song around the country, including a headline slot at Vegfest. The tour has seen them travel to locations such as Portsmouth, Bristol and Leeds.

It has been a long time since an actual Christmas song was number one at Christmas time – the revamped Band Aid 20 in 2004. Now is the time to change that, celebrating the messages of Christmas – peace, love and good will to all. 2018 saw a song about sausage rolls crowned as Christmas number 1, this year it's time for the plants and peace.

All proceeds from sales of the song will support two amazing charities – Viva!, Europe's largest vegan campaigning charity, and Tower Hill Stables Animal Sanctuary, run by Fiona Oakes, a world record marathon and endurance runner.

*"I'm proud to support Peace On Your Plate for so many reasons but first and foremost for the animals that will benefit from this amazing initiative. We are what we eat and if we do not consume the product of violence, exploitation and death we will not promote and perpetuate this behaviour in our own actions. Peace On Your Plate leads to peace in your heart, mind and soul!"*

**Fiona Oakes, Tower Hill Stables**

*"We are thrilled to support Peace On Your Plate. The intensive farming industry goes against everything that Christmas represents. Christmas should be a season of peace and goodwill and that's exactly what Peace On Your Plate hopes to achieve. Support this song and sing it loud and proud — help extend our compassion to all creatures this Christmas."*

**Roisin McAuley, PR & Marketing Manager, Viva!**

For further information on the project visit:

[www.peaceonyourplate.co.uk](http://www.peaceonyourplate.co.uk)

[facebook.com/peaceonyourplateuk](https://facebook.com/peaceonyourplateuk)

[instagram.com/peaceonyourplate19](https://instagram.com/peaceonyourplate19)

[soundcloud.com/peaceonyourplate](https://soundcloud.com/peaceonyourplate)

[youtube.com/channel/UClg3Cw1hvnNoiMHX3Vzn5rw](https://youtube.com/channel/UClg3Cw1hvnNoiMHX3Vzn5rw)

For interview and content requests please contact:

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[info@peaceonyourplate.co.uk](mailto:info@peaceonyourplate.co.uk)

### **Tower Hill Stables Animal Sanctuary**



Tower Hills Stables Animal Sanctuary is a forever home for over 500 rescued animals, both domestic and ex-farm. Founded in 1993 by Fiona Oakes, Fiona cares for all the animals across 6 locations in Essex with her partner's help.

The sanctuary cares for over 90 horses, 35 cows, 85 sheep, 130 pigs, 13 Dogs, 6 cats together with hundreds of chickens, cockerels, turkeys, geese, swans and smaller animals.

Website: [www.towerhillstables.org](http://www.towerhillstables.org)

### **Viva!**



Viva! are Europe's largest vegan campaigning charity and were founded in 1994 by Juliet Gellatley, who is the charity's director.

They campaign to end the suffering of farmed animals. They are positively vegan and help people reduce their meat, fish, dairy and egg intake and move towards a kind, compassionate, healthy diet.

Website: [www.viva.org.uk](http://www.viva.org.uk)

Monthly podcast: [www.viva.org.uk/vivapodcast](http://www.viva.org.uk/vivapodcast)

**'Peace On Your Plate' taster lyrics** (read the full lyrics online: [www.peaceonyourplate.co.uk/#lyrics](http://www.peaceonyourplate.co.uk/#lyrics))

*It's a time of giving not taking, a time for loving not hating  
So let's celebrate life, don't carve it up with a knife, let's celebrate life...*

*So put peace on your plate this Christmas Day*