



HAVE A HEALTHY AND CRUELTY-FREE

4TH OF JULY!

Ask any vegetarian or vegan, and they will tell you that it has never been easier to adopt a cruelty-free lifestyle! Whether you love animals or just want to eat healthier, celebrate this Independence Day by replacing traditional animal-based foods with delicious substitutes. Most of these substitutes are available at large supermarkets, including Albertsons, Ralphps, Vons, Trader Joes, and Whole Foods Market.

- Try Gardenburger's BBQ Riblets on skewers with your favorite veggies! (shown to the right)



- In place of your normal hamburger, try using some of the many varieties of meatless burgers available! In your meatless burger, add some guacamole and grilled mushrooms for a gourmet delight! (Don't forget the meatless hot dogs, too!)
- If you're not into meat substitutes, remember that nothing beats grilled vegetables, including butternut squash, zucchini, bell peppers, potatoes, onions, etc. Simply wrap these veggies in foil with a little olive oil and your favorite seasonings, place on the grill and twenty-five minutes later you have an incredible meal and virtually no mess to clean!

Happy Fourth of July!

"We'd really love it if you tried something else this year!"



For more recipes and info on vegan diets, check out www.veganoutreach.org.
For a free vegan starter pack, visit www.veganstarterpack.com!

EGGS

98% of eggs come from hens imprisoned in “battery cages.” Usually between 4 and 11 birds will live cramped in a wire cage the size of a folded newspaper – though each bird has a wingspan of 32 inches. These cages are tiered so feces and urine fall onto the animals below. Chickens’ feet often grow around the slanted wire floor of their cage because they are packed so tightly together they can not even move.

Almost all egg-laying hens, even “free-range” birds, have their beaks cut off to prevent cannibalism and injury from stress induced fighting. The birds are also “force molted” – their food and water are removed for up to 2 weeks to shock their bodies into another egg-laying cycle.

Hens are killed when they no longer can produce eggs profitably. Baby chicks are thus hatched to replace them. If the baby is a male & unable to lay eggs, he is killed at the hatchery at only a few days of age.

Unless your eggs come from companion chickens or someone you know, you are supporting intense animal cruelty every time you buy or eat an egg – about 32 hours of cruelty per egg to be exact. “Free-Range” does not mean cruelty-free!

DAIRY

Most cows used for dairy live the majority of their lives in concrete stalls, attached to automated milking machines that pump them for milk three times a day.

To keep a cow lactating she will be kept constantly pregnant. She will either be “serviced” by a bull or artificially impregnated on what the dairy industry commonly refers to as a “rape rack.”

After 4-6 pregnancies and 4-6 years of milk production she will be sent to slaughter. A healthy cow will live 20-25 years. 10% of cows are so sick after 4-6 years that they can not even walk. These “downers” are literally drug and pushed to the slaughterhouse by a forklift.

Baby calves, if male, are usually sent to live in a veal crate. Female calves are either raised to replace their mom or are sent to be raised for veal. Without the supply of calves from the dairy industry, the veal industry would not thrive.

MEAT

Every year, over 10 billion land animals and billions more aquatic animals are slaughtered for their flesh. An additional one billion land animals die every year from stress-induced disease or injury before slaughter. The average non-vegan will eat about 40 land animals and about 55 aquatic animals every year.

Fish often experience decompression when caught. Their eyes can pop out of their heads and their stomachs can be pushed out through their mouth. Fish have developed nervous systems, like humans and other land animals, and suffer when they are hooked or netted and forced to die of suffocation when pulled from the water.

Fishing is raping our world’s oceans – killing not only fish but other life as well. Shrimp trawling has devastated sea turtle populations worldwide.

Industrial fishing results in enormous “by-catch” – non-target animals caught (and usually killed) but tossed overboard and not counted in a ship’s quota. By-catch can range from 50% in long-line fishing to as high as 90% in drift netting.

90% of all land animals killed for meat are chickens. Cutting out red meat but increasing chicken and fish consumption will only increase animals’ suffering.

Chickens killed for meat suffer the same painful de-beaking as egg-laying hens. While they usually are not in battery cages – they must live in filthy crowded sheds sometimes with as many as 100,000 other birds (similar to the conditions “free-range” hens live in). Chickens can not establish a pecking order over about 120 birds so the crowding and stress leads to constant fighting, causing injury and often death.

Most pigs are raised in factory farms. They live their lives in a crate, often stacked on top of one another. To avoid tail-biting due to boredom and stress their tails are cut off when they are piglets. They also have their teeth pulled out or ground off to reduce loss due to fighting caused by stress. Males are also castrated without anesthesia when they are babies to make them less aggressive.

Mother pigs live the majority of their 5 year life in a “gestation crate.” They give birth and nurse their young on a grated steel floor – literally being turned into baby making machines.

Pigs often develop pneumonia from living in their own waste – the ammonia from their urine burns their sensitive noses and causes many piglets to die.

All land animals used for eggs, dairy and meat will be transported to slaughter when no longer profitable or when they reach slaughter weight. The animals are often forced to travel for several days without food or water, usually exposed to the elements. Animals in the middle of the transport truck can die from suffocation while animals on the outside can freeze to death and sometimes even freeze to the steel sides of the truck in the winter.

Most animals are slaughtered on an assembly line – with little attention given to each suffering individual. Chickens and turkeys have their legs slammed into shackles before their necks are funneled between two whirling blades. If their neck misses the blades, as often happens, they are scalded to death in the feather removal tank. Pigs and sheep are usually shackled and hoisted by one leg. As the kill line moves they are first stuck in the chest or throat with a knife, they then have their limbs cut off and finally their skin is ripped from their body. They are sometimes still alive when this happens.

SOME ALTERNATIVES

Try Ener-G Egg Replacer in cooking and Fantastic Foods Tofu Scramble instead of scrambled eggs. There are many vegan ice cream, milk and meat substitutes that are comparable in price and taste great! Try Boca Burgers, Yves and Lightlife Veggie Dogs and Cold Cuts, Soy Delicious and Tofutti “ice cream,” Imagine Foods’ Rice Dream Moon Pies and vegan pudding, Silk Soy Milk, and even Veganaise! Visit Trader Joe’s, Whole Foods, PCC, Madison Market, Rainbow Natural Foods, Nature’s or other natural foods stores. Most supermarkets now have natural foods sections or at least carry soy milk, fake meats, etc.

FREE VEGAN STARTER PACK!

Visit www.VeganStarterPack.com to request a free Vegan Starter Pack full of recipes, health and nutrition info, animal agriculture and environmental statistics and even some free stickers! You can also request a free DVD/CD-rom. The disc contains *Meet Your Meat* – a powerful and compelling documentary – as well as several fact sheets, recipes & books in Adobe PDF format. It also has several other undercover videos and the audio lecture *Veganism in a Nutshell*.