

Compassionate Carnivores

Recipe Website of the Month:

www.tryveg.com/cfi/recipes/

Meat Free Product:

Morningstar Hickory BBQ Riblets (my favorite!)

Recommended Reading:

[Farm Sanctuary: Changing Hearts and Minds About Animals and Food](#)

by Gene Baur

Never doubt that a small group of thoughtful, committed citizens can change the world: Indeed, it is the only thing that ever has.

—Margaret Mead

The greatness and moral progress of a nation can be judged by the way its animals are treated.

—Mahatma Gandhi



Hello VIPs,

I've been a vegetarian for over 20 years. Not one time have I broken my commitment to not eat meat. It's an easy choice because I know what happens to cows, pigs, chicken and fish in how they get to the plate. Over my 8 years of educating people about the abuses of factory farming through *Compassionate Carnivores*, the one main message I hear from people is "Do not show me any pictures!" I know that for me, the pictures and facing reality is what has cemented my on-going commitment to not support the cruelty and, truly, without exaggeration, the torture, that animals endure to become our food.

I'm asking you to please watch the video link under **What You Can Do**. Then commit to reducing meat from your diet. This video shows the truth of what happens. I believe that not one of you could carry out what needs to happen for food to arrive on your plate. However, you are paying the salary of these people and supporting the practices each time you purchase meat at the store or restaurant.

www.whatcamebefore.com



Please take 11 minutes to watch this video, learn the truth of what is industry standard and then decide how you can help change this heart breaking reality.

WHAT YOU CAN DO:

www.whatcamebefore.com

DID YOU KNOW?

It's industry standard to:

- castrate and cut off the tails of piglets.
- dehorn bulls and cut off the tails of dairy cows.
- grind up male chicks while still alive.
- Cut off the beaks of female chicks.

All without anesthetic



Please remember to buy only cage-free eggs & to pass this email to your mailing list.

Thank you!

Lois

www.compassionate-carnivores.org

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