

Vegetarian
In
Progress

*This Month's
SPECIALS...*

Product:
Butler Soy Curls

Movie:
Vegucated (Netflix)



*"The time will come
when men such as I
will look upon the
murder of animals as
they now look upon
the murder of men."
Leonardo da Vinci*



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

Compassionate Carnivores

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It's becoming more commonplace to eat Vegetarian or Vegan

Millions of Americans from coast to coast are standing up for their health, the planet and animals simply by choosing vegetarian foods.

For the Animals

Nine billion land animals (and billions more aquatic animals) are raised and killed for food each year in the United States—that's more than 1 million animals every hour. The overwhelming majority of them are kept on factory farms, where the goal is to raise as many animals as possible in the least amount of time and space.

With virtually no laws to protect them, these birds, pigs, and cows are routinely treated in ways that would result in criminal prosecution if those same abuses were inflicted upon the cats and dogs with whom we share our homes. By choosing vegetarian foods, we can stand up for animals each time we sit down to eat.

For Better Health

As rates of obesity, heart disease, cancer, type II diabetes, hypertension, and other life-threatening conditions skyrocket in the United States, many researchers and medical experts come to the same conclusion: **A vegetarian diet can help prevent and even reverse these illnesses, including America's leading killer—heart disease.**

For the Planet

While many seek expensive green technologies to decrease our carbon footprints, vegetarian eating is an easy, cost-effective way to reduce our environmental impact at every meal. **Animal agriculture is a leading cause of biodiversity loss, resource depletion, pollution, and global warming,** and according to a United Nations report, generates 18% of all global human-induced greenhouse gas emissions.

Factory farming contributes to the production of Earth's three most climate change-affecting gases—carbon dioxide, methane, and nitrous oxide—which are produced in excess through the respiration and digestive processes of billions of animals. The Environmental Protection Agency has cited animal agriculture as a top polluter of rivers, lakes, and wetlands—largely due to animal waste.

Take the [7-Day VegPledge](#) and go veg for one week. It doesn't mean you'll be skimping on flavor — rather, it simply means **enjoying the vegetarian version of some of your favorite foods!** After all, vegetarian eating is as easy as substituting tangy marinara for meat sauce, opting for black bean burritos instead of beef tacos, or enjoying creamy almond or rice milk in place of cow's milk.

This content is taken from USvegweek.com.

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

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