

## Vegetarian In Progress

Did you know? Cows slaughtered for burgers were dairy cows until they were no longer able to produce milk.

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And the horse says "Shocking that anyone would want to eat me, I'm sure you all agree."



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Take steps onto a compassionate path and commit to eating less meat. Send for your vegetarian starter kit today: [www.chooseveg.com/vsg](http://www.chooseveg.com/vsg)

# Compassionate Carnivores

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## Close your eyes for a moment...

and imagine what it would be like to have your baby taken from you. You watch the baby carried, or dragged away and disappear. It is common practice in the dairy industry to take away the baby from the mom within hours of birth.



Animals experience the same emotional pain that we do. Baby calves experience extreme grief as they are separated from their mother, and according to those who witness it, the cries from both mom and baby are heart wrenching as they call out for each other.

Baby females are taken to produce milk and baby males become veal. A large percentage of male calves are sent to auction hours after birth and are slaughtered with their umbilical cords still attached. In either case, the mom is without her baby.

Dairy cows are continually impregnated to produce milk for their young, but of course, the milk is intended for human consumption. Cows have only a few months between the constant cycle of impregnation and birth.

Most dairy cows are sent to slaughter after they are considered "spent". This animal, who has been indoors, typically on hard, abrasive concrete floors, and is frequently connected to a milking apparatus, now experiences an end to her short life to become ground beef.



People often connect that animals raised for veal are subjected to inhumane treatment; however, it is not commonly understood that veal production is a by-product of the dairy industry.

**WHAT YOU CAN DO:** When you want a hamburger or steak, try a veggie option on the menu. The Impossible or Beyond Meat burgers are great.

Please remember to buy only pasture-raised eggs and pass this email to your mailing list. Thank you! Lois

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[www.compassionate-carnivores.org](http://www.compassionate-carnivores.org)

