

Vegetarian
In
Progress

*This Month's
SPECIALS*

Product:
[Vegan Substitutes](#)

Book:
[Some We Love, Some We Hate, Some We Eat: Why It's So Hard to Think Straight about Animals](#)



[The Meatrix 1](#)



You must be the
change you wish to
seen in the world.
Mahatma Gandhi
* * *

Compassionate Carnivores

VIP Monthly Newsletter

December 2015

HAPPY HOLIDAYS TO EVERYONE!!!

Hello VIPs,

For many of us, it's been a long time since we agreed to participate in Compassionate Carnivores' movement to reduce the suffering of Factory-Farmed Animals.

Committing to eat less meat is a willingness to open your mind and heart to face the reality of what animals go through to arrive on your plate. Even with humanely raised meat, the slaughter process is one that most of us would not be able to witness, much less do. Yet purchasing animal products supports the suffering these animals endure to become a meal.

My request this year is to take an active role in considerably reducing your meat consumption. Going toward vegetarian is easy and it's great to feel more "cruelty free". As we each commit to meaningful New Year's resolutions... please consider:

1. Resolve to follow your VIP day - **1 "no meat" day each week**, and if you're already doing this, please consider adding a day. If you are already vegetarian, you have agreed to try one vegan day.
2. Follow "Meatless Mondays" now supported by the Humane Society. Sign up to receive weekly recipes on Friday and watch the video about how going meatless one day each week really helps the animals, the environment and your health.
http://www.humanesociety.org/forms/meatfree_recipe_subscriptions.html
3. Buy only **cage-free eggs**, which are available in most grocery stores. You can make a difference in reducing animal suffering on your next shopping trip by committing to buy only cage-free eggs.
4. Visit our website "What You Can Do" and click on the first bullet - ACTION - Find Humane Products. This link provides information in one place on where you can buy humane products. <http://www.compassionatecarnivores.org/find.html>
5. Tell your friends about Compassionate Carnivores and be sure to have them **request a VIP number** at this link: <http://www.compassionate-carnivores.org/vip.html>

Please take a minute to watch the cartoon-style video, **[The Meatrix I](#)**, about the realities of factory farming (as opposed to family farming). It's very easy to watch, even for children. Please watch to remind yourself of what our movement is about.

Thank you and wishing you the most Cruelty-Free year ever!

Please pass this email to your mailing list. Thank you! Lois

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