

Vegetarian
In
Progress

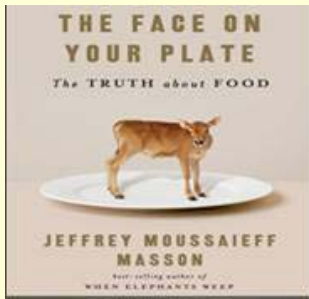
This Month's SPECIALS

Recipe:

[Pinterest - Meatless Monday](#)

Book:

[The Face on your Plate](#)
[Jeffrey Moussaieff Masson](#)



"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

VIP Monthly Newsletter

January 2014

2014 COMPASSIONATE CARNIVORES CHALLENGE

GIVE UP ONE ANIMAL EACH MONTH – *SURPRISE! YOU WON'T MISS IT...*

Consider making your choice by who suffers most:

- Chickens first (23 million slaughtered daily in the US)
<http://www.peta.org/issues/animals-used-for-food/factory-farming/chickens/>
- Pigs next (1,000 hogs per hour, 120 million each year in the US)
<http://www.peta.org/issues/animals-used-for-food/factory-farming/pigs/>
- Cows last (100,000 annually in the US)
<http://www.peta.org/issues/animals-used-for-food/factory-farming/cows/>

Surprised?

First, think about how many chickens must be killed to equal the amount of meat from one cow. So, hands down, more chicken suffer just by the numbers killed. Since I founded Compassionate Carnivores in 2005, I've stayed away from talking about the slaughter process. I've focused on improving the quality of life, getting the pigs out of gestation crates and the egg-laying chicken out of battery cages. The details of the slaughter process are so gruesome that I would bet not one of us would eat meat if you took the time and courage to watch what has to happen for that animal to get to your plate.

This year I challenge you to think about it, to not look the other way, but to do your part to significantly reduce and/or eliminate meat from your diet. See the chicken, pig and cow on the table for what it is. Sentient, intelligent beings (*yes, even the chickens*) who suffered through life and death to get to your table.

Attempt a cruelty-free lifestyle and refuse to support animal suffering with your purchases.

What You Can Do:

Choose one animal to eliminate completely for one month. Then select another the next month. You'll see how easy it is to avoid meat. Do this in addition to one day without meat for your 2014 Compassionate Carnivores challenge.

And please, let me know how it goes.

"Think occasionally of the suffering of which you spare yourself the sight."

Albert Schweitzer

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

Thank you! Lois

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