

Vegetarian
In
Progress

*This Month's
SPECIALS*

Recipes:

[Vegetarian Soup Recipes](#)

Book:

[Some We Love,](#)

[Some We Hate,](#)

[Some We Eat:](#)

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



*7 Reasons not to eat
bacon*

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 2015

Happy New Year!

Wow, what a start to **2015**. January 1st was the first day governing the new law credited with reshaping the egg industry nationwide. The first day that a landmark animal welfare law requiring more space for egg-laying hens and other livestock finally becomes effective.

And now... Cage-free eggs are far less expensive than eggs from hens raised in cages. That is cause for rejoice for all the people who collected the many thousands of signatures to get the issue on the ballot in 2008! Then, Prop 2, also known as the California Prevention of Farm Animal Cruelty Act, was voted in by a large margin. <http://cagefreeca.com/>

In November 2008, California voters overwhelmingly approved Proposition 2, which effectively bans standard "battery cages" (see photo). "Experts estimate that 30 percent of California's egg producers are now cage-free and the remainder use variations on larger "enriched" cage systems that have become the minimum standard in Europe. Such systems allow for at least 116 square inches per bird, compared to 67 square inches with the conventional battery cages."

Additionally, under a separate bill signed by former Gov. Arnold Schwarzenegger in 2010, all shell eggs arriving from other states must also comply with Proposition 2 by Jan. 1, 2015.

Please [Click Here](#) for a guide to understanding different egg labels and for those VIPs outside of California, please remember to only buy cage-free eggs.

**AND, TAKE THE "FLOP IT"
CHALLENGE...TRY 6 DAYS
NO MEAT WITH ONE DAY
AS A MEAT EATER.**



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

Thank you! Lois

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