



Compassionate Carnivores

Recipe website of the month:

<http://dishinwithrebel.com/thirty-vegetarian-recipes-that-will-rock-your-summer/>

Meat free products:

<http://www.amys.com/>

Recommended reading:

Bleating Hearts: The Hidden World of Animal Suffering

by Mark Hawthorne

When I was little I loved my dogs so much. Part of my becoming a vegetarian was that I would look at my burger, then look at my dogs, and I wasn't able to see a difference. Kristen Bell

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



Hello VIPs,

A study on agriculture and the environment is calling for a 50 percent reduction in the consumption of meat throughout the Western world, to lessen the effects of meat production on climate change.

Whether you're concerned about [environmental destruction](#), animal suffering on factory farms, or the quality of your health, your food choices hold tremendous power. Instead of reducing meat consumption by 50 percent, imagine if everyone went completely meat-free! And while meat free is the best, even one day each week has a positive affect on these three areas of concern.

You can "make it possible"!



DID YOU KNOW?

Agriculture, particularly meat and dairy production, accounts for over 90% of water depletion, and according to Assessing the Environmental Impact of Consumption and Production, a 2010 report from the United Nations, 70% of global freshwater consumption,

38% of total land use and 19% of the world's greenhouse gas emissions.

Vegetarian foods, on the other hand, only take a fraction of the water and other resources needed to sustain meat-based diets.

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



Thank you! Lois