

Vegetarian
In
Progress

This Month's SPECIALS

Recipe:

[Beef \(Not\) Recipes](#)

Book:

['Holy Cow'](#)



Video

[Look how smart cows are!](#)



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

March 2015

THIS IS WHAT YOU SUPPORT



WHEN YOU ORDER HAMBURGER OR STEAK !

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

It is common practice to take away the baby from the mom within hours of birth. The calves experience extreme grief as they are separated from the mother, and according to those who witness it, the cries from both mom and baby can be heart wrenching as they call out for each other. The baby, if female, goes on to follow in her mom's fate, and if male, a large percentage are sent to auction hours after birth and are slaughtered with their umbilical cords still attached. 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:

The next time you want a hamburger or steak, try a veggie option on the menu.

The recipe section of this newsletter provides many options to meat.

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

Thank you! Lois

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