



# Compassionate Carnivores

## May's Recipe website:

International Vegetarian Union (IVU)

## Meat free products:

Garden Protein Intl. (GPI)

## Recommended book:

Omnivore's Dilemma

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

*Thank you! Lois*

*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*

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Hello VIPs,

**EIGHT** years ago I sat across the table from a friend and told her about my idea to launch the Compassionate Carnivores' organization, dedicated to educating meat eaters about the abuses of factory farming. She liked the idea and became my first VIP.

Compassionate Carnivores' VIPs now number **453** from **41** states and **13** countries.

Social networking has become a fabulous forum for spreading this important message with **2700** members on my [Compassionate Carnivores Facebook page](#)

**1800** members on my [VIP Veggie In Progress Group page](#), and

## HAPPY **8th** ANNIVERSARY COMPASSONATE CARNIVORES!

Why  
**LOVE** one but **EAT** the other?



**4500** members to date on my [Take the "VIP" Pledge page](#), with more taking the pledge each day, with **900** recent pledges.

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

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### WHAT YOU CAN DO:

*I continue to ask you to do your part to help end the suffering of animals raised for food.*

Please renew your VIP pledge to NOT eat meat one day each week by taking the VIP pledge again at the ["Take the "VIP" Pledge"](#) link provided here.

### Visit Our Websites:

[www.compassionate-carnivores.org](http://www.compassionate-carnivores.org)

[www.facebook.com/compassionate-carnivores.org](http://www.facebook.com/compassionate-carnivores.org)

Please Click the F to "like" Compassionate Carnivores on Facebook

