



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



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

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

www.facebook.com/compassionate-carnivores.org

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

