

Vegetarian  
In  
Progress

This Month's  
Specials:

Recipes:

[International  
Vegetarian Union](#)

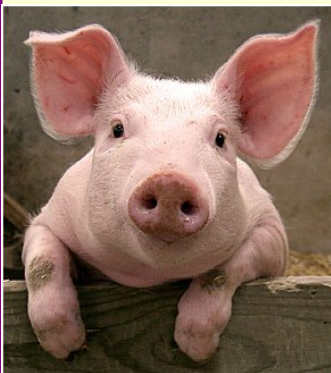
Meat-Free  
Products:

[Gardein Products](#)

Recommended  
Reading:

[Omnivore's  
Dilemma](#)

"The time will come  
when men such as I  
will look upon the  
murder of animals as  
they now look upon  
the murder of men."  
*Leonardo da Vinci*



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

May 2014

## HAPPY 9th ANNIVERSARY COMPASSONATE CARNIVORES!

Hello VIPs,

*NINE* 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 embraced the idea and became my first VIP. Compassionate Carnivores' VIPs number **484** from **41** states and **14** countries.

Social networking has become a fabulous forum for spreading this important message with **2900** members on my [Compassionate Carnivores Facebook page](#) and **2000** members on my [VIP Veggie In Progress Group page](#).



*Which* animals suffer most on their way to the plate? Here is the order in terms of suffering and the numbers. (U.S. stats only)

First: Chicken (23 million slaughtered daily... that's 269 PER SECOND!)

Next: Pigs (120 million annually..that's 1,000 every hour)

Last: Cows (100,000 annually)

### 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.

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

[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

