

## Vegetarian In Progress

### RECIPES:

- [33 Wonderful Thanksgiving Recipes](#)
- [Food Network Thanksgiving Recipes](#)

Turkeys are family oriented & stay together.  
Turkey mothers diligently teach their young survival skills, and turkey brothers stay together for life.

Unfortunately, life is quite different for turkeys raised for food on factory farms, where these birds' natural instincts are routinely denied.



*The most violent weapon on earth is the table fork.*

*Mahatma Gandhi*  
\* \* \*

# Compassionate Carnivores

VIP Monthly Newsletter

November 2019

## Where's the "bird"?

Wishing you a *Compassionate* Thanksgiving Celebration

Start a new tradition...

Try a **Cruelty-Free Thanksgiving** by eliminating the Turkey.

*You won't miss it!*

Make your plate this year without turkey

*Remember...even humanely raised turkeys meet a painful & terrifying end.*

**Did you know:** The turkeys today grow so fast that their delicate legs often break under the weight of their bodies. From the moment they hatch they have their beaks and toes burnt off using a hot blade in a standard industry practice known as "debeaking" and "detoeing".

Of course, these details are not shared with us. Also, be aware that "free range" does not equal "humane". Birds raised for meat may be sold as "free-range" if they have government certified access to the outdoors. The door may be open for only five minutes and the farm still qualifies as "free-range". Apart from the "open door," no other criteria such as environmental quality, number of birds, or space per bird are included in the term "free-range".



*If you buy turkey, purchase a turkey with a label from "Certified Humane" or "Animal Welfare Approved", not one from a factory farm.*

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

Thank you! Lois

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

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