

Vegetarian
In
Progress

Compassionate Carnivores

VIP Monthly Newsletter

October 2013

The Month's SPECIALS

Recipe:

[Ambitious Kitchen](#)

Meat-Free Product:

[Yves Veggie Cuisine](#)

Movie:

[Earthlings](#)

Never doubt that a
small group of
thoughtful, commit-
ted citizens can
change the world:
Indeed, it is the only
thing that ever has.
Margaret Mead



The greatness and
moral progress of a
nation can be judged
by the way its ani-
mals are treated.
Mahatma Gandhi

If you eat turkey on Thanksgiving, please purchase a turkey with a label from a "[Certified Humane](#)" or "[Animal Welfare Approved](#)", not one from a factory farm.

Hello VIPs,

Here are a few links to help you find humanely raised turkeys. 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".



WHY DO WE LOVE ONE BUT EAT THE OTHER?

Certified Humane: It is best to buy with certified humane labeling. At the "[Certified Humane](#)" links, you can find a location to purchase animals raised with care and sensitivity. The animals must be kept in conditions that allow for exercise and freedom of movement. As such, crates, cages and tethers are prohibited. All animals must be provided with bedding materials. Hormone and non-therapeutic antibiotic use is prohibited, while surgical mutilations are permitted with pain control. Compliance is verified through third-party auditing. "[Certified Humane](#)" is a Humane Farm Animal Care program.

Turkeys are family oriented and stick together. Wild turkeys forage in groups and roost in trees 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.

Please do not purchase a turkey without knowing that it was raised humanely.

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

Thank you! Lois

www.compassionate-carnivores.org

www.facebook.com/compassionate-carnivores.org

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

