

Vegetarian  
In  
Progress

# Compassionate Carnivores

VIP Monthly Newsletter

September 2013

## The Month's SPECIALS

Recipe:  
[NoshOn.it](http://NoshOn.it)

Meat-Free Product:  
[Beyond Meat's -  
Faux Chicken](#)

Book:  
[Animal Factory – David Kirby](#)

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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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 THE CLUCK?

“... every year, hundreds of millions of animals—many times more than the number killed for fur, in shelters, and in laboratories combined don't even make it to slaughter. They actually suffer to death.”

Thanks to a horrific combination of selective breeding and rearing practices, most of today's chickens raised for meat (commonly known as “broiler” chickens) are so huge and disproportionate they can barely move at just a few weeks old. In 1920, a chicken raised for meat was slaughtered at an age of about 4 months when he weighed about 2.2 pounds. In 2013, we fatten them up so fast as to weigh 5.89 pounds in just 47 days. Then, we slaughter them.



To gain an idea of the magnitude of this number when discussed in relation to body weight, suppose you are an adult female with a weight of 130 pounds, imagine yourself weighing over 800 pounds in-  
stead!

*They are as capable of suffering as you and I*

The rapid and unnatural growth rate of these chickens strains their hearts, lungs and bones. Unable to support their massive bodies, many cannot stand, and spend much of their lives lying in their own waste with open sores and infections. [Look at what's ending up on dinner plates every day.](#)

Accelerated growth rates of chickens today, compared to their ancestors, have led to increased skeletal disorders usually expressed as painful lameness and twisted legs that are bowed in or out. Their young soft bones fail to develop and mature in pace with their overgrown bodies and fracture easily during catching and transportation, causing intense pain and suffering.

Drugged on growth-promoting antibiotics and bred to grow beyond what their legs can support, many starve to death because they can't get up to reach food and water. 98,014,000 chickens suffer to death in the broiler industry as a result of leg deformities! (From the ASPCA website)

**WHAT YOU CAN DO:** Slower-growing chickens with more [room to move, better lighting, and a healthier environment](#) can be healthier and safer for consumers as well—and recent studies have shown 7 in 10 consumers would pay more for birds raised with higher welfare. Join the fight for higher welfare chickens by [signing the petition today](#), and please spread the word.

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

**Thank you! Lois**

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