

Vegetarian  
In  
Progress

*This Month's  
SPECIALS*

**Product:**

[Beyond Meat](#)

[Grilled Chicken Free Strips](#)

**Recipe:**

[Jazzy Vegetarian](#)



*The quickest way to connect  
who we eat with who we  
love is to love an animal.  
"Until one has loved an ani-  
mal, part of their soul  
remains unawakened"  
-Anatole France*

# Compassionate Carnivores

VIP Monthly Newsletter

JULY 2016

## 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."

[Chickens are sentient beings](#) – birds can solve complex problems and empathize with other chickens that are in danger.

[Suffering](#) - Most chickens spend their entire lives in filthy sheds with tens of thousands of other birds, each getting less space than a sheet of paper, where intense crowding and confinement lead to outbreaks of disease. Adult chickens can have trouble breathing and standing upright and will even topple forward because they've been bred to have abnormally large breasts.

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

[Transport/Slaughter](#) - Only 7 weeks after they're born, chickens are crowded onto trucks that transport them to the slaughterhouse. Every year, tens of millions of chickens have their wings and legs broken in the process. They are trucked through all weather extremes, sometimes over hundreds of miles, without any food or water. At slaughter, chickens are hung upside down and have their throats slit, and they're often scalded to death in de-feathering tanks.

What you can do: Do you like the taste of chicken flesh but don't like the suffering? No problem – there are so many alternatives available.

*See our products section for delicious recommendations.*

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

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