

This Month's

SPECIALS

Products:

[Gardein's 9 different varieties of meat-free chicken,](#)

[Beyond Meat's Grilled Chicken-Free Strips](#)

[Boca Chik'n Nuggets](#)

Personal Favorite:

[MorningStar Farms®](#)

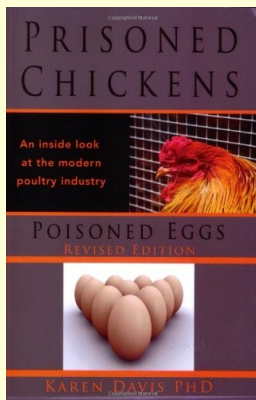
[Buffalo Chik Patties](#)

Book:

[Prisoned Chickens](#)

[Poisoned Eggs](#)

An inside look at the modern poultry industry
by Karen Davis



*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*

Do you eat chicken in preference to other meat?

Less calories, healthier?

Think about the ethical cost.

Most everyone does it. Give up red meat, eat more chicken. Did you ever think about how many chickens need to die to equal one cow? True, the cow won't pose that question, but chickens are by far the most tortured animals that get to the plate.

Broiler chickens are bred to grow so fast that they can't walk or often can't stand upright. Many die because they can't get to the food because their body has grown so large that their legs can't support the weight.



Chickens bred to lay eggs are either in cages so small that they can't spread their wings, or if they're lucky enough to be raised cage free, the conditions are still unacceptable. They all go down the same tortured path at their end, being caught by handlers and stuffed into cages, many suffering broken legs and wings with the rough handling. Once at the slaughterhouse, alive and aware, they are shackled upside down, and they meet their death either by bleeding out, or by being scalded to death in de-feathering tanks, if they miss the knife that's meant to end their life.

Who can enjoy a meal of chicken when you know what it's taken to experience that short pleasure?

With so many wonderful products now on the market, it's easy to get on the compassionate path and say "no" to eating chicken. If you like the taste of chicken, but don't like the suffering, check out the products recommended in this newsletter.

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

Thank you! Lois

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