

Compassionate Carnivores

September 2017

Vegetarian In Progress

This Month's SPECIALS

Recipes:

www.vegetariantimes.com/recipe

Meat free products:

www.beyondmeat.com/products

Movie:

Forks Over Knives

A documentary about what a vegetarian diet can do for you.

How we can eliminate the most animal suffering: *"I don't eat much red meat"...*

Dear VIPs,

I can't begin to guess how many times I hear this statement. Consider that giving up red meat helps less than one animal per year. On the other hand, cutting chicken consumption in half spares a life of misery for about 14 animals per year. If someone were to give up chicken completely, they would be sparing a net of about 27 animals per year from a lifetime of suffering.

DID YOU KNOW?

Every day, 23 million chickens are killed in the U.S. for food--that's 269 deaths per second!

Worldwide over 50 billion chickens are now being slaughtered every year.

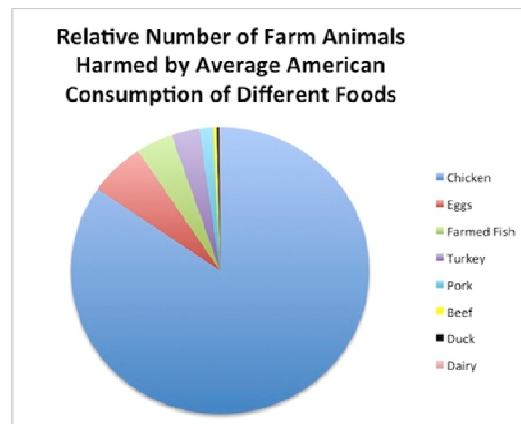
The chickens are alive at this point on the slaughter line. If they miss the killing blade as they struggle, they will be scalded to death.



WHAT YOU CAN DO:

COMMIT TO EATING LESS CHICKEN . . .

IN ADDITION TO NOT EATING MEAT AT LEAST ONE DAY EACH WEEK.



[VIP Veggie in progress](#)

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Please consider passing this on to your mailing list...

Thanks! Lois