“Nobody made a greater mistake than he who did nothing because he could do only a little.”
  — Edmund Burke

This quote reminds me of your pledge to not eat meat one day each week.
  Every 7 people who do this, equates to one full vegetarian.
  If this is all you do, it is something.

Chickens are the most abused animals raised for food and suffer terribly to get to your plate.
It takes 200 chicken to equal one cow, so on the scale of suffering, eliminating chicken from your diet will make the most impact.

Most chickens will spend their entire lives in fear and total confinement, from the moment they hatch on factory farms — where they share filthy sheds with tens of thousands of other birds — to the day they are killed for their flesh.

Every year, nearly one million chickens are boiled alive in slaughterhouses in the U.S. — dropped head first into de-feathering tanks, where they drown in the scalding hot water.

Other chickens arrive at slaughterhouses frozen to their cages, have their legs broken as they’re jammed into shackles on the slaughter line, are run over with forklifts, or are thrown into trash bins while still alive. In poultry slaughterhouses, this egregious cruelty is business as usual.

That’s because the United States Department of Agriculture (USDA) exempts poultry from the protections of the Humane Slaughter Act, even though birds represent 8.8 billion of the 9 billion land animals slaughtered annually in the United States.

In a column written by Nicholas Kristof he describes what happens to chickens at the slaughterhouse:

"Workers grab the birds and shove their legs upside down into metal shackles on a conveyor belt. The chickens are then carried upside down to an electrified bath that is meant to knock them unconscious. The conveyor belt then carries them — at a pace of more than two chickens per second — to a circular saw that cuts open their necks so that they bleed to death before they are scalded in hot water and their feathers plucked.

"Even when the system works as intended, the birds sometimes have legs or wings broken as they’re shackled and when it doesn’t work correctly, the birds’ end can be horrifying. Some chickens aren’t completely knocked out by the electric current and can be seen struggling frantically. Others avoid the circular saw somehow. A backup worker is supposed to cut the throat of those missed by the saw, but any that get by him are scalded alive”, the investigator said. "The Agriculture Department calculates that about 700,000 chickens a year in the United States are 'not slaughtered correctly' — often a euphemism for being scalded to death...."

The best way to protect chickens - and all animals - is to simply leave them off our plates. Start today at TryVeg.com

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

Thanks!