

Vegetarian In Progress

30 days of Meatless Recipes:

Best Vegetarian Recipes
(foodandwine.com)

YouTube Shorts
Standard Industry Practices for:

Chickens/Turkeys

<https://youtube.com/shorts/UhqEbKPUrdI>

Dairy Cows

<https://youtube.com/shorts/w3cCC5S1csA>

Beef Cows

<https://youtube.com/shorts/IDFdXecs8o8>

Piglets

<https://youtube.com/shorts/DcB1hM7uEpl>

What You Can Do:

Give thought to the sentient animal at the end of your fork and eat less meat.

The most violent weapon on earth is the table fork.

Mahatma Gandhi

Compassionate Carnivores

VIP Monthly Newsletter

April 2026

Power At The End of Your Fork

If we could live healthy lives without harming others, why wouldn't we?

Animals raised for food on factory farms are born to suffer and the only reason is to get to the plate.

Mutilations on factory farms are accepted practices — pick a part...

Beaks—Beaks are cut off using a heated scissor-like tool.

Toes—Parts of chickens toes are cut off.

Snoods—Male turkeys have their snoods removed (the snood is the flesh that grows above a male turkey's beak).

Tails, Ears, Teeth —New born piglets have their tails docked, ears notched and teeth removed. Dairy cows have their tails docked to make access to their udders easier for the person hooking up the machines. Sheep also have their tails docked.

Horns—Cows & sheep horns are removed by a hot iron, caustic chemicals or a knife.

Castration— Cows and pigs are castrated by slicing open the scrotum and ripping out the testicles.

Branding—Many farmers brand their animals for identification using a hot iron to burn an animal's skin and cause a second or third-degree burn.

All of the above is done without pain relieving drugs in order to facilitate confinement of these animals in stressful, crowded, unsanitary conditions.

One day we may not fathom that we once locked animals up in factories and mutilated them so we could eat them.

Remember to buy only pasture-raised eggs and pass this email to your mailing list.

Thank you! Lois

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www.compassionate-carnivores.org



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