

Vegetarian  
In  
Progress

*This Month's  
SPECIALS*

**Recipes:**

[Nosh On It. Com](http://NoshOnIt.Com)

**Book:**

[Change of Heart](#)

[By Nick Cooney](#)



Never doubt that a  
small group of  
thoughtful, committed  
citizens can  
change the world:  
Indeed, it is the only  
thing that ever has.

*Margaret Mead*

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*The Matrix 1*

The greatness and  
moral progress of a  
nation can be judged  
by the way its animals  
are treated.

*Mahatma Gandhi*

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# Compassionate Carnivores

VIP Monthly Newsletter

December 2013

**HAPPY HOLIDAYS TO EVERYONE!!!**

*Hello VIPs,*

***For many of us, it's been a long time since we agreed to participate in  
Compassionate Carnivores' movement to reduce the suffering of  
Factory-Farmed Animals.***

Committing to eat less meat is a willingness to open your mind and heart to face the reality of what animals go through to arrive on your plate. Even with humanely raised meat, the slaughter process is one that most of us would not be able to witness. My request this year is to take an active role in considerably reducing your meat consumption. Going toward vegetarian is easy and it's great to feel more "cruelty free". As we each commit to meaningful New Year's resolutions... please consider:

1. Resolve to follow your VIP day - 1 **"no meat" day each week**, and if you're already doing this, please consider adding a day. If you are already vegetarian, you have agreed to try one vegan day.
2. Follow "Meatless Mondays" now supported by the Humane Society. Sign up to receive weekly recipes on Friday and watch the video about how going meatless one day each week really helps the animals, the environment and your health.  
[http://www.humanesociety.org/forms/meatfree\\_recipe\\_subscriptions.html](http://www.humanesociety.org/forms/meatfree_recipe_subscriptions.html)
3. Buy only **cage-free eggs**, which are available in most grocery stores. You can make a difference in reducing animal suffering on your next shopping trip by committing to buy only cage-free eggs.
4. Visit our website "What You Can Do" and click on the first bullet - ACTION - Find Humane Products. This link provides information in one place on where you can buy humane products. <http://www.compassionatecarnivores.org/find.html>
5. Shop at Whole Foods stores, as they purchase **all** of their meat and poultry from humane farming suppliers.
6. Tell your friends about Compassionate Carnivores and be sure to have them **request a VIP number** at this link: <http://www.compassionate-carnivores.org/vip.html>

Please take a minute to watch the cartoon-style video, **The Matrix 1**, about the realities of factory farming (as opposed to family farming). It's very easy to watch, even for children. Please watch to remind yourself of what our movement is about.

***Thank you and wishing you the most Cruelty-Free year ever!***

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

**Thank you! Lois**

[www.compassionate-carnivores.org](http://www.compassionate-carnivores.org)

[www.facebook.com/compassionate-carnivores.org](http://www.facebook.com/compassionate-carnivores.org)

**Please Click the F to "like" Compassionate Carnivores on Facebook**

