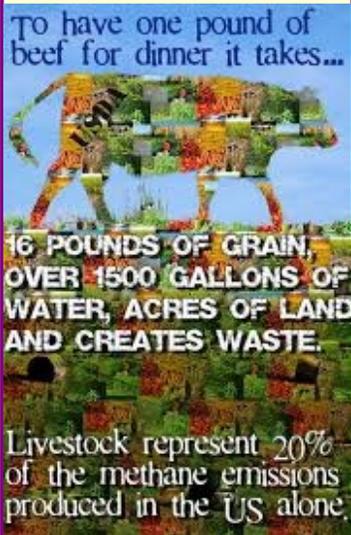
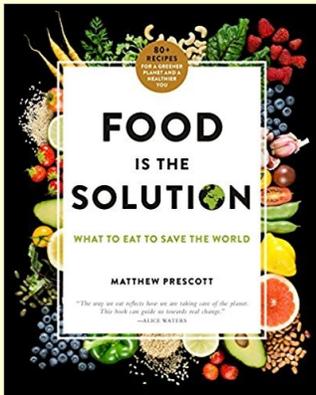


## Vegetarian In Progress

### This Month's Special:

Reading:



“The time will come when men such as I will look upon the murder of animals as they now look upon the murder of men.”  
*Leonardo da Vinci*

# Compassionate Carnivores

VIP NEWSLETTER

June 2018

## *The Environment, Your Health or Animal Welfare WILL YOU DO YOUR PART?... JUST ONE DAY EACH WEEK...*

If we went vegetarian just for one day each week, the U.S. would save:

- 100 billion gallons of water, enough to supply all the homes in New England for almost 4 months;
- 1.5 billion pounds of crops otherwise fed to livestock, enough to feed the state of New Mexico for more than a year;
- 70 million gallons of gas -- enough to fuel all the cars of Canada and Mexico combined with plenty to spare;
- 3 million acres of land, an area more than twice the size of Delaware;
- 33 tons of antibiotics.

If we went vegetarian just for one day each week, the U.S. would prevent:

- Greenhouse gas emissions equivalent to 1.2 million tons of CO<sub>2</sub>, as much as produced by all of France;
- 3 million tons of soil erosion and \$70 million in resulting economic damages;
- 4.5 million tons of animal excrement; Almost 7 tons of ammonia emissions, a major air pollutant.

<http://www.compassionate-carnivores.org/video.html>

**WHAT YOU CAN DO:** You are receiving this newsletter because at one point you agreed that you were willing to not eat meat one day each week. Please recommit to that pledge, if you are no longer thinking about that commitment, and make a difference by taking action one day each week!

Subscribe to the One Green Planet Newsletter for amazing recipes.

It's my favorite. <https://www.onegreenplanet.org>

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

Thank you! Lois

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

VIP Veggie In Progress

Please "like" Compassionate Carnivores on Facebook

