

# COMPASSIONATE CARNIVORES

## Recipe website of the month:

[www.vegetariantimes.com/recipe](http://www.vegetariantimes.com/recipe)

## Meat free products of the month:

[www.beyondmeat.com/products](http://www.beyondmeat.com/products)

## Recommended movie / book of the month:

### Forks Over Knives

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

## WHAT YOU CAN DO:

### COMMIT TO EATING LESS CHICKEN ...

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

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## How we can eliminate the most animal suffering:

<http://ccc.farmsanctuary.org/read-the-blog/>

### Hello VIPs,

I can't begin to guess how many times I hear, "I don't eat much red meat"...

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?

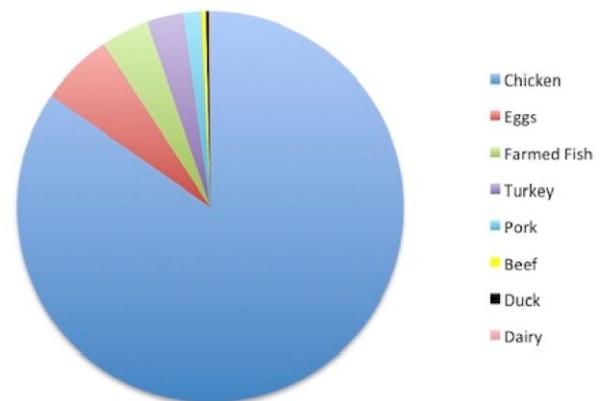
Every day, 23 million chickens are killed in the U.S. for food--that's 269 deaths per second!

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



The chickens are alive at this point on the slaughter line.

### Relative Number of Farm Animals Harmed by Average American Consumption of Different Foods



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

Thank you!

Lois

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

*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*