## STOP ANIMAL CRUELTY!

Animals raised for meat, eggs, and dairy are the victims of profit-driven industries. These animals feel pain and have their own interests and intrinsic value, yet each year over 40 billion land animals and more than one trillion fish are exploited and killed for food.

90% of all land animals killed for food are birds. Chickens and turkeys raised for meat live crowded by the thousands in warehouses while they grow to slaughter weight. The large number of birds makes a pecking order impossible, so fighting and cannibalism are common. For transport to slaughter, chickens are often roughly thrown into wire cages, causing broken wings and legs. At slaughterhouses they are dumped out like gravel from a dump truck, shackled by their legs, and have their throats slit. Birds who aren't killed by the blade are scalded to death in the feather removal tank.

Most hens used for egg laying spend their lives in cages too small for them to spread even one wing. To reduce loss from stress-induced fighting, their sensitive beaks are cut off with a hot knife. When they are no longer profitable as layers, the hens, be they free-range or caged, are sent to slaughter. Chicks are hatched to replace the slaughtered hens. The males, unable to lay eggs and of the wrong strain to be profitable for meat, are killed at the hatchery when they are a day old. This is also true of males hatched to replace hens at "free-range" egg farms.

Most cows used for dairy live the majority of their lives in concrete stalls and attached to milking machines that pump them for milk 2 or 3 times a day. Cows are repeatedly impregnated to make them produce the maximum amount of milk. Once a year, they are either "serviced" by a bull or artificially inseminated on what the dairy industry commonly refers to as a "rape rack." Their calves, if male, are usually sent to live in a veal crate. Female calves either replace their moms in the milking herd or are sold to be raised for veal. Without the supply of calves from the dairy industry, the veal industry would not thrive. After 4 to 6 pregnancies the mother cows are slaughtered, though cows have a natural lifespan of over 20 years. 10% of cows are so sick after 4 to 6 years of commercial milk production that they cannot even walk. These "downers" are literally dragged or pushed into slaughterhouses by forklifts. Much of the hamburger sold in the U.S. is made from slaughtered "dairy" cows. Most of this is true for organic milk as well.

Cows raised for meat live in muddy, feces-filled enclosures called feedlots. Most pigs are raised in factory farms. They live their lives in crates stacked on top of one another, or in crowded group stalls. Piglets' and calves' tails are cut off and cows' horns are cut or burned off. Pigs also have their teeth pulled out or ground off to reduce injuries from fighting caused by stress. Male pigs and cows are castrated without anesthesia. Pigs often suffer from pneumonia and burned or infected sinuses caused by the ammonia from their own urine. Cows, pigs, lambs, and other mammals killed for meat are packed into trucks for often long trips to slaughterhouses. In winter, animals may freeze to the sides of the trucks; in summer, they may die from dehydration or heat stroke. At slaughterhouses mammals are shot in the head with a captive bolt gun. If that doesn't kill them, they are skinned and dismembered while still alive.

Fish, proven to feel pain in similar ways to humans, are dragged from the sea and suffocate on ship decks. Decompression can cause their eyes to pop out of their heads and their swim bladders to be pushed out of their mouths. 40% of fish are now raised in ocean or land based pens called fish farms where they are forced to spend their entire lives in cramped, filthy enclosures where many suffer from parasitic infections, diseases, and debilitating injuries. To increase profits, fish on farms are severely crowded, causing them to run into each other and the sides of the enclosures, resulting in painful sores and injuries to their fins.

## HELP THE PLANET!

Raising animals for food—whether it's for their flesh, milk, or eggs—is an assault on the Earth. Millions of acres of rainforests are burned every year to create grazing land for animals raised for imported meat. Over half of the water used in the U.S. goes towards raising animals for food, and the waste from factory farming pollutes more water sources than all other industries combined. According to a U.N. report, animal agriculture contributes more greenhouse gases to the atmosphere than all forms of transportation combined. According to the Union of Concerned Scientists, going vegan is one of the best things you can do to help the planet. So if you care about the Earth, and want to be a true environmentalist with the smallest possible ecological footprint, you must be vegan.

## TAKE ACTION!

Go Vegan! Living a vegan lifestyle is the best thing you can do to help animals. On average a person switching from the standard American diet to a vegan diet will prevent the exploitation and killing of over 100 animals per year!

If you are not already vegan, please work to cut all meat, egg, and dairy products from your diet and remove leather, wool, fur, and down from your wardrobe. If you don't feel you can go vegan "cold turkey," try reducing your animal product consumption by a set amount every week until you are completely vegan. Going vegan in a way that lasts is more important than going completely vegan overnight. It's easier than ever to be vegan and the longer you are vegan the more you learn and the easier it becomes. Don't give up; most vegans don't get it right the first time, and we all make mistakes. What is important is that you stick with it!

Parents making it difficult? Visit *afa-online.org/literature.html* and print out the "Tips for Parents" flyer to share with them, or request a free Vegan Starter Pack which includes that flyer and other tips, resources, and recipes. We also have several veg starter kits in PDF format on our website that contain vegan recipes, health and nutrition information, suggestions for alternatives to meat and dairy products, and more.

## "Our lives begin to end the day we become silent about things that matter." - Martin Luther King, Jr.

- -- Visit *afa-online.org* to request a free vegan starter pack!
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- --Join or start an animal rights group. Contact us for advice and resources.
- --Post information and talk about animal exploitation and cruelty and other issues related to veganism in blogs, on message boards, and on social networking websites.

