

STOP ANIMAL CRUELTY!

Animals raised for meat, eggs, and dairy are the victims of a profit-driven industry. These sentient animals feel pain, yet each year over 40 billion land animals, and billions more fish, are tortured 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 number of birds makes a pecking order impossible, so fighting and cannibalism are common. For transport to slaughter, chickens are often roughly thrown into 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 egg-laying hens 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 layers, the hens are slaughtered. Chicks must be hatched to replace the slaughtered laying hens. The males, unable to lay eggs and of the wrong strain to be profitable for meat, are killed at just a few days old. This is also true of males hatched to replace laying hens at "free-range" egg farms.

Dairy cows are repeatedly impregnated, often on what the industry calls a "rape rack," to keep them producing milk until they are exhausted, and thus slaughtered. 40% of hamburger sold in the U.S. is made from slaughtered dairy cows. One female calf will replace her mother; the rest of the calves will likely be sold for veal. Without dairy farms, there would be no veal industry.

Cows raised for meat live in muddy, feces-filled enclosures called feedlots, while pigs are crowded into pens. Pigs often suffer from pneumonia, sinus infections, and having their noses burned by the ammonia from their own urine. 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. It's cheaper to lose a few animals than to give them more space or take water breaks. At slaughterhouses mammals are shot in the head with a high-powered steel rod called 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 often causes their eyes to pop out of their heads and their stomachs to push out their mouths.

You can help stop these needless cruelties by reducing or eliminating animal products from your diet. Every person who goes vegan—cuts all meat, eggs, and dairy from his or her diet—saves over 100 animals every year.



*Take sides. Neutrality helps the oppressor, never the victim.
Silence encourages the tormentor, never the tormented.*

HELP THE PLANET!

Raising animals for food—whether it is for their flesh, milk, or eggs—is an assault on the Earth. Millions of acres of rainforests are burned every year to make pasture for grazing cattle. 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, cutting animal products from your diet 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! Vegans take personal responsibility for making the world a better place by giving up meat, dairy products, eggs, and other animal-derived items. By doing so, vegans don't contribute to the needless suffering of animals.

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 abuse and killing of over 100 animals per year.

If you are not already vegan, please work to cut all meat, egg, and dairy products out of your diet. If you don't feel you can go vegan "cold turkey," you may want to try reducing your animal product consumption by a set amount every week, until you are completely vegan. Remember, it's not an all or nothing. Every time you choose vegan food over animal products you are making a difference. If going vegan seems too difficult right now, start simple. Eat veggie dogs, use soy milk on your cereal, increase the portions of the vegan foods you already eat.

Parents making it difficult? Go to our MySpace and print out the fact sheets on calcium and protein. Or request a free Vegan Starter Pack from AFA and share the information with them. We also have several veg starter kits in digital format on our MySpace and web site that are full of vegan recipes, health information, and useful tips on alternatives to ice cream, meat, and other animal products.

"Our lives begin to end the day we become silent about things that matter."

— Martin Luther King Jr.

--Visit www.veganstarterpack.com to request a free Vegan Starter Pack.

--Visit our MySpace or Buzznet pages to find videos, pictures, and info that you can repost on your own profiles or other websites.

--Check out the links to PDFs of flyers on our MySpace, then post links to them or attach them to e-mails, or print them out to distribute at shows, school, or other busy places; you can also leave flyers at stores, restaurants, etc. that have free literature areas or places to post flyers.

--Post information and talk about the issues related to veganism in blogs and on message boards, especially for bands that have vegetarian or vegan members.

www.actionforanimals.com

www.myspace.com/actionforanimals

www.buzznet.com/actionforanimals

www.veganstarterpack.com