



# World Farm Animals Day

*Be Kind To Animals... Don't Eat Them!*

## **About World Farm Animals Day**

On October 2nd (Gandhi's birthday) and throughout the entire month of October, caring people around the world get active to expose and memorialize the unnecessary suffering and slaughter of animals raised for food ([www.WFAD.org](http://www.WFAD.org)).

## **Animals Raised For Food**

Each year, more than **55 billion** cows, pigs, turkeys, chickens, and other sentient animals suffer in the world's factory farms and slaughterhouses. To increase corporate profits, the majority of animals raised for meat, eggs, and dairy suffer routine abuse, mutilation, crowding, and severe confinement. Even so-called "free-range" animals are treated as commodities, suffering harsh transit conditions and a horrific slaughterhouse end.

## **What You Can Do**

The best way you can help animals is to stop eating animal products. Each day we can choose compassion over cruelty by eating healthy, plant-based meals.

## **Human & Environmental Health**

Consumption of animal products has been linked to heart disease, stroke, & cancer.

Animal agriculture destroys our environment by severely depleting soil, polluting the air and waterways, devastating forests, and using grain that could otherwise be used to feed the world's starving millions.

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