



# 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 in all 50 U.S. states and two dozen other countries organize educational events to expose and memorialize the unnecessary suffering and slaughter of animals raised for food. For more information, visit [www.WFAD.org](http://www.WFAD.org).

## **Animals Raised For Food**

Each year, **more than 55 billion** cows, pigs, turkeys, chickens, and other sentient land 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 "free-range" animals are treated as mere commodities. They also suffer harsh transit conditions and a horrific slaughterhouse end.

## **Human & Environmental Health**

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

## **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 plant-based meals.

***Request a FREE Veg Kit & Weekly Recipes!***

- ◆ Veg Kit: colorful booklet explaining the hows & whys of a vegan diet
- ◆ Meatout Mondays: weekly e-mail newsletter with recipes, product info, health news, & inspiration

[www.VegKit.org](http://www.VegKit.org)

800-632-8688



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