

VEGAN STARTER GUIDE



the *whys*
and
hows of
plant-based eating



FOR YOUR HEALTH, THE PLANET *and the* ANIMALS



see inside ▶



Taken at Woodstock Farm Sanctuary by Sylvia Elizafon

Congratulations!

You've just taken an important step towards enjoying a happier, healthier life. In many ways, vegan eating is about being lighter:

- Vegans typically have a lower risk of obesity-related illnesses, including heart disease and diabetes.
- Vegans leave a lighter footprint on the earth, since the meat industry is a leading cause of environmental degradation and climate change.
- Vegans also tend to have a lighter conscience because a diet focused on plants means less violence toward the animals with whom we share this planet.

Your interest in a lighter, plant-strong (vegan) diet puts you in good company. Tens of millions of Americans—including Beyoncé, Miley Cyrus, Senator Cory Booker, and others—are embracing meat-free eating and extolling the benefits of leaving animals off our plates.

Now with this *Guide*, you have the tools you need to join them in standing up for your health, animals, and the planet—every time you sit down to eat. As you'll discover in the pages to come, choosing compassionate foods has never been easier or more delicious.

So, as you start enjoying a lighter way of life, give yourself a pat on the back—you *deserve it*. You're helping to create a kinder, healthier, and more sustainable world.

Best,

Erica Meier
Executive Director

P.S. Start harvesting the power of plants today: TryVeg.com

Connect with Compassion!

Questions? Contact us at info@cok.net. We're here to help!

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Veg Eating is On the Rise



600%

600% increase in the number of people who identify as “vegan.”

Source: ReportBuyer, June 2017

8M

Approximately 8 million Americans are vegetarian.

Source: Vegetarian Resource Group, 2015

About 10% of Americans are vegetarian about half the time.

10%

Source: Vegetarian Resource Group, 2015

36%

Americans drink about 36% less milk a day today than they did in 1970.

Source: USDA, Economic Research Report Number 149, May 2013

Sales of meat alternatives jumped 8% since 2010 (\$553 million in sales).

8%

Source: Mintel, June 2013

18%

18% of Americans participate in Meatless Mondays.

Source: MeatlessMonday.com

Cities around the country—including Washington, DC, San Francisco, CA, Boone, NC, Philadelphia, PA, and many more—have signed resolutions encouraging residents to go meatless on Mondays.

“Raising [animals for] meat takes a great deal of land and water and has a substantial environmental impact. Put simply, there’s no way to produce enough meat for 9 billion people.”

Bill Gates on why he’s investing in companies creating alternatives to meat and eggs, like Beyond Meat.



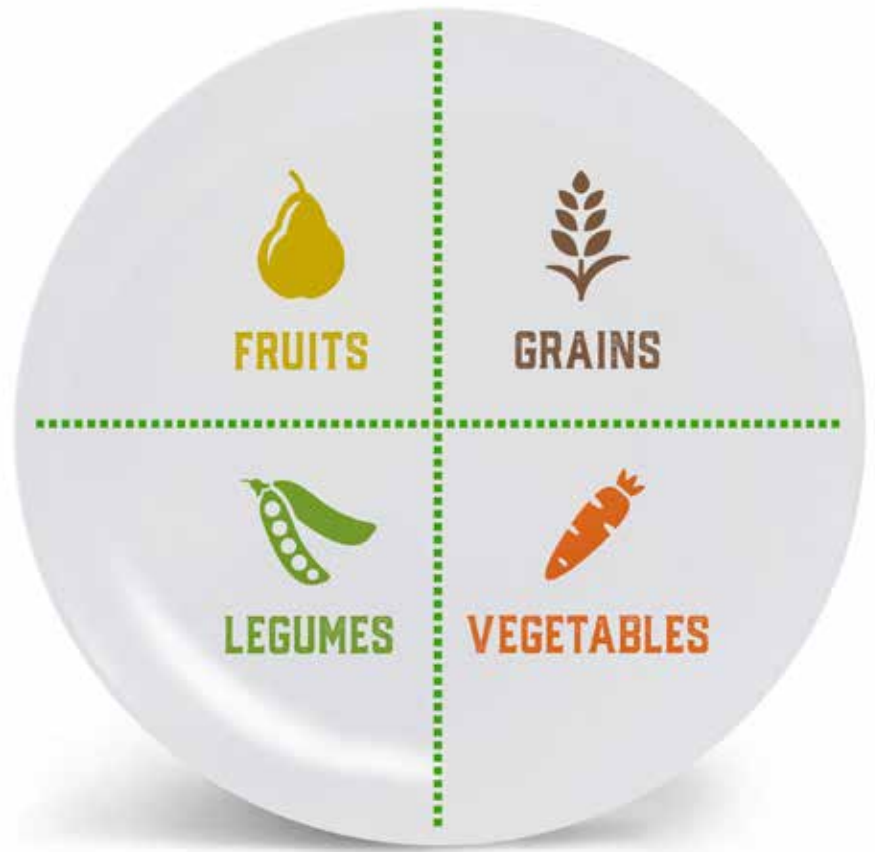
Veg Eating for Your Health

Eating a diet loaded with vegetables, fruits, grains, and beans is one of the most effective ways to improve our health. The Academy of Nutrition and Dietetics, American Heart Association, and the United States Department of Agriculture (USDA) all confirm the health benefits of a vegan diet.

According to the USDA, vegetarian diets are associated with “lower levels of obesity, a reduced risk of cardiovascular disease, and lower total mortality.”



Our “My Veg Plate,” (right), shows how to create balanced vegan meals packed with nutrients—in addition to all-natural taste.



Vegan Athletes

Vegan athletes excel in many sports. World track and field star **Carl Lewis**, winner of nine Olympic gold medals (1984), said, “I had my best year as an athlete ever” after adopting a vegan diet. Many professional athletes have switched to plant-based eating to improve their performance—including tennis superstar **Venus Williams**, triathletes **Brendan Brazier** and **Rich Roll**, hockey player **Georges Laraque**, martial arts champion **Timothy Bradley**, ultra-runner **Scott Jurek**, NFL superstar **Arian Foster**, and baseball player **Prince Fielder**.

Can athletes power up on a diet of plants? Competitive sports stars are showing that the answer is a resounding “Yes!”

VEGAN BODYBUILDER:

TORRE WASHINGTON

Vegan since 1998 and 100% supplement free, Torre is an all-natural bodybuilder with pro cards in four distinct bodybuilding organizations. 0% meat. 100% muscle.





Power of Plants

Studies show that people following plant-based diets tend to have the following improved health outcomes relative to non-vegans:

- Lower levels of obesity
- Reduced risk of heart disease
- Lower blood pressure

Calcium

You can get all the calcium your body needs from a number of plant-based sources, including tofu, beans, collard greens, and fortified orange juice and non-dairy milks.

Iron

You can get all the iron your body needs from legumes, grains, nuts, tofu, tempeh and countless vegetables.

Protein

You can easily meet your body's protein needs by eating meat-free. Protein-rich plant foods include beans, lentils, tofu, nuts, some whole grains, and more.

Vitamin B12

Vitamin B12 is essential for healthy nervous-system functioning. Plant-based sources include fortified products, such as dairy-free milk, nutritional yeast, and cereals. You can also take a B12 supplement or a multivitamin that contains B12.

DID YOU KNOW?

Dietary cholesterol—a major contributor to heart disease, the #1 killer of Americans—comes **only from animal products.**



Check out the following veg-focused websites for more information:

■ [NutritionFacts.org](https://www.nutritionfacts.org) ■ [PCRM.org](https://www.pcrm.org) ■ [VeganHealth.org](https://www.veganhealth.org)

If you have any concerns about whether the foods you are eating constitute a well-balanced vegan diet, consult your physician or health-care provider.

Veg Living for the Animals

Like the dogs and cats in our homes, farmed animals are intelligent social beings with unique personalities who feel joy, sorrow, and pain. Yet, to most people's surprise, they are not protected from cruel and inhumane treatment. The overwhelming majority of the meat, milk, and eggs in the US come from large-scale industrial facilities called "factory farms" where standard practices cause immense suffering kept hidden behind closed doors, away from public view.

While these pages don't describe issues facing all animals raised for human consumption, pigs, chickens, cows, and fish are the most common animals to end up on people's plates.

Here's a quick look at how they live in the industrial farming system.

COWS

Cows are emotional animals who form strong family bonds and even have best friends. Like pigs and chickens, cows are denied the ability to eat and live as they would outside of the industrial farming complex.

Dairy cows are subjected to an endless cycle of artificial impregnation and birth. Since 1970, the amount of milk produced per cow has almost doubled as a result of the way they have been bred and raised. In many cases, dairy cows suffer from pain and disease as a result of their breeding and confinement.

Cattle are routinely subjected to amputations and other painful procedures, including branding and removal of their testicles without anesthesia. For the final three to six months of their lives, they live in crowded, barren, manure-filled feedlots. There, they put on an average of 2.5 to 4 pounds per day on an unnatural diet of grain.

Although Jazzy was born into the dairy industry, she was discarded and deemed useless because she couldn't become impregnated (in order to produce milk). She was then shipped off to a veal farm where, like other discarded, mostly male, dairy calves, she was doomed to be confined in a tiny crate until slaughter. Luckily, a visitor saw Jazzy and could not let her die, rescuing and giving her a loving home for four years. When Jazzy's rescuer could no longer care for her, Animal Place took her in. Now, she loves spending time with her best friend, Panda and enjoys ear massages.



meet
JAZZY



meet WeeWee

This lucky little pig escaped a terrible fate, likely falling from a factory farm transport truck. At just two weeks old, WeeWee was free but he was wandering the streets during Washington, DC's biggest blizzard of 2016: Snowzilla! A compassionate family found him and welcomed him into their home — and into their hearts. WeeWee now lives at Poplar Spring Animal Sanctuary in Maryland, where he quickly befriended Scooter, another lucky piglet. After making national headlines with his snowy escape, WeeWee has become an adorable ambassador for pigs everywhere!

PIGS

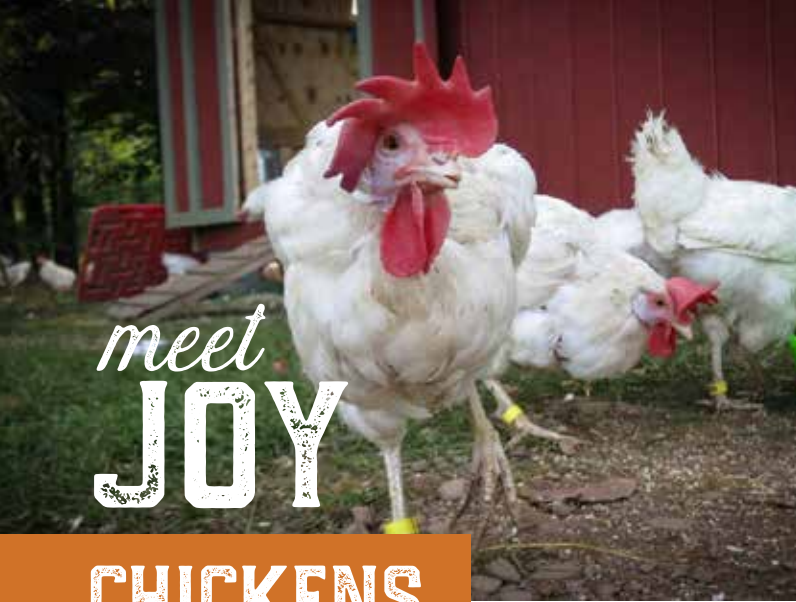


“Pigs in tiny crates suffer beyond anything most of us can easily imagine. [These] extremely social and intelligent animals lose their minds from being denied any social or psychological stimulation at all.”
~ Ryan Gosling, actor

Pigs are highly social beings and have been recognized as the smartest and cleanest of all domestic animals. Yet, on factory farms, pigs are denied the chance to engage in most natural behaviors. Instead of digging around in the soil, farmed pigs spend their lives grouped in small, overcrowded indoor pens and endure painful mutilations, including having their tails cut off, teeth clipped, and ears notched, all without pain relief.

Treated as mere piglet-producing machines, the majority of mother pigs spend their lives nearly immobilized inside metal gestation or farrowing crates barely bigger than their bodies - they can't even turn around.





meet
JOY

CHICKENS

Meet Joy. Before she was rescued, Joy spent two years at a massive egg facility in California. She was debeaked and then spent her days crammed inside a tiny wire cage, barely able to even spread her wings.

At less than two years old, Joy was considered “spent” because her egg production had declined. She and others were going to be killed to make room for younger hens. Instead, Joy was one of 1,150 lucky hens rescued from the facility. She now lives at Woodstock Farm Animal Sanctuary and, for the first time in her life, gets to feel the sunshine, the fresh air, and the ground beneath her feet.

Scientists have discovered that chickens’ cognition is much more similar to other animals who are considered highly intelligent. They have basic arithmetic skills and a sense of time and can even make logical inferences and pass information along from one generation to the next.

On factory farms, most chickens are denied the ability to spread their wings, make a nest, or even perform their most basic natural behaviors. Chickens raised for meat—called “broilers” by the industry—are typically raised in overcrowded, manure-filled sheds with tens of thousands of birds under one roof. These chickens are bred and raised to grow unnaturally fast; in fact, according to a review in the journal *Poultry Science*, if you grew at the same rate as a “broiler” chicken, you’d weigh 660 pounds at the age of two months. Such accelerated growth often leads to pain, deformity, and early death for these birds.

Hens used for their eggs are generally kept in even tighter quarters. After having the tips of their beaks sliced off, these birds are typically crammed inside wire cages so small, they can barely move. Since males birds don’t lay eggs, they’re killed as soon as they hatch.

Fish have long-term memories, form complex social relationships, and feel pain. Instead of swimming freely, more than half of all fish worldwide are now raised on fish farms, collectively known as aquaculture. Like on livestock factory farms, farmed fish are given no chance to engage in most natural behaviors. They often succumb to sickness and disease as a consequence of intensive overcrowding, just as many farmed land animals do.

Fun Fish Facts:

Some on land may feel disconnected from fish, and the plight of those swimming beneath the waves can go unnoticed. But the science is clear: fish are intelligent animals with complex lives and the ability to feel pain. Here are facts about our finned friends!

Fish use tools: Some of these clever ocean-swimmers have been found using rocks to smash open their food.

Fish cuddle: Aww! Fish will rub against each other affectionately.

Fish remember: Elephants may never forget, but fish remember too! They retain memories for many months — and some who have been caught by fishers avoid fishing hooks for as long as a year.

Fish communicate: Fish may not speak a human language, but research has discovered that fish make sounds to “talk” to each other.

FISH



Jessica Carter

Jessica is Compassion Over Killing's Vegan Food and Lifestyle Coach and a regular feature on Washington, DC TV where she showcases her plant-based, easy-to-make...

tasty RECIPES



Blueberry Waffles

Blueberry waffles are a breakfast classic and extremely simple to veganize for your family and friends to enjoy!

Prep Time: 10 minutes | Serves 12

Ingredients:

- 2 cups Bisquick Original baking mix
- 1 1/2 cups almond milk
- 2 tablespoons vegetable oil
- 1 tbsp Neat Egg mix
- 1 cup freeze dried blueberries
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon

Instructions:

1. Heat Belgian waffle iron; grease if necessary.
2. In a large bowl, stir all ingredients except blueberries until blended. Gently fold in blueberries until evenly distributed throughout the batter. Use a 1-cup measuring cup to pour batter onto center of hot waffle iron. Bake 3 to 5 minutes or until steaming slows and waffle is golden brown. Carefully remove waffle.
3. Top with fresh blueberries, maple syrup, vegan whipped cream or sliced almonds.

Cranberry Burst Smoothie

This sweet and tangy smoothie is filled with vitamin C and packed with protein thanks to small but mighty hemp seeds.

Prep Time: 5 minutes | Serves 2

Ingredients:

- 1/2 cup fresh cranberries
- 1/2 cup fresh or frozen pineapple chunks
- 1/2 cup fresh or frozen strawberries
- 1 cup orange juice
- 1/4 cup hulled hemp seeds
- 1/2 cup vegan yogurt
- Water (optional)

Instructions:

1. Combine all ingredients in a blender and blend until smooth.
2. Gradually add water to the smoothie to adjust the thickness to your preferred consistency and Enjoy!



For more easy and delicious recipes, visit TryVeg.com.

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Deli Melt Sandwiches Serves 4

Ingredients:

- Sandwich bread
- Room-temperature vegan butter
- Vegan mozzarella cheese
- 1 sliced bell pepper
- 1 medium sliced onion
- Cooking spray
- 1 package of vegan deli slices
- Garlic powder
- Italian seasoning

Instructions:

1. Heat a heavy skillet to medium-high heat. Butter one side of each slice of bread. Dry toast the unbuttered side, flip until the other side is golden brown. Remove from heat.
2. Cut vegan deli slices, and cheeses into strips.
3. Spray pan with cooking oil. Sauté peppers and onions until tender. Add deli slices, and spices and continue to sauté.
4. Add the strips of cheese to the mixture and top the pan with a lid to use the steam from the food to melt the cheese.
5. After about five minutes, remove the lid and continue to stir the mixture until the cheese is evenly distributed for another two minutes.
6. Top the toasted bread with the sautéed mixture and serve with mustard, pickles, tomatoes, and lettuce.

Chickpea “of the Sea” Salad Recipe

Ingredients:

- 14-oz can of chickpeas, drained and rinsed
- 1/2 cup vegan mayo
- 2 tbsp hummus
- 1 tbsp dijon or whole grain mustard
- 2 celery ribs, diced
- 1 small red onion diced
- 3 medium carrots, shredded
- Juice of one lemon
- 2 tbsp sweet relish
- 1/2 tsp sea salt
- 1 tsp paprika
- 1 tsp dulse flakes
- 2 sliced Persian cucumbers

Instructions:

1. Place the chickpeas in mixing bowl and mash thoroughly with a fork.
2. Add shredded carrots and mix until evenly distributed with chickpeas.
3. Add lemon juice, salt, paprika, and dulse flakes and stir throughout mixture.
4. Mix in vegan mayo, hummus, mustard, celery, onion, and relish to complete the salad.
5. Serve with sliced cucumbers, over toast with lettuce, in a wrap, or with crackers.

The Magic of Aquafaba!

Did you know aquafaba, the cooking liquid from chickpeas (or the liquid from the cans) can be chilled and whipped to create delicious meringues or replace whipped egg whites in dessert recipes? Give it a try!



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RECIPES



Champion Chili Serves 8

Ingredients:

- 1 cup dry textured vegetable protein (TVP) or 1 package vegan ground meat (optional)
- 1 tablespoon vegetable oil
- 1 large onion coarsely chopped
- 1 28-ounce can diced tomatoes
- 1 small can tomato paste
- 1 jalapeno pepper minced (optional)
- 3 tablespoons chili powder or more to taste
- 2 teaspoons ground cumin
- 2 teaspoons garlic powder
- 2 teaspoons Italian seasoning
- Salt and pepper to taste
- 1/2 cup vegetable broth
- 2 carrots chopped
- 1 bell pepper chopped
- 2 15-ounce cans of beans drained and rinsed
- 1 cup frozen corn
- 1 zucchini chopped

Instructions:

1. If using TVP, start by heating a few teaspoons of vegetable oil in a large skillet. Add the TVP and toast over medium-high heat, stirring constantly for about 3 minutes. Toasting the will give the texture a bit more of a bite. Bring 1 cup of water or vegetable broth to a boil and pour over the TVP. Set aside.
2. In a large stockpot, heat 1 tablespoon of vegetable oil over medium heat. Add the onion and cook for about 2 minutes. Next add the diced tomatoes, tomato paste, jalapeno (if using), chili powder, ground cumin, garlic powder, Italian seasoning, salt, and pepper and allow to cook for about 5 minutes.
3. Add the broth, soaked TVP or vegan ground meat (if using), carrots, and bell pepper. Cover and turn down heat. Simmer for 30 minutes.
4. Add the beans, corn, and zucchini and simmer uncovered for an additional 30 minutes.
5. Adjust seasoning to taste and serve with rice or pasta and top with vegan sour cream.

Chewy Chocolate Chip Cookies

Makes 25-30 cookies

Ingredients:

- 1 cup vegan butter, softened
- 1/2 cup white sugar
- 1/2 cup brown sugar
- 1/4 cup non-dairy milk
- 1 teaspoon vanilla
- 2 1/4 cups flour
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 12 ounces dairy-free chocolate chips

Instructions:

1. Preheat oven to 350° F.
2. In a large bowl, mix the vegan butter, white sugar, and brown sugar until light and fluffy. Slowly stir in the non-dairy milk and then add the vanilla to make a creamy mixture.
3. In a separate bowl, combine the flour, salt, and baking soda. Add this dry mixture to the liquid mixture and stir well. Fold in the chocolate chips.
4. Drop small spoonfuls of the batter onto non-stick cookie sheets and bake for 8-10 minutes.



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Making the Transition

Some people make the transition to a vegan diet quickly, while others find it easier taking their time incorporating veg foods into their diets. Whatever your path, you should feel great that every time you choose plant-based foods, you're protecting your health, the animals, and the planet.

Here are a few tips that will help you on your way:

Connect with other vegans. You can meet people through Meetup groups, potlucks, book clubs, and online communities or by volunteering with vegan and animal protection organizations. We'd sure love to meet you—write us at outreach@cok.net to learn how to get involved.

Keep enjoying all the flavors of your favorite foods. Virtually all dishes can be made vegan by simply swapping out animal products for veg-friendly ones. There is a continually growing list of available meat and dairy alternatives, and recipes for making your own, that make swapping ingredients easier than ever.

Explore new recipes and foods. You might be pleasantly surprised to discover new flavors when you go veg. The key is to keep trying new foods—you might even find a new favorite dish. There are countless free vegan recipes online, and many more in cookbooks. Check out our meal ideas starting on page 14 and visit TryVeg.com/Recipes for more.

Find local vegan and veg-friendly restaurants. Can't find a meat-free meal on the menu? Ask for a vegan option; chefs are usually happy to accommodate! If possible, call the restaurant in advance to give the chef a heads up.

Learn more about vegan eating. The more you know about how to eat a healthy vegan diet, the easier it gets. See "For Your Health" on page 2 and "FAQs" on page 13.

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Be gentle on yourself. It's not about perfection. You are making a difference with every meat-free meal you eat. If you're not sure how to get started, adopting Meatless Mondays is a great way to join the millions of others who eat meat-free every week.

Choosing to leave animals off our plates doesn't mean missing out on flavor. Rather, it simply means opting for the cruelty-free versions of your favorite foods. And with so many palate-pleasing plant-based products on the market, transitioning to an animal-friendly and heart-healthy diet is easier than ever! Here are some of our favorites that are widely available in grocery stores, co-ops, and online.

~CHEESE~



~CONDIMENTS~



~MILK/ICE CREAM~



...and so many more!

New-to-you Foods:

Tofu: Made from soybeans, tofu is high in protein and calcium, and can easily absorb flavors. Try it fried, sautéed, steamed, or in smoothies.

Tempeh: Firmer than tofu, tempeh is also made from soy. With a nutty mushroom flavor, it can easily take the place of meat in a recipe.

Nutritional Yeast: Known as “nooch” among its fans, nutritional yeast is packed with B-vitamins and essential minerals. This flaky, yellow product can give a cheesy flavor and creamy texture to your dish.

Seitan: Seitan is made from wheat gluten. When cooked, it is similar in texture and appearance to meat.

Miso: A salty seasoning produced by fermenting rice, barley, or soybeans, miso is a thick paste that can be used in spreads and sauces or diluted in soup.

Soy, Almond, Rice, Flax, Hemp Milks: These popular plant-based milks are free of cholesterol and saturated fats, and provide usable calcium and healthier protein.

Dining Out and More

From James Beard-nominated restaurants, such as Vedge in Philadelphia, to national chains, like Chipotle and White Castle (see next page), there's an abundance of meat-free options available in restaurants across the country —no matter your taste or budget.

Dining Out

As the number of people who choose vegan and vegetarian foods continues to grow, so do the number of restaurants offering meat-free options! There are hundreds of all-vegan eateries nationwide and countless more restaurants are featuring meatless options on their menus to meet the growing demand.

If you're going to a restaurant that doesn't appear veg-friendly, call in advance to let them know you're coming. Many chefs are happy to accommodate if you give them some time to prepare.

Holidays and Gatherings

You may sometimes find yourself at a friend or family member's home for a meal that won't be vegan. But this doesn't mean you have to miss out on the fun! One option is to bring your own delicious vegan dish to share with the crowd. This can be an especially helpful strategy at holidays, such as Thanksgiving. It's usually best to give your host a heads-up that you'll be eating meat-free; when you do, you may find that people are excited to incorporate some veg-friendly dishes into the meal for everyone to enjoy.



FAQ

Chain Restaurants

Many chain restaurants are recognizing the benefits of offering veggie options. Here are several chains that offer options for vegan diners.

Is your favorite restaurant listed here?



Google It!

So many more options are being added nationwide every day for vegans. Looking for more? Simply Google “vegan fast food options” or “dining out as a vegan” and browse the hundreds of available tasty options from fast food to fast casual to fancy.

How do vegetarians and vegans get enough protein?

It's much easier than you might think! In fact, most Americans consume an overabundance of protein, mostly from animal-based sources. The good news is that protein is readily found in a cornucopia of plants, including nuts, beans, seeds, whole grains, and vegetables.

Is it more expensive to eat a vegan diet?

Vegan foods are not inherently more expensive than animal products. To keep costs down, minimize the use of processed foods, purchase in-season fruits and vegetables, and buy dried beans, grains, nuts and seeds in bulk. Pound for pound, plant foods are typically less expensive.

Is a vegan diet healthy for kids?

According to the Academy of Nutrition and Dietetics[SD2], “well-planned vegetarian and vegan eating patterns are healthy for infants and toddlers.” Moreover, “well-planned vegetarian diets are appropriate for individuals during all stages of the life cycle, including pregnancy, lactation, infancy, childhood, and adolescence, and for athletes.” Other good resources on this topic include the Physicians Committee for Responsible Medicine (PCRM.org) and The Vegetarian Resource Group (VRG.org).

How do I give up cheese?

Studies show that cheese contains chemicals that are addictive. However, as consumers become increasingly aware of the health benefits of eliminating dairy as well as the suffering endured by dairy cows, more and more people are choosing dairy-free cheese! And with so many delicious options available, it's easier than ever. Try varieties by Follow Your Heart, Daiya, Miyoko's Kitchen, Treeline, and many more.

Veg Living for the Planet

Animal agriculture is a leading contributor to climate change, deforestation, and water, air and land pollution. This means that one of the easiest and most powerful things we can do to reduce our environmental footprint is simply to choose more sustainable plant-based foods.

Climate Change

The science is clear: the Earth's climate is changing, and it's got a lot to do with us. In particular, raising and killing animals for food is a leading contributor to global warming. According to the United Nations Food and Agriculture Organization, animal agriculture produces nearly one-fifth (18%) of all greenhouse gas emissions. What's more, animal agriculture is responsible for 37% of global methane emissions and 65% of nitrous oxide emissions. In terms of global warming potential, that's bad news. Methane has 20 times the impact on global warming as CO₂, and nitrous oxide has almost 300 times the impact.

Draining and Depleting the Earth

Globally, agriculture accounts for about 70% of all freshwater use, most of which is used to produce meat, which requires, on average, much more water than fruit, vegetable, and grain production. For instance, it takes six times the amount of water to produce a pound of beef than it does to produce a pound of rice (1,800 vs 300 gallons). Animal agriculture also requires more land, for feed production as well as grazing. All told, the livestock sector takes up almost a third of the ice-free land on the planet.

“Livestock production may have a bigger impact on the planet than anything else.”

~ Bryan Walsh

“The Triple Whopper Environmental Impact of Global Meat Production,”
TIME Magazine (December 2013).

Pollution

According to the Pew Charitable Trusts, the amount of manure produced by animals on factory farms in the United States is three times greater than the amount of waste produced by humans. Moreover, unlike human waste that goes through a sewage treatment plant, farmed animal waste is virtually always untreated. Even more concerning, manure from factory farms doesn't just contain waste—it also harbors dangerous pathogens, including Salmonella and E. Coli. Oftentimes it's laced with antibiotics, which are commonly used in animal feed to promote fast growth.

Manure is typically stored in either massive “lagoons” or dispersed onto surrounding agricultural fields as fertilizer. These methods of dealing with animal waste often lead to air, water, and land pollution.

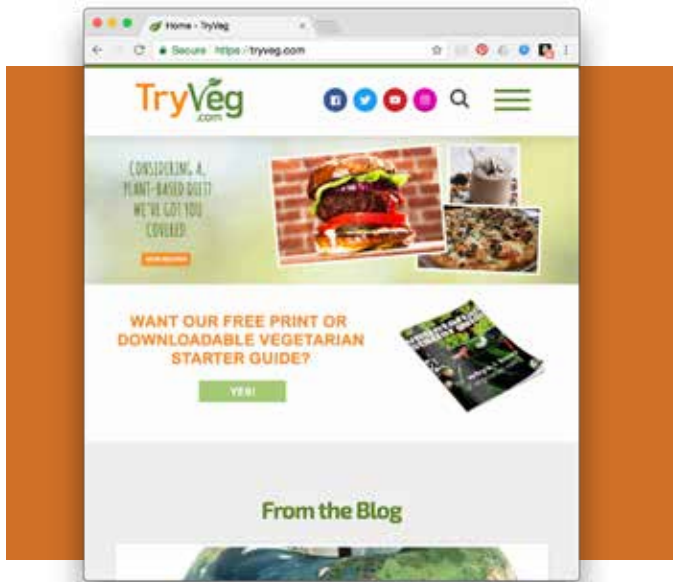


“Our generation must fulfill the most noble of duties by ensuring the survival of future generations through the most basic of survival mechanisms - adaptation.”

~ Leilani Münter
Vegan Racecar Driver



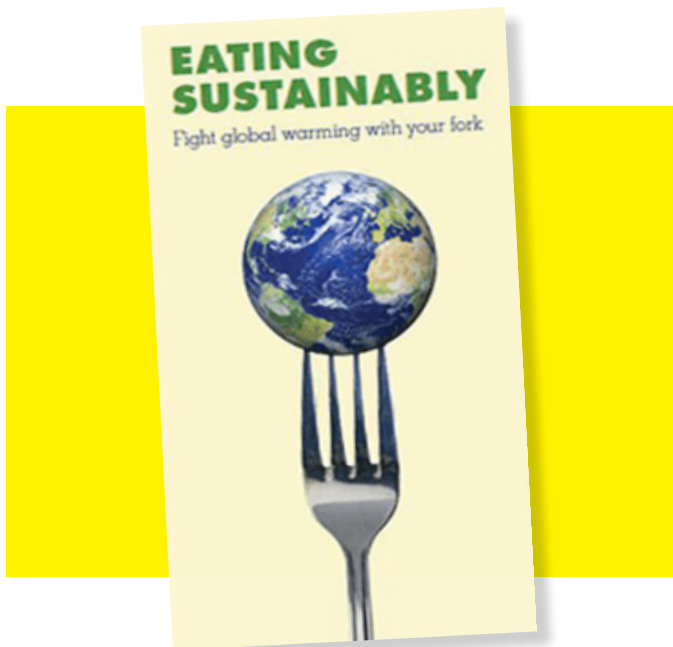
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Order or download *Easy Vegan Recipes* and you'll be whipping up simple, tasty veg meals in no time!



Eating Sustainably: Order or download this go-to guide to eco-friendly eats.



Show your love for animals everywhere you go with these [TryVeg](https://tryveg.com) and [Compassion Over Killing](https://cok.net) bumper stickers!

The Power of Compassion



Since 1995, COK has served as an unwavering force bringing about positive changes for animals and thanks to our many generous supporters, we've come a long way in our short history: starting as an all-volunteer high school club and evolving into a national voice for animals.



Connect with us!

Questions? Contact us at info@cok.net. We're here to help!



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EVERY TIME WE SIT DOWN TO EAT

WE CAN MAKE THE WORLD A BETTER PLACE
Start today!

Compassion Over Killing (COK) is a nonprofit animal advocacy organization based in Washington, D.C.
To learn more about us or to support our work on behalf of animals, visit cok.net or contact us at info@cok.net.

