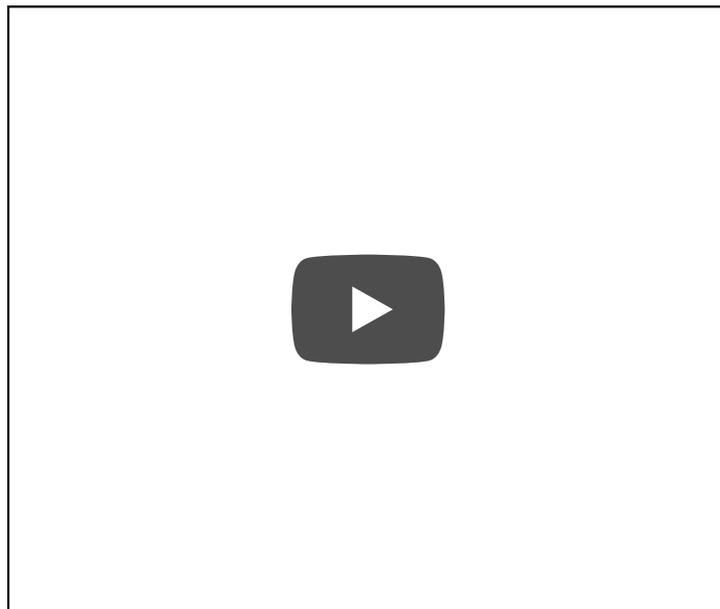


Big View Small Window

Sunday, July 12, 2015

America's Favorite Meat



This video is worth the next 5 minutes of any poultry eater's life.

About a year ago I embarked on a journey to eater cleaner food and videos like this were stock piled in my computer's "favorites." Over the course of time, I forgot why I went clean and I began to eat at restaurants again (but never fast food! Anyone who still eats McDonalds, Taco Bell, or KFC in this day and age may need to have their head examined!).

But I found out even full service restaurants are part of this factory farming system as well. Think of your favorite junk food spot. You know, the place with half-priced

appetizers after dusk, a menu of dirt cheap deals, and locations conveniently positioned to serve you no matter you are in the country - they all ascribe to this method of meat farming. **If you are not getting your meat directly from farmer or a cooperative, then chances are you are eating meat from a factory farm.** (Quick side note: cows are treated MUCH worse, for longer periods of time.)

It doesn't stop with restaurants, my friends. Grocery store chains, especially the big names, are responsible for the conditions of factory farms. And the excuse is consumers (being slaves to their appetites) demand this stuff, therefore, this type of production is necessary. Seriously? What human, even the most carnivorous one, would agree to eat something they knew was treated this way?

These chickens live in feces their whole lives. They never see the light of day. They're kept alive with antibiotics when necessary. They're fed growth hormones to make them triple-sized in wickedly short periods of time. Imagine what those hormones do to a growing child's body! What parent would feed this to their kid on purpose?!

Bottom line:

the days of the ignorant consumer are over!

We need to know these things. We need to make informed decisions and demand cleaner food. The industry won't respond to picket signs or a mother's tale of woe about a child who died from a deadly strain of e. coli. Those stories are duly noted and some people are STILL waiting for an apology from the food industry. Honestly, the **only** way to get the industry's attention is by taking our money somewhere else.

- Support local farmers by shopping at farmers market
- Network with others who eat clean

- Spend your money on foods that are minimally processed (aka whole foods)
- Become a vegetarian, if that's the route you feel led to go (but don't expect everyone to follow suit)
- Sign a petition
- Educate yourself (yes, I mean reading!)
- Watch documentaries (I recommend Food, Inc. as a great starter for anyone who wants to go clean!)

Even if you still choose to eat at fast/full serve restaurants or shop in big grocery store chains, you should know what you're spending your money on and what you're putting in your body. Be an informed consumer. Don't be like the cattle led to slaughter! That's what the industry wants!

There is nothing safe, humane, healthy, or logical about factory farming. It's all economics and politics. These operations exist for one reason, and one reason only:

M.O.N.E.Y.

Start talking with your wallet, people! Spread the news to anyone you care about. What we eat is an area of life where we have full rights to make the decisions we believe are good for ourselves, our families, and our planet. Choose wisely.

Posted by Tiffany_B at 5:48 PM



No comments:

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