



# Gentle Thanksgiving

**Bring Compassion to Your Plate for the Holidays!**

## **Turkeys are too neat to eat**

Turkeys are intelligent, inquisitive and social animals. Yet, many people do not think to turn their compassion towards them. Turkeys are flock birds and can fly up to 50mph, and even swim if necessary. As mothers, turkeys are among the most protective in the world and their young remain under their care for up to five months.

## **Farms are no treat for those you eat**

Each year about 300 million turkeys are killed for food. Like other animals raised for food, turkeys are severely confined, mutilated, and slaughtered. Even "free-range" or "humanely raised" turkeys endure miserable conditions: standing in their own excrement, their beaks seared off with hot blades, and a horrific slaughterhouse end. This abuse is not just limited to turkeys. Animals raised for milk, eggs and flesh live short miserable lives that are not natural to them. They are seen as nothing more than mere commodities to be exploited for profit. We can all end this suffering right now by choosing compassionate alternatives to animal products.

## **Tasty alternatives for a cruelty-free holiday**

Thanksgiving is a celebration of life. Let's take the death out of dinner and make this Thanksgiving a Gentle Thanksgiving. Share the joy with a wide variety of tasty, compassionate cuisine. We recommend turkey-alternatives such as Tofurky (tofurky.com) or Field Roast (fieldroast.com). Soy, almond or rice milks offer great dairy-free alternatives. It's easy to use alternatives to meat, dairy and eggs with your favorite recipes. And these options will help make your holiday meals healthier, animal-friendly and truly guilt-free.

**Contact us for a Free Vegan Starter Kit & Recipes**

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



**888-FARM-USA**



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