



# FARM

[www.farmusa.org/Thanksgiving](http://www.farmusa.org/Thanksgiving)

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Dear Talk Show Producer,

**Please consider these Top-10 reasons to skip the turkey on thanksgiving:**

10. Your body will appreciate a holiday from saturated fat, cholesterol, and hormones.
9. You won't sweat the environment and food resources devastation guilt trip.
8. You won't spend a sleepless night wondering how the turkey lived and died.
7. Animal advocates, including some of your best friends, won't shun you.
6. Fruits and vegetables don't have to carry government warning labels.
5. You won't have to call the Poultry Hotline to keep your family alive.
4. Commercial turkeys are too fat to have sex. Could happen to you.
3. Your kids can tell their friends about their cool 'unturkey.'
2. You are what you eat. Do you want to be a 'butterball?'
1. You won't fall asleep during the football game.



**Then consider the provocative, entertaining interview that our speakers can offer your audience about the cherished, but deeply flawed, tradition of giving thanks for life, health, and happiness with a dead bird on the dinner table.**

The 330 million turkeys killed each year in the U.S. are crammed into large sheds filled with toxic fumes from their excrement. Their beaks and toes are trimmed to reduce damage from stress-induced aggression. After 16 weeks of misery, they are beheaded by an electric saw, then dumped into scalding water to strip their feathers, sometime still conscious.

The birds exact their revenge. Their flesh is laced with cholesterol, saturated fats, hormones, antibiotics, and deadly pathogens. Avoiding acute illness requires careful adherence to federal warning labels and Poultry Hotline directives. Much of the 10 billion pounds of manure generated by 7,300 turkey farms in 33 states winds up in our drinking water. The grain fed to turkeys is denied to millions of starving Third World people.

This is why millions of Americans will celebrate Thanksgiving this year with a wholesome, nonviolent assortment of the earth's bounty: grains, vegetables, and fruits. The bill of fare may include an 'unturkey,' lentil or nut roast, stuffed squash, corn chowder or chestnut soup, candied yams, cranberry sauce, pumpkin or pecan pie, and carrot cake. **(For a list of more than a hundred U.S. events, please visit [www.farmusa.org/thanksgiving/thanksgiving\\_events.html](http://www.farmusa.org/thanksgiving/thanksgiving_events.html).)**

**Vegetarian homemakers have ample choices.** Those pressed for time can buy a tofu and seitan 'unturkey' and other wholesome, delicious, ready-to-eat dishes in their local food markets. More traditional homemakers can consult a number of cookbooks and web sites.

**All this raises provocative questions.** What do vegetarians eat on Thanksgiving? How do they handle family situations? How did the Thanksgiving turkey tradition get started? Why does a turkey receive a presidential pardon? Why do 12% of turkeys never reach the slaughterhouse? Why do turkey carcasses carry government warning labels? What's going on in my community? Where do I get Thanksgiving recipes?

**And we have the speakers with the answers:** *Howard Lyman*, cattle rancher turned vegetarian activist, *Alex Hershaft, PhD*, founder of *Gentle Thanksgiving* and the *Great American Meatout*, *Karen Davis, PhD*, author of *Prisoned Chickens, Poisoned Eggs* and *Instead of Chicken*, *Neal Barnard, MD*, physician, author of *Food for Life* and *Eat Right, Live Longer*.

**A quick call to me at 808-575-7694 will get you a guest, a date, and even a mock 'turkey.'**

Sincerely, *Patti Howard* Patti Howard, Director of Communications

***"Have a Gentle, Life-Affirming Thanksgiving"***