



Gentle Thanksgiving

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THOUSANDS OBSERVE VEGETARIAN THANKSGIVING

Thousands of people across the U.S. are celebrating this Thanksgiving without a dead bird on their dinner table. They believe that killing innocent birds betrays the joyful, life-affirming spirit of giving thanks for our life, health, and happiness.

In hotel ballrooms, community centers, church halls, and private homes they are feasting on a wholesome, nonviolent assortment of grains, vegetables, and fruits. The bill of fare may include a "Tofurky," or lentil or nut roast, veggie stuffing, green bean casserole, mashed potatoes, corn chowder or chestnut soup, stuffed squash, candied yams, cranberry sauce, and pumpkin pie.

More than 100 public events in 34 states are listed on our www.GentleThanksgiving.org website.

- ♥ In the **nation's capital**, 200 people are enjoying a gourmet vegan feast at the Bethesda Hyatt with the launch of a booklet on diet and health, live music, and inspirational stories.
- ♥ Hundreds are gathering for the Vegan Holiday Festival in **Portland (OR)**, complete with cooking demos, exhibits, and renowned presenters.
- ♥ Vegetarian students at **UCLA** are holding educational festivities with live bands, videos, vegan food samples, and pamphlets.
- ♥ **Dozens of restaurants** are offering special vegetarian Thanksgiving dinners.

A number of **celebrities**, including Alicia Silverstone, Pamela Anderson, and Joaquin Phoenix are observing a Gentle Thanksgiving. Alicia Silverstone offers, "On such a day of happiness and celebration, it just doesn't seem right to support cruelty and eat animals! There are so many other delicious options...ones that don't hinder your health and take lives."

Plant-based eating is becoming increasingly popular. More than 30 million Americans have explored meat-free eating, and one in three teens thinks vegetarianism is 'cool.' Mainstream health advocacy groups are touting plant-based diets, and a large variety of meat alternatives are available in every supermarket. Even Burger King and McDonald's now offer veggie burgers.

Those opting for a Gentle Thanksgiving have many choices. If pressed for time, they can buy a "Tofurky" and other wholesome ready-to-eat dishes in their local food markets or online. For the cook, a large variety of delicious recipes is available at www.GentleThanksgiving.org/recipes.htm.

The **290 million turkeys killed each year in the U.S.** spend 16 weeks crammed into large sheds filled with toxic fumes. Their beaks and toes are severed to reduce damage from stress-induced aggression. At the slaughterhouse, they are hung on a conveyer belt, beheaded by an electric saw, and dumped into scalding water to strip their feathers, sometimes still conscious.

A meat diet has health consequences too. Turkey flesh is laced with cholesterol, saturated fats, hormones, antibiotics, and deadly pathogens. Avoiding acute illness requires careful adherence to federal warning labels, and of course, the deadly H5N1 bird flu virus is just around the corner.

To be removed from this list, please call the number below or fax 301-530-5747.

www.GentleThanksgiving.org - 10101 Ashburton Lane Bethesda MD 20817 - 800-632-8688