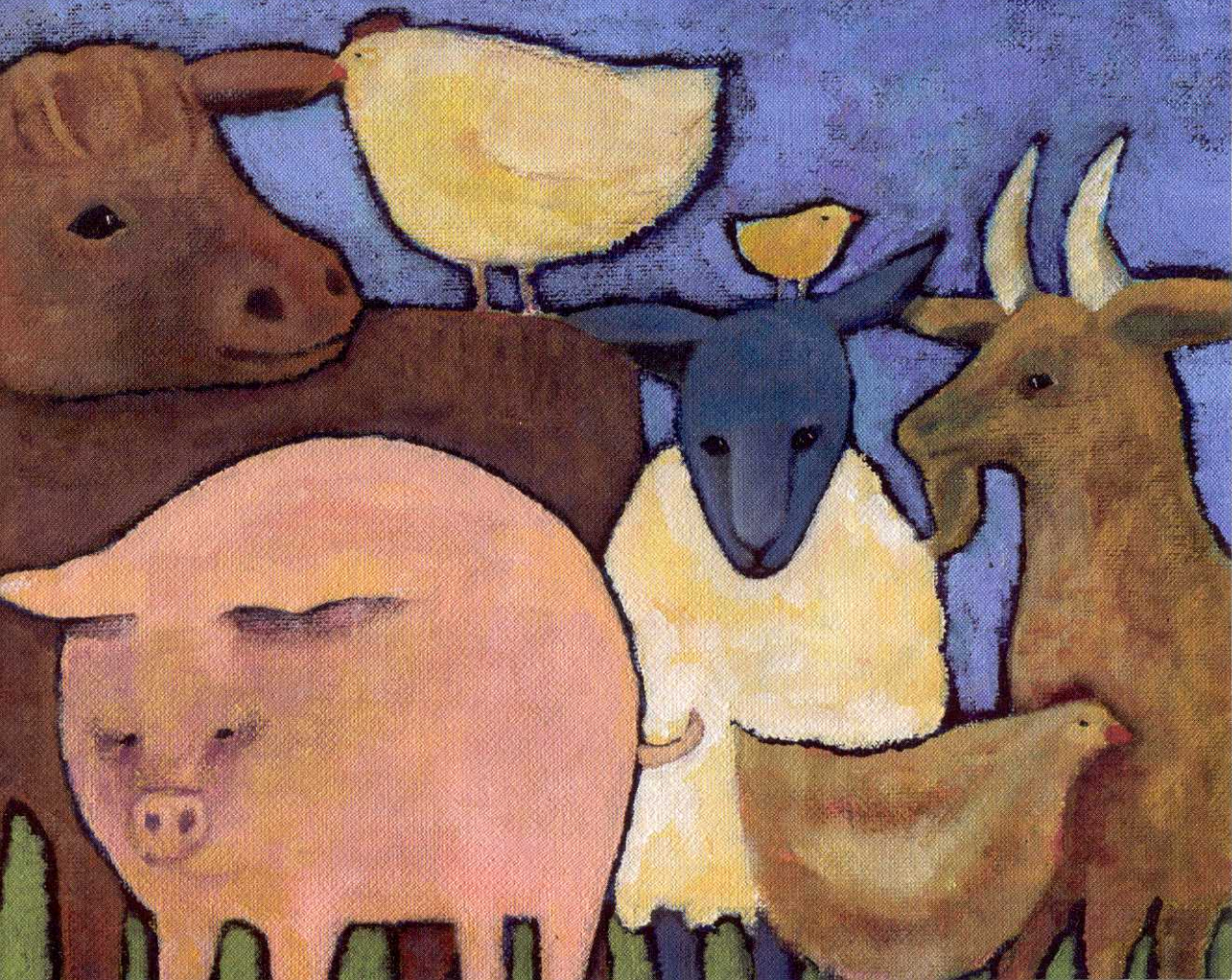


 An Animal Place PUBLICATION

# Going VEGAN:

A VEGGIE STARTER KIT  
FOR TEENS

Written by Jack Norris, RD



# WHAT'S BEING vegan ALL ABOUT?

The general definition of a **VEGAN** is someone who does not eat animal flesh (including fish), dairy products, or eggs. Many vegans also do not buy leather or other products of animal origin. **By not eating animal products, vegans remove the monetary support for animal farming, and reduce the number of animals who are treated cruelly.** Sometimes new vegans spend a lot of time and energy making sure they do not use any animal ingredient, no matter how tiny the amount. This can show other people that they are living consistently with their beliefs. It also proves, both to others and to themselves, that a vegan world is possible.

Unfortunately, because animal byproducts are so cheap, companies have put them in so many things that avoiding all of them is impossible. Many vegans eventually decide that it is not important to avoid every single ingredient at any cost. Instead, it is more important to avoid the more obvious products of animal exploitation and use our energy to persuade others to do the same.

When more people avoid the obvious animal products, the byproducts will become less plentiful and more expensive; companies will replace them with other materials. In other words, persuading one person to give up eating chicken will likely do more good than if hundreds of vegans went from 99% to 99.9% pure.



**Author Jack Norris is a registered dietitian and editor of the “Making Sense of Nutrition Research” newsletter. [www.jackNorrisRd.com](http://www.jackNorrisRd.com)**

**Published 2003**

## TABLE OF CONTENTS

What's Being Vegan All About? .....	2
Be Nice to Other Humans, Too .....	3
Happy Farms? A Thing of the Past.....	4
If Slaughterhouses Had Glass Walls .....	5
Do Fish Feel Pain? .....	6
Polluting Our Environment .....	6
A Vegan Diet is Healthy .....	6
Health Concerns .....	7
Nutrients Commonly Asked About .....	8
Athletes .....	9
For Concerned Parents and Doctors.....	9
Fast Food Options .....	10
Options at Restaurants .....	11
Alternatives to Animal Products.....	12
Veggie Burgers .....	12
Meat Alternatives.....	12
Dairy & Egg Alternatives.....	13
Other Popular Packaged Foods.....	13
Recipes .....	14
Commonly Asked Questions.....	17
Nonleather Alternatives & Mail Order Companies ..	18
Resources .....	19

# BE NICE TO OTHER HUMANS, TOO

**Sometimes it takes awhile to realize that the best way to spread veganism is to be friendly.** And among friends, being vegan should not be a game of who can avoid the most animal ingredients, or who is and who is not really “vegan.” Be nice to your friends and realize that any steps that anyone takes helps animals.

Some parents are very understanding and supportive of their vegan children; but many, if not most, do not understand what it is all about. They might feel rejected by a kid who will no longer eat the food they have made all their lives and have worked hard to put on the table.

Some parents are worried about their teenagers getting proper nutrition from a vegan diet. See page 7 for more details on this.

Stay firm in your belief in not harming animals, but also be understanding toward your parents — as you expect them to be toward you. Many vegans have found that their friends and family respond better when we don't preach to them.

# HAPPY FARMS?

## A THING OF THE PAST

About 25 to 50 years ago, some farmers discovered that you could make more money if you crowded lots of animals into very small, indoor spaces, instead of giving them room to move around and express their natural instincts. Without room to move, the animals use less energy and don't need as much food. Businesspeople, without a history in farming, joined in and started raising enormous numbers of animals in crowded spaces. These farms became known as factory farms.

**Today, almost all chickens, turkeys, and ducks; most pigs; and many cows used for milk and calves used for veal are raised on factory farms.** In addition to not being able to move, factory farms cause lung problems in the animals because they are forced to breathe the damaging fumes of their own excrement. It is a lot like living your whole life in an toilet outhouse.



Most **mother pigs**, called breeding sows, weigh about 600 pounds. **They are confined in 2 x 7 foot metal crates during their entire pregnancies — nearly four months.** They do not have enough room even to turn around.

Egg-laying hens are packed into cages. **In the U.S., the egg industry gives hens an average of less than one-half square foot of space to live on.** Up to ten hens can be crammed into a cage the size of a typical microwave oven; you have to see this to believe it, but it is, unfortunately, true.

In the egg industry, there is no use for male chicks. Common methods of killing them are by suffocation in plastic garbage bags, gassing, crushing, or cutting their heads off.

**On many dairy farms, cows are not allowed to nurse their young,** which causes them great

anguish. Many dairies are now keeping young female calves in individual huts where they have little room to move. Many male calves are slaughtered within hours of birth. Other male calves are raised for 16 weeks in individual crates, chained by the neck, without room to turn around. They are used to make the gourmet, milk-fed veal.



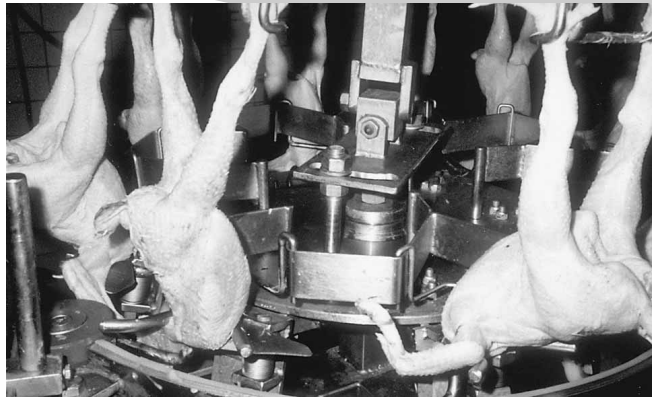
# IF SLAUGHTERHOUSES HAD GLASS WALLS

**All farmed animals are slaughtered once they reach market weight or their milk or egg production levels decrease.**

Animals in slaughterhouses often suffer terrible cruelty. For example, excerpts from an article appearing in *The Washington Post* (April 10, 2001) said:

*It takes 25 minutes to turn a live steer into steak at the modern slaughterhouse where Ramon Moreno works. The cattle were supposed to be dead before they got to Moreno. But too often they weren't. 'They blink. They make noises,' he said softly. 'The head moves, the eyes are wide and looking around.' Still Moreno would cut. On bad days, he says, dozens of animals reached his station clearly alive and conscious. Some would survive as far as the tail cutter, the belly ripper, the hide puller. 'They die,' said Moreno, 'piece by piece.*

Hogs, unlike cattle, are dunked in tanks of hot water after they are stunned to soften the hides for skinning. As a result, a botched slaugh-



ter condemns some hogs to being scalded and drowned. Secret videotape from an Iowa pork plant shows hogs squealing and kicking as they are being lowered into the water.

Although electrical stunning paralyzes birds' muscles, it is not known whether it causes them to be unconscious. Some birds miss the stunner and neck-cutter all together, and are boiled alive in the scalding tanks (used to make defeathering easier).

For more information on slaughterhouses see: [www.veganoutreach.org/whyvegan/slaughterhouses.html](http://www.veganoutreach.org/whyvegan/slaughterhouses.html)

## THIS LITTLE PIGGY WENT TO MARKET?

Because animals are pushed to their limits or become injured during the often long and harsh ride to the auction or the slaughterhouse, some arrive dead or unable to walk. These animals are called downers and are often dragged by chains to a big pile of other animals who arrived dead.

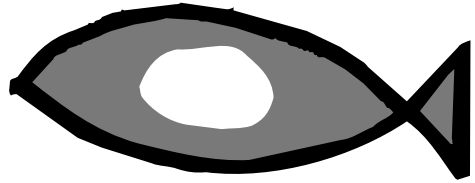
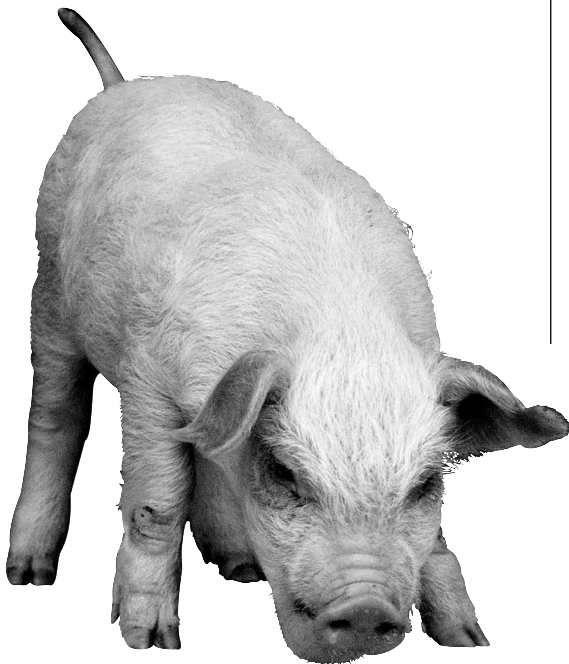
**Cows used for milk or beef, and pigs often become downers.**

# POLLUTING OUR Environment

**Some people become vegan because raising so many animals is bad for the environment.**

*Time* magazine reported that intensive pig farms have made the air so unbearable in some rural areas that some residents wear masks while outdoors. Animal waste is often funneled into lagoons which can overflow into nearby waterways. The Environmental Protection Agency (EPA) reports that manure from animal farms killed more than a billion fish during the 1990s.

The EPA says, "Proper management of dairy waste on California's 2,700 dairy farms is one of the state's most pressing environmental issues." In order to raise grain and feed it to animals people want to eat, you have to grow much more grain than if people ate the grain directly. Growing all this grain takes land, energy, and water which could be conserved instead.



## DO FISH FEEL PAIN?

In England, an Institute of Medical Ethics panel tentatively concluded that fish feel pain. Panel member Patrick Bateson wrote, "**Few people have much fellow feeling for fish even though many fish are long-lived, have complicated nervous systems, and are capable of learning complicated tasks.**"

## A Vegan Diet is HEALTHY

Some people become vegan to improve their health. According to the American Dietetic Association, vegetarian diets are associated with a reduced risk for obesity, heart disease, high blood pressure, diabetes, and kidney disease.

**Vegans generally weigh less, have lower blood pressure, and have lower cholesterol levels than meat and dairy-eaters.** Eating fruits and vegetables has been linked with a reduced risk for many cancers.

To get the health advantages of a vegan diet, it is important not to be a junk food vegan. Instead, each day you should eat plant foods in their natural state (not deep fried).

# HEALTH CONCERNS

Although a vegan diet is generally healthier than a standard American diet, vegans need to pay attention to some specific nutrients.

## NUTRIENTS THAT YOU NEED ON A VEGAN DIET

### VITAMIN B12

- Important for blood and nerves.
- Not found in plant foods unless they are fortified.
- Vegans should get 3-100 mcg/day from fortified foods (some non-dairy milks and cereals are fortified) or supplements.

### VITAMIN D

- For healthy bones.
- Can be made by direct sunlight on skin during summer months. During winter, vegans are encouraged to eat vitamin D fortified foods or take a supplement of 5 mcg/day.

### IODINE

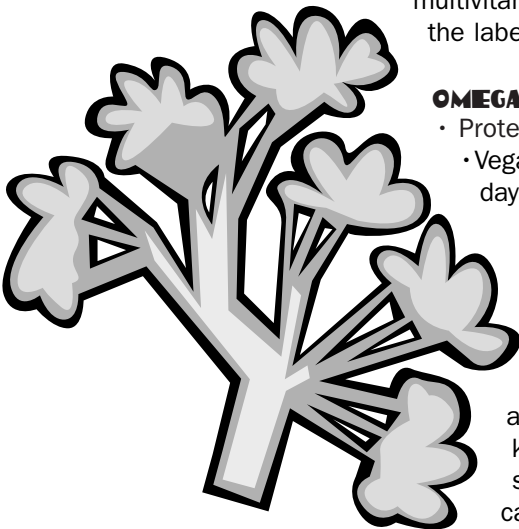
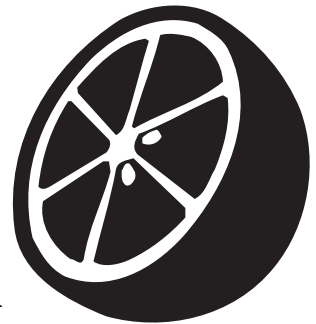
- Found in small amounts in plant foods. Iodine needs may be more important for people who eat a lot of soy-based foods.
- 75-150 mcg every few days through a supplement. Most multivitamins have vitamin B12, D, and iodine; check the label.

### OMEGA-3 FATS

- Protect against heart disease.
- Vegans should eat 1 teaspoon of flaxseed oil a day or 2 tablespoons of ground flaxseeds.

### CALCIUM

- For healthy bones; especially important for teenagers.
- Vegans should eat 3 servings of high-calcium foods per day. One serving preferably from at least one cup of cooked broccoli, kale, or collard greens. Calcium-fortified soy milk and calcium-fortified orange juice can make up the other two servings.



# NUTRIENTS

## COMMONLY ASKED ABOUT

### IRON

There is a lot of iron in vegan foods but it isn't absorbed as well as iron from meat. Eating foods or juices with vitamin C at meals can significantly increase absorption of plant iron. Vegans do not have higher rates of iron-deficiency anemia. Many meat-eaters get anemia, and vegans who get anemia can cure the anemia while staying on a vegan diet.

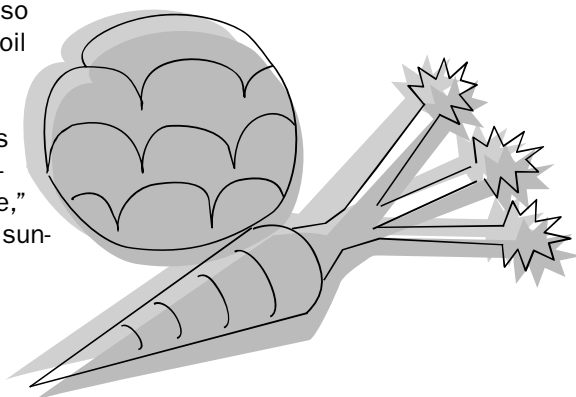
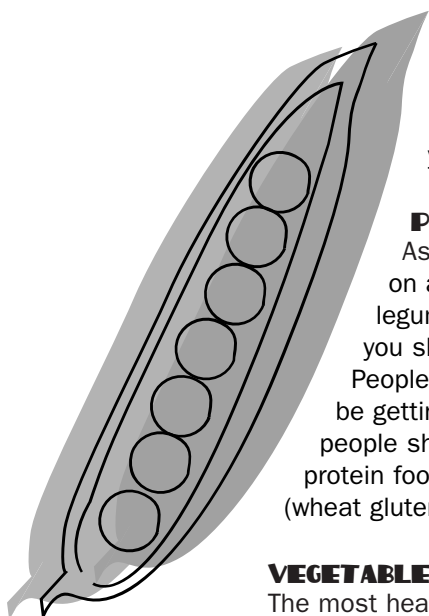
Basically, if you feel fine, you don't need to worry about iron. If you don't feel fine, you should contact a health professional because it's important not to try to diagnose iron deficiency on your own.'

### PROTEIN

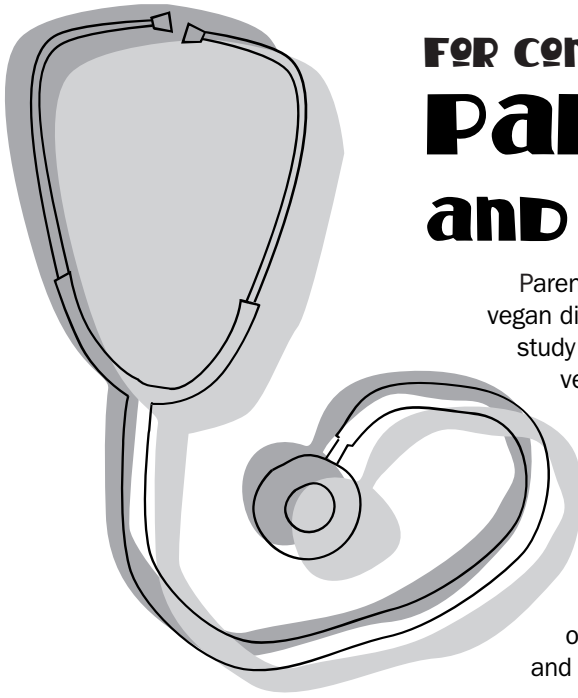
As long as you are eating enough calories on a varied vegan diet that includes legumes (beans, peanuts, lentils, and peas), you should be getting enough protein. People limiting how much they eat might not be getting enough calories or protein. Such people should make sure they eat plenty of high-protein foods such as legumes, soy foods, seitan (wheat gluten), and nuts.

### VEGETABLE OILS

The most healthy vegetable oils to use in cooking or food preparation are olive oil and canola oil. Peanut and almond are also good oils. Canola oil should be kept refrigerated once purchased. Vegans should avoid cooking with "vegetable," safflower, corn, or sunflower oils.







## FOR CONCERNED **Parents and Doctors**

Parents and doctors concerned about your vegan diet should feel better to know: A recent study showed that vegetarian (including vegan) teens were more likely to meet nutritional recommendations than do non-vegetarian teens.

The American Dietetic Association's Position Paper on vegetarian diets states that "Appropriately planned vegan and lacto-ovo-vegetarian diets satisfy nutrient needs of infants, children, and adolescents and promote normal growth."

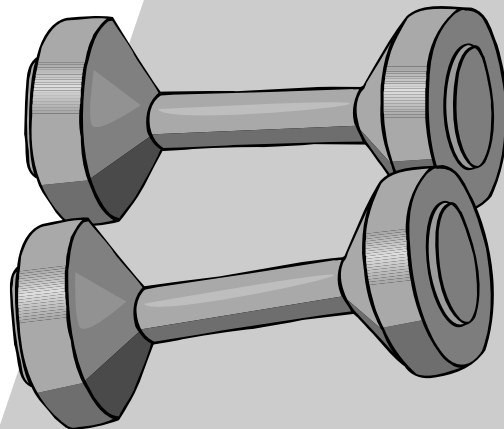
## **Athletes**

Highly competitive endurance athletes and weightlifters might want higher protein intakes. Whether this is necessary is a complicated issue, with the Food and Nutrition Board (that sets the recommended dietary allowances or RDA's) saying that athletes do not need higher amounts of protein.

Vegan athletes might benefit from adding some fat and oils to their diet (such as avocados, olive oil, canola oil) to increase their caloric intake.

For more information on protein and other concerns of vegetarian athletes, please see: **Vegetarian Diet for Exercise and Athletic Training and Performing**

[www.andrews.edu/NUFS/vegathletes.htm](http://www.andrews.edu/NUFS/vegathletes.htm)



# Fast Food options

## **BRUEGGER'S BAGELS**

Bagels  
Hummus sandwich  
Garden Veggie

## **DEL TACO**

Bean burritos  
Guacamole

## **JOHNNY ROCKETS**

The Streamliner

## **PIZZA PLACES WITH VEGAN CRUSTS AND SAUCES:**

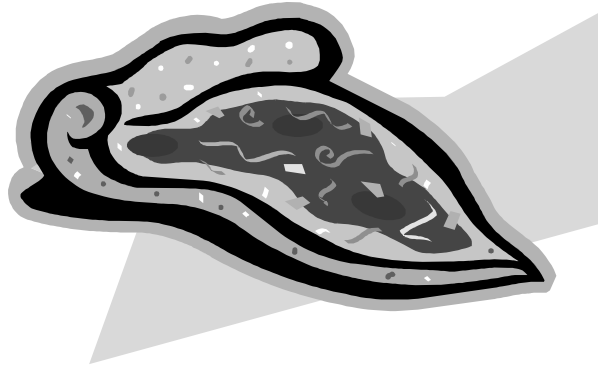
Papa John's  
Little Caesar's  
Pizza Hut (Thin-n-crispy crust,  
Regular sauce)

## **TACO BELL**

Bean burrito  
Tostada  
Taco with beans instead of meat

## **TOGO'S**

Avocado and Cucumber Sandwich  
Hummus  
Rye and whole wheat buns are vegan



## **SUBWAY**

Veggies & Cheese Sandwich  
without cheese

## **BURGER KING**

The BK Veggie is almost vegan  
(bun contains butter flavoring)

*\*Many of these items normally contain mayonnaise and/or cheese, but they can be made without them.*



**PiG out**  
**without me**

# TYPICAL options at Restaurants

## CHINESE & BUDDHIST

Many tofu and interesting vegetable dishes. Many Buddhist restaurants serve vegetarian “meats.”

## ETHIOPIAN

Do not use dairy, so their vegetarian options are normally all vegan.

## INDIAN

Lentil dal and rice. Chick peas and tomatoes. Cauliflower and potatoes. Breads (ask for no “ghee”). Other options often available.

## MEDITERRANEAN

Falafel sandwiches. Hummus and pita bread.

## MEXICAN

Bean burritos. Tacos. Enchiladas.

## THAI

Pad Thai is a favorite of many vegans. Ask for no eggs or fish sauce. Many tofu and curry dishes.

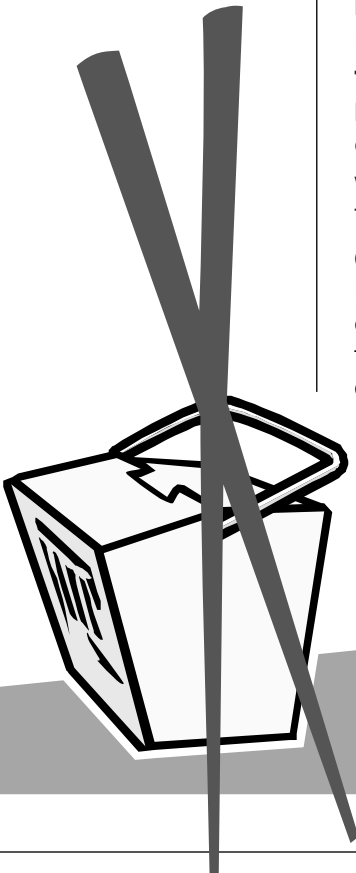
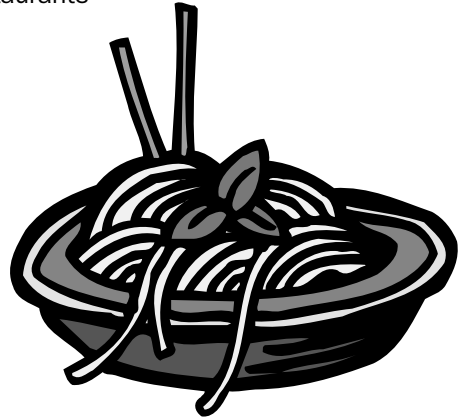
## VIETNAMESE

Tofu and other vegetarian dishes. Spring rolls.

## OTHER RESTAURANTS

Most restaurants, even if they do not appear to have vegan entrees, will accommodate vegans in some way. By putting together ingredients from various entrees, vegans can often create a tasty meal.

*\*These menu items are typically vegan except for obvious ingredients, such as cheese, which can be left off.*



# ALTERNATIVES TO TYPICAL ANIMAL PRODUCTS

Natural food stores, co-ops, and natural food sections of grocery stores normally supply an alternative to just about every popular meat and dairy food that there is. Listed here are some favorites.

## VEGGIE BURGERS

**Gardenburger:** Garden Vegan,  
Flame Grilled Hamburger Style

**Amy's:** California Burgers, Texas Burger

**Boca Burger:** Vegan Original

**Fantastic Foods:** Nature's Burger

**Morningstar Farms:** Better'n Burgers,  
Harvest Burger Original



## Meat Alternatives

### Chicken Free Patties & Chicken Nuggets:

Health is Wealth

**Lunchmeats:** Yves, Lightlife, UnTurkey

**Ribs:** Gardenburger

**Sloppy Joe's:** Fantastic Foods

**Turkey:** Now & Zen UnTurkey, Tofurkey  
(available during The Holidays)

**Hot Dogs:** Loma Linda Big Franks, Yves,  
Not Dogs, Lightlife

**Bacon:** Lightlife Fakin' Bacon

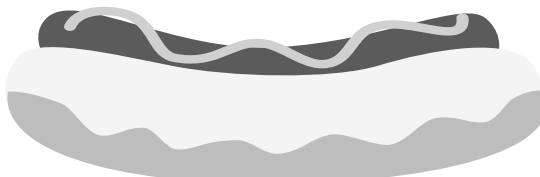
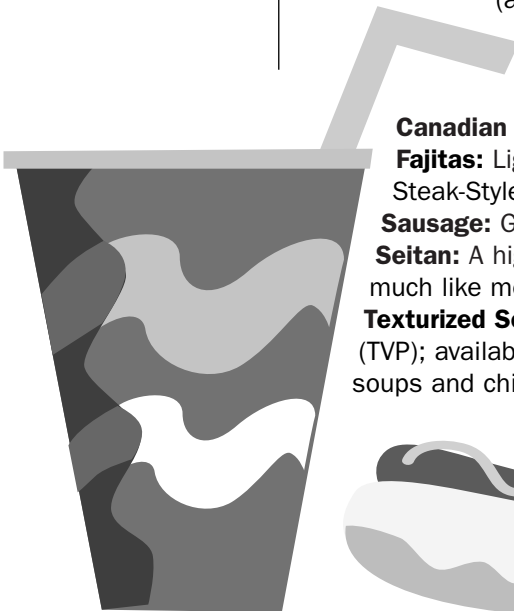
**Canadian Bacon:** Lightlife, Yves

**Fajitas:** Lightlife Smart Menu Chick'n Strips and  
Steak-Style Strips

**Sausage:** Gimme Lean

**Seitan:** A high-protein wheat gluten product that tastes  
much like meat; White Wave makes a delicious version!

**Texturized Soy Protein:** Texturized Vegetable Protein  
(TVP); available in bulk; used to replace ground beef in  
soups and chilis



# Dairy & Egg Alternatives

**MILKS:** many varieties of soymilk, rice milk, and almond milk

**ICE-CREAM:** many varieties of soy and rice creams

**SOUR CREAM:** Soymage, Tofutti Sour Cream

**MAYONNAISE:** Vegenaïse, Nayonaïse

**YOGURT:** Wholesoy, Silk

**CHEESE:** Vegie Kaas (melts), Soymage, VeganRella, Follow Your Heart

**CREAM CHEESE:** Soymage Cream Cheese, Tofutti Cream Cheese

**PARMESAN CHEESE:** Soymage Vegan Grated Parmesan

**WHIPPED CREAM:** Now & Zen Hip Whip

**SCRAMBLED EGGS:** Fantastic Foods Tofu Scrambler

**EGGS FOR BAKING:** Ener-G-Foods Egg Replacer, bananas (1 per egg for cakes), silken tofu, applesauce



---

## OTHER POPULAR PACKAGED FOODS

**Amy's Frozen Burritos:** Breakfast, Rice and Beans

**Amy's Frozen Enchiladas**

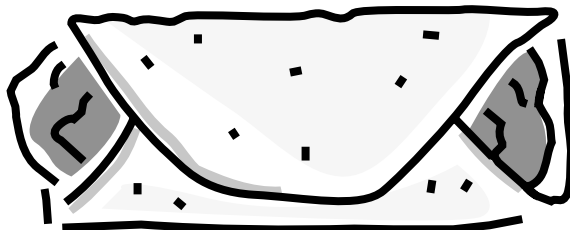
**Clif Bars**

**Odwalla Bars**

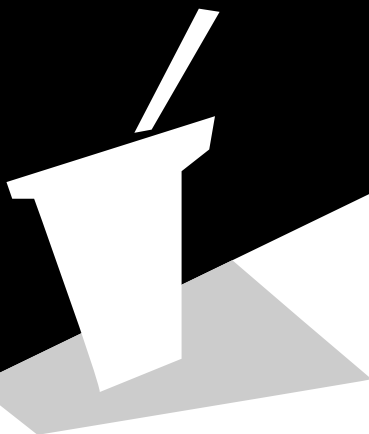
**Heinz Vegetarian Baked Beans**

**Chips, Refried Beans, and Salsa**

**Meals in a Cup:** many vegan versions sold in many grocery stores



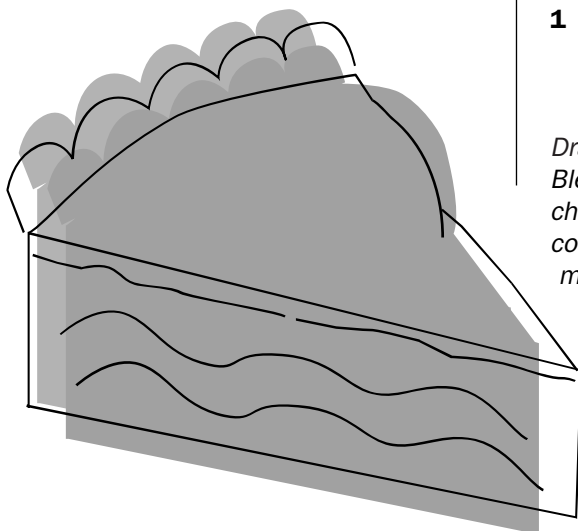
# RECIPES



## **TOFU SMOOTHIE**

- ½ block of soft silken tofu**
- 1-2 bananas**
- 1-2 cups of frozen fruit**
- 2 cups fruit juice**

*Put ingredients in a blender. Blend until smooth.*



## **NUTRITIONAL YEAST CHEESE**

- ¾ cup nutritional yeast flakes**  
(available at health food stores)
- ¾ cup flour**
- 1 teaspoon salt**
- ½ teaspoon garlic powder**
- 2 cups water**
- ¼ cup vegan margarine**
- 1 teaspoon mustard**

*Mix dry ingredients in saucepan. Whisk in water. Cook over medium heat, whisking until mixture thickens and bubbles. Cook an additional 30 seconds. Remove from heat. Stir in margarine and mustard. (Note: Cheese will thicken as it cools, or you may add water to thin it.)*

## **TOFU CHOCOLATE PIE**

- 2 15 oz. soft silken tofu**
- 10 oz. bag semi-sweet chocolate chips**
- 1 graham cracker pie crust**  
(available in baking goods section of most regular grocery stores.)

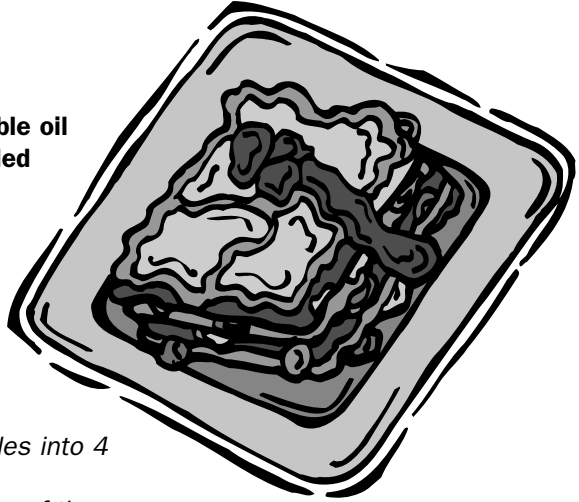
*Drain blocks of tofu and put in blender. Blend until smooth. Heat chocolate chips in a small pot on low heat. Stir continuously to keep from burning. Once melted, pour chips into the blender with the tofu. Blend until smooth. Pour into pie crust. Best if chilled in refrigerator for 2 hours.*

## TOFU Lasagna

- 16 oz.** box of lasagna noodles
- 1** tablespoon of canola or other vegetable oil
- 16 oz.** block of firm tofu, drained, crumbled
- 24 oz** jar of spaghetti sauce of choice
- Soymage Vegan Grated Parmesan** (optional)

*Boil lasagna noodles according to box instructions. Do not overcook. Drain. Rinse with cold water. Brush oil on the inside bottom and sides of a lasagna pan. Preheat oven to 350 degrees. Divide noodles into 4 equal groups.*

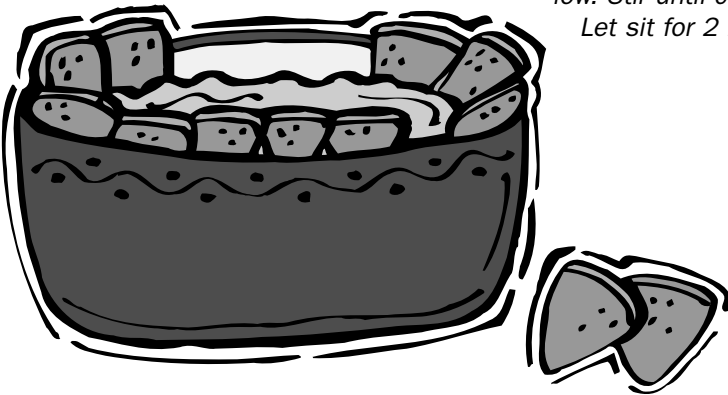
- 1. Place one group of noodles along bottom of the pan.*
- 2. Sprinkle 1/4 of the crumbled tofu on top of noodles.*
- 3. Spread 1/4 of the jar of spaghetti sauce on the noodles and tofu. Repeat steps 1-3 three more times. Thinly sprinkle Parmesan on top of final layer. Cover pan with tinfoil (optional). Place pan in oven for 20 minutes. Serve.*



## CHILIQUILES

- 1** Tablespoon canola or other vegetable oil
- ½** medium onion, diced
- 2** garlic cloves, thinly chopped
- 16 oz.** block of firm tofu, drained, crumbled
- 16 oz.** bottle of salsa
- 16 oz.** bag of corn chips.

*Put oil in large pot on medium-low heat. Put onions and garlic in pot. Cook for about 3 minutes. Pour salsa into pot. Pour tofu into pot. Let simmer for 3 to 5 minutes. Pour \* of the bag of chips into the pot. Turn heat to low. Stir until chips are covered in salsa. Let sit for 2 minutes. Serve.*





## Chili

*In a large pot, mix and stir:*

- 1 15 oz. can of tomato sauce**
- 1½ tablespoon cumin**
- 3 tablespoons chili powder**
- ¼ cup soy sauce**
- 1 tablespoon salt**
- 2 tablespoons peanut butter**
- 3 minced cloves of garlic**
- 1 diced onion**

*After stirring above ingredients, add:*

- 3 15 oz. cans of chili beans**  
(drained, rinsed)
- 2 cups texturized vegetable protein (TVP)** (can substitute another 15 oz. can of beans)

*Add 4 cups water or until water covers other ingredients. Simmer for 10 minutes. Stir frequently. Eat. Is particularly good over pasta.*

## Chick Pea Potatoes

- 1** tablespoon vegetable oil
- ½** medium onion
- 2** large potatoes, grated
- 1** 15 oz. can of chick peas (garbanzo beans), drained, rinsed
- Salt and pepper**

*Put oil and onion in a large skillet on medium-low heat. Cook for about 2 minutes. Place grated potatoes in skillet. Put chick peas in skillet. Salt and pepper lightly. Cook for about 10 minutes until potatoes are done; flipping the potatoes often to ensure even heating. Eat with ketchup.*

## Pancakes

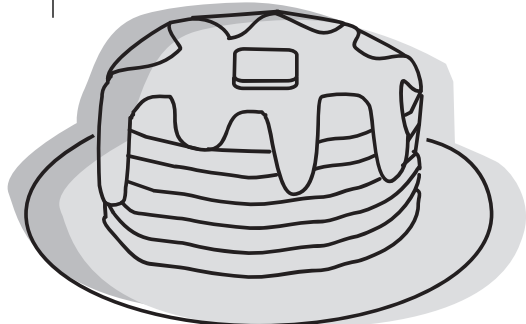
*Betty Crocker's Bisquick is vegan and Aunt Jemima makes vegan pancake mixes (check label; not all are vegan). Using one of these (or other) mixes:*

- 2** cups of mix.
- 1** cup of water; or
- ½** cup water and **½** cup soymilk

*More water makes thinner cakes and less water makes thicker.*

- 1** tablespoon canola oil

*Whisk ingredients together. Pour ½ cup pancakes onto hot skillet. After edges are dry, flip. Cook until golden brown.*





# COMMONLY ASKED QUESTIONS

## **WON'T THE ANIMALS OVERPOPULATE IF WE DON'T EAT THEM?**

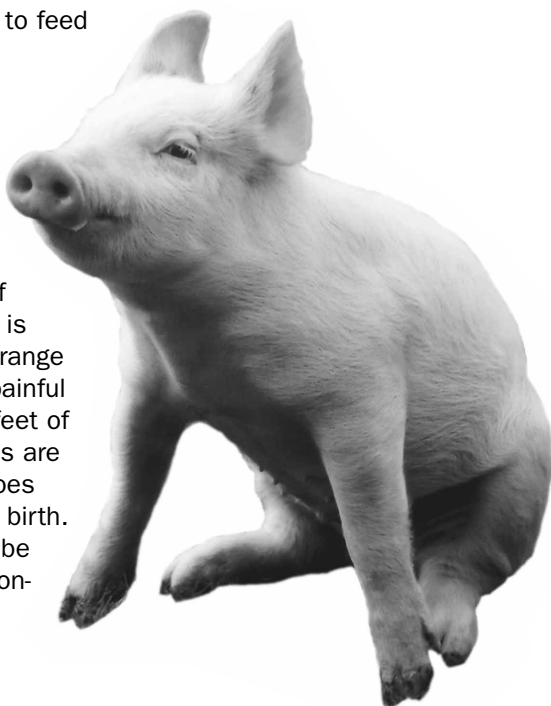
We don't kill animals to save them from dying a natural death. We breed more than nine billion farm animals in the U.S. each year because of consumer demand. If consumers stop buying animal products, animal industries will no longer breed them.

## **WHAT ABOUT PLANTS, DON'T THEY FEEL PAIN?**

For plants to feel pain, they must have organized tissue which, upon stimulation, would activate a structure in the plant that is conscious and could perceive the stimulation as painful. There are no structures within plants like the pain receptors, nerves, and pain-perceiving portions of the brains of vertebrate animals. Animals, being mobile, benefit from their ability to sense pain, but plants simply do not need the experience of pain. Even if plants feel pain, being vegan is still preferable as more plants are killed for nonvegan diets to feed the animals before they are eaten.

## **WHAT ABOUT FREE-RANGE?**

Eggs and poultry may be labeled as "free-range" if the birds have USDA-certified access to the outdoors. Nothing else, such as size of the outside area, or space per bird, is included in this term. Typically, free-range hens have their beaks trimmed (a painful procedure) and only 1 to 2 square feet of floor space per bird. Free-range hens are slaughtered when egg production goes down. The male chicks are killed at birth. Although free-range conditions may be an improvement over factory-farm conditions, they are not free of cruelty.



# MORE COMMONLY ASKED QUESTIONS

## Doesn't the Bible say we should eat animals?

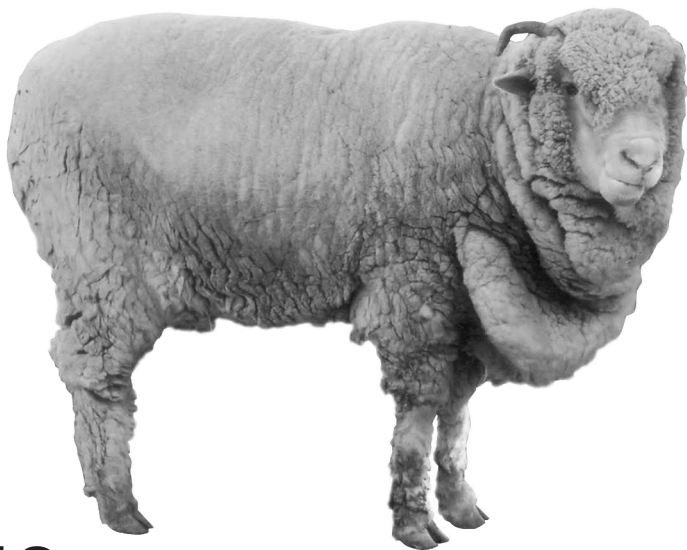
According to the Christian Vegetarian Association: Adam's "dominion" over animals (Genesis 1:26, 28), we believe, conveys sacred stewardship, because since God then prescribed a vegetarian diet (Genesis 1:29-30) in a world God found "very good" (1:31). Genesis 2:18-19 relates, "Then the Lord God said, "It is not good that man should be alone; I will make him a helper fit for him," and God then created animals. According to this passage, animals were made as Adam's companions and helpers, certainly not his supper.

## Shouldn't human problems come first?

Peter Singer writes in *Animal Liberation*, "When non-vegetarians say that 'human problems come first,' I cannot help wondering what exactly it is that they are doing for human beings that compels them to continue to support the wasteful, ruthless exploitation of farm animals."

## What about wool and down?

Most sheep used for wool, or ducks and geese used for down, are killed at a fraction of their normal life span. The processes used to obtain wool (such as electronic shearing) can be painful and leave animals exposed to the elements. Thousands of sheep die each year from harsh weather conditions.



## Nonleather Alternatives & Mail Order Companies

The **Vegetarian Resource Group** is an excellent resource for leather alternatives: [www.vrg.org/nutshell/leather.htm](http://www.vrg.org/nutshell/leather.htm).

Nonleather shoes and other goods are available from the following vegan mail order companies:

**Pangea**  
1-800-340-1200  
[www.veganstore.com](http://www.veganstore.com)

**The Vegetarian Site**  
520-529-8691  
[www.thevegetariansite.com](http://www.thevegetariansite.com)

**Vegan Mercantile**  
[www.veganmercantile.com](http://www.veganmercantile.com)

**Vegan Essentials**  
[www.veganessentials.com](http://www.veganessentials.com)

# OTHER RESOURCES

## COOKBOOKS

Can be purchased from [www.veganstore.com](http://www.veganstore.com) or other bookstores:

***Peaceful Palate***

***The Tofu Cookery***

***The New Farm***

***Vegetarian Cookbook***

***The Uncheese Cookbook***



## OTHER BOOKS

***Vegan: The New Ethics of Eating,***  
by Erik Marcus. (Free download  
at: [www.vegan.com](http://www.vegan.com))

***Animal Liberation*** by Peter Singer

***Becoming Vegan,*** by Brenda Davis and Vesanto Melina

## VIDEOS

***A Cow at My Table*** (available from PeTA; see below)

***Meet Your Meat*** (available from PeTA; see below)

***The Witness*** (available from [www.veganstore.com](http://www.veganstore.com))

## ORGANIZATIONS

**Animal Place** [www.AnimalPlace.org](http://www.AnimalPlace.org)

3448 Laguna Creek Trail, Vacaville, CA 95688 707-449-4814

**Christian Vegetarian Association** [www.christianveg.com](http://www.christianveg.com)

POB 201791 Cleveland, OH 44120 216/283-6702

**The Fund for Animals** [www.fund.org](http://www.fund.org)

200 West 57th Street New York, NY 10019 212/246-2096

**People for the Ethical Treatment of Animals (PeTA)** [www.peta.org](http://www.peta.org)

501 Front St Norfolk, VA 23510 757/622-PETA

**Vegan Outreach** [www.veganoutreach.org](http://www.veganoutreach.org)

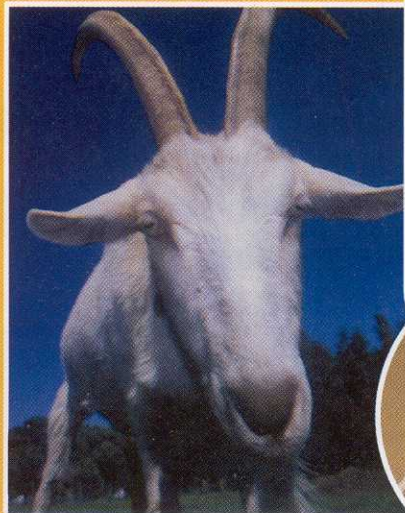
211 Indian Dr Pittsburgh, PA 15238 412/968-0268

**Vegetarian Resource Group** [www.vrg.org](http://www.vrg.org)

POB 1463 Baltimore, MD 21203 410/366-VEGE

**Viva!USA** [www.vivausa.org](http://www.vivausa.org)

POB 4398 Davis, CA 95617 530/759-8482



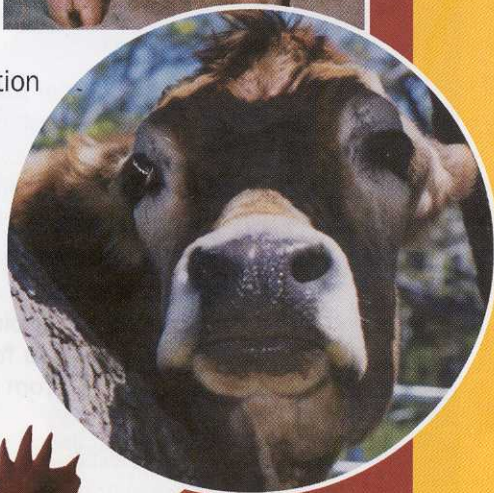
## **Animal Place**

**is a sanctuary for farmed animals.**

Pigs, goats, sheep, cows, chickens, turkeys, rabbits and others roam freely on 60 acres. All have a special story. Some were rescued from auction yards, some from factory farms and others from research laboratories.

**Animal Place** offers sanctuary tours. When people meet and interact with animals they previously considered only as food, they begin to see pigs, cows and chickens as individuals with unique personalities and needs.

**For more information on factory farming practices, vegetarianism, and the sanctuary, contact us.**



**Animal Place**

3448 Laguna Creek Trail • Vacaville, CA 95688  
707-449-4814 • [www.AnimalPlace.org](http://www.AnimalPlace.org)