

THE EFFECTS OF FACTORY FARMING

The idyllic picture of a peaceful farm with cows freely grazing is a cruel hoax. American eating habits threaten land and make for torturous, cramped conditions for livestock. It's called "factory farming." The next time you stop at the meat counter in your grocery store, consider these facts:



ENVIRONMENT

FACT A 2006 United Nations report states that cattle-rearing (for both meat and dairy) contributes more to global warming greenhouse gases—CO2, methane, and other gasses—than all the cars, trucks, planes, and ships in the world.

FACT Rainforests are being cleared at the astonishing rate of more than 75 acres per minute to make room for cattle for beef export to the United States. What goes in to a hamburger?

- 55 square feet of rainforest
- 650 gallons of water
- ½ ton of trees, insects, birds, mammals, reptiles and microorganisms from rainforests.

FACT One acre of trees disappears from the United States every eight seconds to make room for food animals.

FACT It takes 25 gallons of water to produce one pound of wheat, but 2500 gallons of water to produce one pound of flesh.

FACT 300 gallons of water are used per day to produce the food for one vegan (a person who eats no meat or animal byproducts). For a vegetarian (one who does not eat animal flesh, but may eat dairy and egg products)

1200 gallons of water are used. And a meat eater? A whopping 4200 gallons of water are used per day.



WORLD HUNGER

FACT In the coming year, 60 million people will die from starvation. If the United States cut its consumption of meat by a mere 10%, we could feed all of them.

FACT Twenty pounds of grain fed to animals yield only one pound of animal flesh fed to people.



HEALTH

FACT On a standard American diet, the average male has a 50 percent chance of dying from clogged arteries. A vegan male has only a 4 percent chance.

FACT The American diet causes 90 percent of all cancers.

FACT One out of three chickens has salmonella, and when we eat them, we get the "flu." Infants and the elderly often die from eating diseased chickens.

ANIMAL CRUELTY

FACT To put meat on your table, animals are artificially inseminated, fed growth stimulants and hormones, forced to balance on slanted wire or wooden slats, and chained and caged in complete darkness or unceasing light.

FACT To put meat on your table, young animals are removed from their crying mothers before they are weaned.

FACT To put meat on your table, animals' horns, beaks and tails are mutilated or removed without anesthesia.

FACT To put meat on your table, animals are kicked, prodded, electroshocked, dragged and finally . . . KILLED.

CONSIDER
TRUE KINDNESS.

GO VEGAN.

In the next decade: the average American will eat 1 lamb, 2 cows, 7 pigs, 8 turkeys, 144 fishes and 185 chickens. The United States alone will murder 8 billion nonhumans this year for food.

How can we practice nonviolence toward animals and the earth?



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