

VEGANISM



Stop the needless death of millions of animals



Stop pollution, deforestation and climate change



Avoid heart disease, cancers and diabetes



All around us today, the natural world is under attack. Pollution, deforestation, and systematic cruelty to animals. These forces are rapidly destroying the planet upon which we live. But how can one person make any difference? Thousands of people across the country are standing up for animals and the environment by adopting a vegan lifestyle.

Vegans take personal responsibility for making the world a better place by giving up meat, dairy products, eggs and other animal derived items. That simple choice has powerful consequences. Veganism saves animals from the horrors of the slaughterhouse, reduces pollution from factory farms, and preserves soybeans and grain for the millions of malnourished people in our hungry world. Vegans also avoid cloth-

ing or products derived from, or tested on animals, such as leather, fur, wool and silk and animal tested cosmetics and household cleaners.

Veganism, the natural extension of vegetarianism, is an integral component of a cruelty-free lifestyle. Living vegan provides numerous benefits to animals' lives, to the environment, and to our own health through a healthy diet and lifestyle.

For the Animals

Despite the common belief that drinking milk or eating eggs does not kill animals, commercially raised dairy cows and egg-laying hens, whether factory-farmed or 'free range', are slaughtered when their production rates decline. Laying hens have their beaks amputated as chicks and are caged in tiny wire cages for their whole 18 month lifespan before being 'culled' as their egg laying declines. Hens kept in battery cages are deprived of the ability to enact their most basic natural behaviours such as walking and stretching their wings.

Dairy cows often have their tails docked which is a painful procedure that can cause life long pain and frustrates the expression of their natural behaviours. Dairy cows are kept almost constantly pregnant in order to keep the cow producing breast milk. The 'unwanted by-product' of this pregnancy are the baby calves. Within 2 days after birth, the calves are taken from the cow, either sent to slaughter, sold, or a small number of females are kept as replacement dairy cows. In New Zealand there are approximately 1.5 million calves slaughtered every year in abattoirs.

For the Environment

Animal agriculture takes a devastating toll on the earth. It is an inefficient way of producing food, since feed for farm animals requires land, water, fertilizer, and other resources that could otherwise have been used directly for producing human food. Animal agriculture's dependence on higher yields accelerates topsoil erosion on our farmlands, rendering land less productive for crop cultivation, and forcing the conversion of wilderness to grazing and farmlands. Animal waste from grazing animals and factory farms is a leading cause of pollution in our groundwater and waterways.

For our Health

The consumption of animal fat and proteins has been linked to heart disease, colon and lung cancer, osteoporosis, diabetes, kidney disease, hypertension, and a number of other debilitating conditions. Cows' milk contains ideal amounts of fat and protein for young calves, but far too much for humans. And eggs are higher in cholesterol than any other food, making them a leading contributor to cardiovascular disease.

For more information on veganism or how to go veggie, please visit our website or contact us!

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