a matter of life and death
You may know that many animals are killed for food, but did you know it reaches into the billions? Sometimes it can be difficult to think about all of those animals. . . After all, hamburgers look nothing like the cows they came from. As we eat our ham sandwiches and chicken wings, the animals they are made from remain nameless and faceless to us. They are locked up in some far-away place, and killed where we don’t have to see or hear them. And yet, each animal’s life mattered very much to him or her. Here is the story of 5 animals, each of them not so very different from all the animals we never see...

When we see these animals—when we hear the stories they themselves cannot tell—we know something is wrong. Our hearts tell us so. We can follow our hearts by not eating animals and becoming a vegetarian. When we don’t eat meat, we make a difference for these animals. Each vegetarian saves more than 35 animals a year: animals like Daisy, Louise, Alfred, Ernesto and Annabelle.
This is Annabelle. She has just been taken away from her mother hours after birth. She cries out for her mom, but her mother will never hear her. Instead Annabelle will be isolated and fed on a diet to get her to produce more milk than she ever would in nature. In order to keep her milk supply going, she will have a new calf every year that will be taken away from her. If her calf is male, he will live in a crate so tiny he cannot even turn around or lie down comfortably, and will be killed to make veal when he’s just a few months old. After Annabelle turns five or six, she will be slaughtered and turned into hamburgers.

This is Louise. She is waiting to have the end of her beak cut off with a red-hot blade. If she lives through this, she will be put in a small cage, called a battery cage, with several other birds. She will live the rest of her life in less space than this leaflet. Although chickens are social creatures who love to roam around outside, Louise will never be able to stretch her wings, breathe fresh air, or see sunlight. When she has become too worn out to produce a lot of eggs, she will be slaughtered. She will end up in dog or cat food or in animal feeds.

This is Ernesto. By the time he reaches seven weeks of age he will have trouble walking because his body will be unnaturally big. Chickens are bred to grow so fast that their hearts sometimes can’t pump enough blood for their large bodies and they die! Ernesto will be kept in a window-less shed with tens of thousands of other chickens and will have to breathe in the fumes of chicken manure which will burn his lungs. He will then be killed for his flesh.
This is Daisy. She was taken from her mother when she was 3 weeks old. Her mother tried to comfort her but was unable to because of the metal bars in their small pen. Daisy’s tail has been cut off, and she lives with many other piglets in an overcrowded, dirty stall where she often feels sick. Though she is as smart and loving as your family pet, she sits in darkness and boredom most of the day. No one hears her cries. When she’s six months old, Daisy will be slaughtered. She will be killed to make bacon, sausage, pork chops, and pepperoni.

This is Alfred. He has spent his entire life in a fish farm. Overfishing in the oceans has led to the development of these farms, which are very bad for the environment. Alfred is crammed into an underwater cage with thousands of other fish, where he is often sick because of the waste piled up in the cage. Eventually, he will be taken out of the water and left gasping for breath until he dies. Alfred will be turned into frozen fish sticks, sold in the seafood section of a far-away supermarket, or he will be ground up for dog food.
Animals shouldn’t suffer for our food. But what can you do about it? How can one person help solve a problem this big? The truth is, you can make a difference—no matter how old you are! Choices you make every single day can help protect animals. When you don’t eat hamburgers or fried chicken or pork chops, you protect cows, chickens, and pigs like the ones you’ve just read about. You may be too young to vote in an election, but you and your family can make an important choice by buying delicious vegetarian foods. Every dollar you spend on veggie burgers and tofu dogs sends an important message about your opinion. Refusing to buy or eat meat tells corporations raising animals for food that you don’t agree with their cruel practices. By going vegetarian, you can save lives.

There are many other ways to speak up. Give this information to your classmates or neighbors. Talk to your friends and family about making compassionate food choices. Write a letter about vegetarianism to your local newspaper. Or ask your school lunchroom or local grocery store to offer more meat-free foods. Always remember: Animals need our help. Will you be a voice for the voiceless?
Lots of people! In fact, more and more people become vegetarian every year. Many young people choose vegetarianism because they want to do something to help the animals, the Earth, and their own bodies. In fact, a recent poll showed that approximately **one million students are vegetarian!**

Vegetarianism is also the choice of many of the people you know and admire. Throughout history, some of our greatest thinkers have chosen a vegetarian diet, and today many of the most well-known celebrities are eating vegetarian. See how many of these famous vegetarians and vegans (who don’t eat any animal products, like milk and eggs) you recognize:

- Casey Affleck
- Tobey Maguire
- Anna Paquin
- Joaquin Phoenix
- Brandy
- Shania Twain
- AFI
- John Feldmann of Goldfinger
- Alicia Silverstone
- Natalie Portman
- Billy Martin
- Ed Templeton
- Jude Law
- Laban Pheidias
- Carl Lewis
- Russell Simmons
- Christina Applegate
- Prince
- Moby
- Susan B. Anthony
- Gandhi
- Cesar Chavez
- Coretta Scott King (*wife of the late MLK, Jr.*)
- Leonardo da Vinci
- Leo Tolstoy

**Ice Cream Substitutes**
- Double Rainbow SoyCream
- Soy Delicious
- Tofutti

**Luncheon Meat Substitutes**
- Yves Lightlife Lightburger
- Lightlife Lightburger
- Boca Burger
- Lightlife Lightburger
- Lightlife Lightburger

**Breakfast Meat Substitutes**
- Lightlife Gimme Lean sausage
- Yves Breakfast Links

**Breakfast Meat Substitutes**
- Lightlife Gimme Lean sausage
- Yves Breakfast Links

**Chicken Substitutes**
- Health is Wealth – patties
- Yves Chicken Burger

**Ground Beef Substitutes**
- Lightlife’s Gimme Lean beef style
- Yves Veggie Ground Round
- Boca Burger Original Meatless Ground
- Green Giant Frozen Crumbles

**Hot Dog Substitutes**
- Smart Dogs
- Tofu Dogs

**Lunch**
- Veggie burgers or veggie dogs with veggie sandwich slices
- Veggie chili and corn chips

**Dinner**
- Spaghetti with tomato sauce and veggie meatballs
- Bean burritos or tacos with mashed potatoes
- Chicken free patties with lettuce, guacamole, and veggie meatballs

**Breakfast Substitutes**
- Oatmeal with fruit
- Cereal with soymilk
- Toast & peanut butter
- Biscuits with Gimme Lean sausage

**Lunch Substitutes**
- Veggie burgers or veggie dogs
- Peanut Butter & Jelly Sandwich with veggie sandwich slices
- Tuno

**Burger Substitutes**
- Yves Burgers
- Lightlife Lightburger
- Boca Burger

**Chicken Substitutes**
- Health is Wealth – patties
- Yves Chicken Burger

**Ground Beef Substitutes**
- Lightlife’s Gimme Lean beef style
- Yves Veggie Ground Round
- Boca Burger Original Meatless Ground
- Green Giant Frozen Crumbles

**Hot Dog Substitutes**
- Smart Dogs
- Tofu Dogs

**Tuna Substitutes**
- Tuno
Today it seems that everyone agrees that a well-planned vegetarian diet is healthier than the standard U.S diet. In fact, a well respected group of health professionals from the American Dietetic Association (ADA) has this to say:

“Well-planned vegan and other types of vegetarian diets are appropriate for all stages of the life cycle, including during pregnancy, lactation, infancy, childhood, and adolescence. Vegetarian diets offer a number of nutritional benefits, including lower levels of saturated fat, cholesterol, and animal protein as well as higher levels of carbohydrates, fiber, magnesium, potassium, folate, and antioxidants such as vitamins C and E and phytochemicals.”[1]

As the vegetarian diet has grown in popularity, restaurants, grocery stores, and food producers have responded. Most restaurants across the country have at least one vegetarian option, and all the well-known supermarkets have added meat substitutes to their aisles in addition to the vegetarian staples of rice, pasta, fruits, vegetables, and beans.

Check out tons of tasty alternatives, from ice cream to burgers (found in the vegetable, freezer, or health food section of your local grocery).

For a longer list with meal ideas and recipes for you or your parents, go to www.vivausa.org/veganbasics, or contact us and we'll send you a copy!

In addition to going vegetarian, there are so many great things students can do to help animals.

Contact Viva!USA for information!

Viva!USA, Youth Department
PO Box 4398,
Davis, CA 95617
Phone (530) 759-8482
Email: info@vivausa.org
Web: www.vivausa.org

Send me _______ more copies of this leaflet to distribute to my friends and family

Send me a packet on how I can get more involved to make a difference!

Thanks so much for caring about animals and for wanting to make a difference! If we all work together, we can do amazing things!