

Kick the Meat Habit for Peace!



Nonviolence towards the poor

Kicking the meat habit will free up exorbitant amounts of grains and soybeans fed to livestock, who consume much more food than they produce. Reducing US meat consumption by 10% would free up enough resources to feed the world's hungry. Eating less meat will reduce the export of harmful factory farming systems to less developed countries.

Nonviolence towards the environment

Kicking the meat habit will help preserve our forests, grasslands, and wildlife habitats and reduce the pollution of our air, land and waterways.

Nonviolence towards animals

Kicking the meat habit will save thousands of innocent, cows, pigs and chickens from the cruel confinement & horrors of factory farms and slaughterhouses.

Nonviolence towards yourself

Kicking the meat habit will significantly reduce your risk for the top killers: heart disease, stroke, and cancer. Live longer and be a better activist!



Promote a Culture of Nonviolence

Kicking the meat habit will make a statement for peace and nonviolence in every bite. Every day, we make a statement about our beliefs through our actions. When we choose plant-based eating, we protest the suffering and pain that factory farming causes billions of animals.

**Receive a Free Vegetarian Starter Kit &
Meatout Mondays Weekly Recipe E-mail**

Just contact us at:

www.MEATOUT.org  1-800-MEATOUT

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