



MEATOUT



We invite you to kick the meat habit & to explore wholesome, nonviolent plant-based eating.

Do it for your health! Kicking the meat habit will significantly reduce your risk for the top killers: heart disease, stroke, and cancer. It will also reduce the dangers of Mad Cow Disease, *E. Coli*, *Salmonella* & other deadly pathogens.

Do it for your children! Kicking the meat habit will give you and your children better health and longer lives. Kicking the meat habit will also help preserve topsoil, water, and other food production resources vital to the survival of your children and their children.

Do it for the hungry! Kicking the meat habit will free up exorbitant amounts of grains and soybeans fed to livestock for the world's hungry people.

Do it for our environment! Kicking the meat habit will help preserve our forests, grasslands, and other wildlife habitats and reduce the pollution of our air and waterways by soil particles, debris, manure, and pesticides.

Do it for the animals! Kicking the meat habit will save thousands of innocent, feeling cows, pigs and chickens from cruel caging, crowding, deprivation, drugging, mutilation, manhandling, and brutal slaughter.



Each March, since 1985, thousands of consumer and animal protection advocates welcome in the spring with educational events in all 50 US states and two dozen countries worldwide. Meatout draws massive support from public officials, healthcare providers, educators, mass media, meatless food manufacturers and retailers, and celebrity entertainers. All of Meatout's supporters believe that consumers should reduce their meat consumption and enjoy a healthy variety of fruits, vegetables, whole grains and legumes.

Receive Meatout Mondays
The Weekly Recipe and Information E-mail
www.MeatoutMondays.org



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