



what to eat when you don't eat animals



menus and ideas
to inspire people who want
to eat as if life is
precious

created by
veda stram

Thank you for considering what might be possible if you ate as if LIFE were precious.

Thank you for trying new things and discarding old habits.

Thank you for being compassionate and generous.

Thank you for bringing peace to the world.

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“If you knock long enough and loud enough at the gate, you are sure to wake up everybody.”

—HENRY WADSWORTH LONGFELLOW

At any given moment, over six million hens in the U.S. are being systematically starved in their cages...to increase egg production.

—U.S. DEPARTMENT OF AGRICULTURE, 1996

For every person who switches to a vegetarian diet, an acre of trees is spared every year.

—ROBIN HUR AND DR. DAVID FIELDS, “ARE HIGH-FAT DIETS KILLING OUR FORESTS?” *VEGETARIAN TIMES* (FEBRUARY 1984)

“The preferred method of handling a cripple is to beat him to death with a lead pipe...If you get a hog in a chute that's had... a heart attack or refuses to move, you take a meat hook and hook it into his bunghole (anus)...”

—*SLAUGHTERHOUSE* BY GAIL EISNITZ © 1997, AVAILABLE THROUGH HUMANE FARMING ASSOCIATION, WWW.HFA.ORG

No one can contemplate directly eating 13 pats of butter, but they essentially do when they eat a cheeseburger.

—DR. WILLIAM CONNOR, AUTHOR OF *THE NEW AMERICAN DIET*, SIMON & SCHUSTER, 1993

this is for you...

It's for you if you love animals and want your love of them to include letting them be, instead of being someone you eat.

It's for you if you think you'll have to give up sundaes and burgers if you "don't eat animals," or if you think you'll have to eat broccoli for breakfast and alfalfa sprouts for snacks, then this book is for you! If you want to eat delicious, nurturing, inexpensive, healthy meals that are easy to prepare, read on!

It's for you if you're interested in eating in a way that supports all of us on the planet.

It's for you if you're a vegan or vegetarian and want answers to the question we are always asked: "What do you eat?"

It's for you if you want to eat "healthfully" and are afraid that means you'll never again have delicious, scrumptious, unbuckle-the-belt kinds of meals.

It's for you if you're already eating fewer animals and are committed to eating none.

It's for you if you're interested in menus and ideas to GET YOU THINKING about all there is to eat that caused no fear, no pain, no suffering.

It's for people who want to make a difference with every bite.

benefits of being vegan

A vegetarian is someone who does not eat animal flesh; a vegan is someone who committedly abstains from using, wearing or eating all animal flesh and "byproducts" including—but not limited to—dairy, eggs, honey, gelatin, wool, leather, silk, down.

Want to be full longer after you eat?

Want to have more energy?

You'll discover that it is easier, cleaner, faster, cheaper, healthier, more delicious, more satisfying and gratifying to be vegan.

Cooking cleanup will be much, much easier because of the kinds of oils and fats you won't have burning and sticking and mucking up your pots and pans.

Want to diminish bad breath and B.O.?

Want to be "regular"? (Vegans are number one at number two!) Eat what your body can use efficiently rather than what takes days and days and days for your body to digest.

Want to decrease asthma-like symptoms, colds, allergies and have your body support your dreams?

Want to know that all you enjoy is good for you and all life?

shopping secrets

- Go to health food and/or specialty stores when you have time to explore. Yes, go into those “health food stores.”
- Go to any mainstream grocery store. Walk, slowly up and down the aisles. Look at all that is available that is NOT from animals. You’ll find many things you never saw before—there are at least ten kinds of rice in most major supermarkets and people buy the same kind over and over.
- My first veggie burger was delicious. The second (another brand) was horrid! I now know of 6–8 brands I absolutely love. If you try soymilk or a veggie burger or anything you are not crazy about, try another brand. Keep lists of things you like and don’t like.
- Buy NEW colors, shapes, flavors, consistencies.
- Ask any vegans you know, “What do you eat?”
- Ask stores and restaurants to provide vegan products. Make requests. Make more requests. Then make more requests.
- Learn to make fast, inexpensive and delicious meals or become a gourmet vegan chef. Find thousands of vegan recipes and cookbook online or at libraries or bookstores.
- Buy what you need for a few meals so you’ll have what you want to eat and won’t be tempted to compromise your new commitments.

animal ingredients

You'll be amazed at how many familiar foods—cakes, cookies, breads, juices, chips, pastas—contain animal ingredients. To find out which ones, read labels. Along with obvious animal products—buttermilk, honey, lard, egg whites—the following are only a few of the **hundreds** of commonly used animal ingredients that caused immense suffering:

albumin*	lactaburrin	oleic acid
ambergris	lactic acid	ovalbumin
carmine cochineal	lactose	ovamucin
carminic acid	lactulose	ovomuccoid
casein	lecithin**	ovovitellin
caseinogen	lipase	panthenol
dexpanthenal	livetin	pepsin
diglycerides**	lysozyme	polysorbates
fletan oil	meringue	rennet
gelatin	monodiglycerides**	rennin
globulin	myristic acid	sodium caseinate
glycerides**	myristyls	whely
hydrolysates	nougat	

* A shiny glaze on yellow-tinted baked goods may indicate the use of eggs.

** These may be vegetable or animal and labels may or may not indicate the source.

READ LABELS!!

inspiration

What inspires me is kindness, compassion and generosity and the opportunity of eating with honor, of being nurtured, satisfied and satiated always in ways that support LIFE.

What woke me up to the commitment to not eat animals started in July of 1988 when a friend handed me a picture of a cat with a rope around her neck, sitting next to a huge cauldron, steam rising off boiling water. Boiled cat is a delicacy in many cultures as are cats paws with garlic or dog head soup.

I have always adored living with kitties. Possibly like you, I've always "loved animals." On seeing the picture of the cat with the rope, I was instantly struck with the realization that each and every pig must be as unique from every other pig as my kitties were from each other. I was horrified to think of all the animals I ate. I then started learning about the treatment of the animals I had been thoughtlessly consuming and therefore paying someone to abuse my entire life.

After reading two paragraphs I knew I would be a vegetarian forever. Within a few months I went vegan.

menus and ideas

Vegan foods I recommend are in bold and italic. They are available of course in specialty shops, health food stores and more and more in mainstream grocery stores.

breakfasts

Try new juices, teas, coffees. There are many drinks available that provide the satisfaction of teas and coffees. And use environmentally-conscious and fair-trade teas or coffees because this means well-being for animals, humans, land, air, water.

*Most white/cane sugar is still filtered through beef bones. Try fructose (sugar from fruit) or **Stevia** (plant extract, very sweet), raw/unbleached sugars, Agave or **Just Like Honey**.*

what to eat when you don't eat animals


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Dry cereal (*Kashi, Barbara's, Grape-Nuts, Cheerios*, granola— you know... cereal)

Soy milk (*Silk*), rice milk, hemp nut, almond milk, oat milk (try a few till you find ones you love)

Cantaloupe slices Toast soy baco bits

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Cream of Wheat or oatmeal

Nondairy creamer (FDA ruling: if a product is "95% dairy free," it can be labeled as "nondairy," so read labels)

Grapefruit halves

Toast and jam or jelly or syrup or apple butter

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French toast—use ***EnerG Egg Replacer*** or ***Vegg*** (most egg replacers contain eggs, check labels), mix soy milk, cinnamon and vanilla extract

Jam, jelly or syrup toppings

Vegan "bacon" or "sausages" (try different brands)

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Dry cereal with fruit juice or soy milk or soy creamer

Strawberries

Coffee with spices (allspice, cinnamon)

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Use ***Vegg*** to make "omelettes"... add vegan cheese, chilis, olives

Vegan bacon or vegan sausages

Melon cubes

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Pancakes and syrup (use bananas or molasses for bulk)

Gimme Lean Sausage or ***Sorta Sausage***

Toast with jam

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***Fantastic Foods Tofu Scrambler*** made with tofu and add vegan cheese with olives, green peppers, salsa

Iced water with tangerine slices

Melon or berries with whipped ***Soyatoo Rice Whip***

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Oatmeal with cinnamon or sliced fruit

Amy's Toaster Pops

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Pancakes (use bananas or thick soy/hemp milk)  
Melon or berries with *So Delicious creamers*

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Field Roast Apple Maple Breakfast Sausage

Dry cereal with sliced fruit
Warmed tortilla or toast and jam

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**Cream of Wheat with So Delicious Coconut Vanilla "Milk"**

Vegan sausages Grapefruit halves

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Smart Bacon and toast and **Vegenaise**

Fruit

lunches and dinners

Whole wheat pasta and a new favorite sauce (try new shapes, colors, consistencies)

Sourdough bread with fresh crushed garlic
Vegan wine (yes, many wines and beers are NOT vegan and some brands that use only vegan ingredients send their "residue" to feedlots)

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**Tofurky Hickory Smoked Deli Slice**

Rice (brown, white, yellow, Spanish)  
Sliced tangerines in ice water

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Fettuccini or spaghetti or linguini and your favorite sauce (try **Victoria Vegan Vodka Sauce**)

Warm bread and olive oil or fresh crushed garlic
Tossed salad

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Soup (read ALL the tiny print!)  
Crackers or toast or pita or naan or tortillas  
Sliced tomatoes with **Vegenaise** (eggless "mayonnaise") and seasonings  
Celery sticks with peanut butter

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Boca Original Chik'n Patties

Applesauce

Steamed zucchini and carrots Grape juice

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Tater Tots or hash browns and vegan sausages

Fresh strawberries and "whipped cream" (see SNACKS section)

Ice water with tangerine slices

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Grilled "cheese" (**Daiya, Tofutti, Follow Your Heart**) sandwiches (most soy and tofu cheeses contain dairy—read labels)

Sliced tomatoes with seasonings

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Sandwiches with **Vegenaise**, relish and **Cedar Lake Vege-Tuna**

Soup (read labels!) and crackers (read labels!)

Diced jicama/pickles/olives

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Stirfry (sauteed veggies, seasonings, sauces, nuts)

Brown rice (try new kinds of rice, and try a pressure cooker — only 8 minutes for perfect brown rice!)

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Diced olives and mustard sandwiches (try it, you might like it!)

Sliced jicama, diced cauliflower and salad dressing

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Vegetarian Plus Black Pepper Steaks with rice

Avocado slices

Frozen bananas with cinnamon sprinkles

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Pasta and sauce topped with sliced avocados

Tossed salad

Sliced kiwis

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Fried or boiled seasoned potatoes with **Chef Bonneau's White Gravy**

Steamed broccoli with **Tofutti Better Than Sour Cream**

Lemonade

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**Gimme Lean Ground Sausage Style** patties with "the works" on vegan buns

Chips and potato salad

Beer

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Pasta and sauce with artichoke hearts
Sliced melon (cantaloupe, watermelon, honey dew...)
Cool Cups Gel Cups

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**Casbah Nutted Pilaf**(try all **Casbah** products)  
Sliced cucumbers, carrots, tomatoes  
Steamed broccoli Lemonade

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Mashed potatoes and **Hain Vegetarian Brown Gravy Mix**
Cranberry sauce Tossed salad

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**Field Roast Deli Slices** and **Tofutti "cheese" slices** on sourdough toast  
Apple Sauce  
Sliced tomatoes with dressing

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Amy's and/or Tofurky Vegetable Pot Pie
Steamed veggies
Sliced tomatoes/radishes/pickles
Lemonade

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Pasta with soy sauce  
Steamed sliced carrots topped with brown sugar or syrup  
Vegan "ice cream" sandwiches

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Chili Man Chili and corn bread (eggless of course)
Melon slices
Carrot juice

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**Near East Rice Pilaf Mix** (try all **Near East** vegan products)  
Fruit plate  
Fresh steamed green beans  
Ice water with orange slices

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Vegetarian baked beans and **Loma Linda Big Franks** topped with molasses
or brown sugar or "liquid smoke"
Chips
Beer

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**Leahy's Macaroni and Cheese**

Steamed broccoli and soy sauce  
Sliced jicama/radishes/pickles  
Lemonade

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Casbah Spanish Rice burritos (try new kinds of tortillas) with avocados and salsa

Sliced radishes and pickles

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**Gardein Fishless Fillets** with tartar sauce

Brown or white rice  
Applesauce  
Wine

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Vegan soup (canned or packaged or...from scratch even)
Warmed English muffins dipped in warm olive oil
Sliced cauliflower or broccoli (raw or steamed)
Ice water with tangerine slices

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**Smart Bacon** and tomato and avocado sandwiches

Huge tossed salad  
Steamed vegetables

**Zevia All Natural Soda**

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Progresso Lentil Soup

Sourdough toast with **Hain Vegetarian Brown Gravy Mix**
Sliced avocados and radishes
Lemonade

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**Star Lite Rolled Tacos**

**Casbah Spanish Pilaf**

Tossed salad with salsa dressing  
Beer

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Pasta and **Gimme Lean Sausage Style**

Steamed snow peas with soy sauce
Sliced beets with **Vegenaise** (serve hot or cold)

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Soup and seasoned bread crumbs (read labels!)  
Your favorite new greens, radishes and cucumbers, dressing  
Iced herbal tea

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Cheeseless pizza (Really! Delivered even! Homemade?)
Cranberry sauce
Fruit salad
Beer

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**Chili Man Chili** with polenta  
Add corn chips and/or salsa and/or olives and/or green peppers  
Artichoke hearts  
Green olives with pimento

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Ling Ling Potsticker Dumplings with soy, teriyaki or Thai peanut sauce
Brown, white, yellow or wild rice
Canned peaches

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**Lightlife Gimme Lean Ground Beef Style** with "the works"  
Corn-on-the-cob (pressure cooked is best with gobs and gobs of melted  
oleo and salt and pepper... yum!)  
Lemonade

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Fantastic Foods Taco Filling, tortillas with avocados/olives/salsa
Chips
Beer

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Baked beans with soy baco bits  
Cranberry sauce  
Lemonade

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Daiya (dairy-free cheesy deliciousness) Slices and avocado sandwiches
Tossed salad
Ginger-Ale (try organic and be amazed at what you've been missing)

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Boiled potatoes and seasonings  
Sliced pickles/radishes  
Steamed snow peas

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Fantastic Foods Scrambler sandwiches (hot OR cold)

Olives/pickles/cucumber slices

Sweet potato fries

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Falafel "burgers" with avocado and **Vegenaise** on sourdough toast

(try various packaged mixes or make your own)

Sliced apricots

Iced tea

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Guacamole tostada with salsa, avocados, olives

Chips

Canned grapefruit slices

Lemonade

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Baked beans and **Loma Linda Big Franks**

Radishes/pickles/olives

Beer

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Vegetarian Plus Black Pepper Steaks

White or brown rice

Salad

Beer

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Avocado/lettuce/sunflower seeds/mustard sandwiches

Canned corn (serve hot or cold)

Sliced cucumbers marinated in vinegar

Lemonade or juice

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Artichokes (pressure cooked is the best to retain flavor and vitamins)

with **Vegenaise**

White rice

Shredded cabbage & dressing

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Seitan patties (try lots of "wheatmeat" products)

Brown rice

Sliced beets and red cabbage salad

Vegan "milk shake"

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Vegetarian Plus Vegan Ginger Chicken and rice

Canned pineapples

Tossed salad

Juice

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***Fantastic Foods Taco Filling***

Whole wheat tortillas, avocados and salsa

Refried beans

Ice water with tangerine or orange slices

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Brown rice, steamed broccoli, chow mein noodles and soy sauce topped
with cashews or peanuts or sunflower seeds or macadamias

Sliced pineapple (canned or fresh)

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Burritos with avocado, ***Vegenaise***, soy baco bits, salsa Cucumber slices  
marinated in soy sauce

Sliced peaches

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Sophie's Kitchen - Crab Cakes, Scallops, Fish Fillets, Calamari, Fish, and more

Canned Mandarin oranges

Tossed green salad

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Hash browns with onions and peppers

***Not-So Sausage***

Juice

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Zatarain's Black Beans or Zatarain's Red Beans & Rice

Cranberry sauce

Sliced pickles/radishes/cucumbers

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Baked sweet potatoes

Tossed salad

Steamed zucchini, carrots and soy baco bits



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Dr. McDougall's Soups with crackers, toast, croutons...

Sliced fruit (fresh or canned)

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Rice and beans

Cole slaw with your favorite dressing

Lemonade

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Boiled potatoes topped with grated **Follow Your Heart** "cheese"

Tossed salad

Steamed carrots

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Huge salad with six or seven ingredients

Garlic bread

Wine

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Field Roast Original "Meatloaf"

Baked potatoes and vegan gravy

Sliced apricots

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Corn-on-the-cob (pressure cooking or microwaving or grilling)

Applesauce

Tossed salad Canned peas

Ice water with tangerine slices

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Tofurky Deli Slices browned and spiced up

Brown rice

Steamed green beans with vegan "bacon" chips

Canned pineapple chunks

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Pasta and sauce with sliced avocados and **Gardein "Beef" Tips**

Steamed snow peas

Dinner salad

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Pasta and seasonings and **Lightlife Gimme Lean Ground Sausage Style**

Garlic bread

Sliced baked apples with cinnamon

Wine

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Soup  
Avocado, salsa and olive sandwiches  
Sliced apricots

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Pasta and sauce topped with avocado slices
Radishes, pickles, sliced cucumbers
Sliced plums

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Polenta with **Chili Man Chili** and salsa, olives, peppers...  
Tossed green salad  
Vegan ice "cream" float

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Tofutti or **Follow Your Heart** or **Daiya** "cheese" slices on sourdough
toast with vegan bacon strips

Vegan soup
Lemonade

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**Boca Chik'n** sandwiches on toast with **Vegenaise**, lettuce, sliced avocados

Soup  
Sliced peaches  
Ice water

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Lightlife Gimme Lean Ground Beef Style burgers with "the works"

Chips and guacamole
Watermelon

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**Leahy Garden Maci & Cheese**

Tossed salad (with at least six different goodies)  
French bread with fresh crushed garlic  
Wine

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Potatoes (red, russet, white, new, rose) – pressure cooked, microwaved,
fried, boiled or baked, and topped with:
margarine (many "vegan" margarines use palm oil) and/or
soy baco bits and/or
chopped broccoli and soy sauce and/or chives and/or
raw sunflower seeds, sunflower seeds and/or

sliced and seasoned tomatoes and/or
hot vegetable soup and/or
sliced avocados and/or
salsa and/or
Tofutti Better Than Sour Cream and/or
seasoned bread crumbs

Vegan gravy: Melt 1 stick oleo, stir in 2/3 c. flour and cook till crumbly, then add 1 c. vegetable broth and 2/3 c. soymilk, and seasonings including vegan "beef" or "chicken" flavoring if you like.

salads

Sometimes I open a can of mandarin oranges or sliced peaches and call it salad or I eat radishes or pickles or olives or marinated artichoke hearts and call that salad or have grapefruit or an orange. Try NEW foods.

Mix two or three or six or ten of these:

romaine lettuce, butter lettuce
red cabbage, green cabbage
raw collard greens, spinach
cherry tomatoes, plum tomatoes, Roma tomatoes broccoli flowerettes,
chopped broccoli stalks, leaves sliced oranges, lemons, tangerines
cucumbers, zucchinis, artichoke hearts
sliced/diced/grated carrots beets, turnips, jicama, radishes
beans: garbanzo, kidney, black, green, red
sliced jicama
green onions, red onions, purple onions, chives almonds, walnuts, peanuts,
cashews, macadamias soy baco bits, raisins
seasoned bread crumbs, unseasoned bread crumbs snow peas, snap
peas, sweet peas
red peppers, orange peppers, green peppers, bell peppers, yellow
peppers

Fresh or canned fruit, nuts or sunflower seeds for crunchiness and top with **Soytao Rice Whipped Topping** or flavored vegan creamers

salad dressings:

Good ol' oil and vinegar and seasonings (try new things)

Follow Your Heart Dressings: Caesar, Thousand Island, Honey Mustard
Vegenaise and pickle juice

Vegenaise and oil (try new kinds) Salsa! (try different brands)

Cardin's Zesty Garlic or **Lemon Herb**

Enchilada sauce and olive oil

Vegenaise and seasonings to taste

Naked Foods Sesame Vinaigrette Vegenaise mixed with favorite seasonings

Barbeque sauce plus hot OR cold water

Soy sauce (some soy sauces use cloves, ginger, molasses)

Guacamole and onions and vinegar and oil

snacks

Sweets and crunchies and salty and messy, completely useless, deliciously munchable snacks...

Guacamole (avocados and salsa or taco sauce or minced onions or seasoned salts or chopped olives or cilantro or enchilada sauce...)

Sjaak's Bars (lots of varieties made from cocoa beans, not milk)

Celery with peanut butter or almond butter or sesame butter or soy nut butter

Peanuts, cashews, almonds, walnuts, hickory nuts, hazel nuts, macadamias, salted sunflower seeds, almonds, brazil nuts, pistachios...

Imagine Dream Puddings

Sweet & Sara Brown Rice Crispy Treats Cookies (read all the tiny print on the labels) **Stonewall Jerquee** or **Primal Strips "Jerky"**

Chips – potato chips, BBQ, mesquite, corn chips, Tings! Fruit – diced, sliced, minced, juiced, cubed, quartered Pretzels

Holland Natural Candies

Popsicles

Popcorn (microwaved, pressure cooked, burner popped, campfire popped – try chili powder, garlic, nutritional yeast, cinnamon, salt, cloves)

Sorbets (with nuts or not, with fresh fruit or not)

Sunspire, Sjaak's, Rose City, Sweet Earth, Go Max Go (nondairy chocolates)

Melons — diced, sliced, minced, cubed, quartered Cold canned creamed corn — delicious!

Melons with sunflower seeds or slivered almonds or other nuts

Dried fruit, fruit rolls...

Nondairy ice "cream" alternatives: *Tofutti Brands, Inc., Purely Decadent, So Delicious, Whole Soy, Coconut Bliss, Rice Dream and more!* (If you don't like one brand, try another — each has a unique taste and consistency and I promise you'll find a few you'll love)

Nondairy "ice cream" sandwiches, mud pies, fudgsicles

Banana splits with your favorite "ice cream" and nuts and toppings

Panda candies — licorice, raspberry...

Fruit juice bars

Trail mix (1001 combinations)

Crackers...crackers...crackers (read all the tiny print to be sure they're cruelty-free)

Italian "ices"

Raisins — with peanuts, candies, dates, or sunflower seeds Peanut butter filled pretzels

Pies, pies and pies... Cakes, cakes and cakes...

Root beer floats (your new favorite "ice cream" and real organic root beer)

Frozen bananas run through a blender and topped with your favorite syrup, nuts, sunflower seeds, fruit, jams, jellies, candies...

Whipped "Cream": Mix one 8 oz. **Tofutti Better Than Sour Cream**, 1/4 package soft silken tofu, add your new favorite vegan sweetener, beat till it peaks

going out to eat

You'll be surprised at the vegan choices available at almost any restaurant. Make requests whenever you eat out. You'll find places you love that serve food you love and you'll find places you love that are willing to alter their menus for you. And there are places you may not visit again.

I recommend you **ONLY** eat at vegan restaurants rather than giving money to places that provide some vegan options but also serve dead animals.

An internet search for vegan/vegetarian restaurants will give you worldwide listings (HappyCow.net for example), visit local animal rights and vegan groups' web sites for local veggie guides.

Always ask vegans "Where do you eat?"

Consider starting a vegan restaurant or vegan food truck or vegan grocery store or vegan product or vegan product website...

Shop (thus support) vegan stores, either in person or online.

Visit websites of vegan/animal rights group websites, local and national.

Consider starting a vegan restaurant. Shop at vegan stores, either in person or online.

And, you'll need to decide for yourself if you allow people to bring animal foods into your home or place of business, **AND** you'll need to decide for yourself if **YOU** will eat at the homes of people who are serving dead animals.

a few internet resources

All-Creatures.org

Animal Place
AnimalPlace.org

AnimalsVoice.com

A Well-Fed World
awellfedworld.org

Carnism.org

FishFeel.org

FriendsOfAnimals.org

HumaneMyth.org

MadCowboy.com

PeacefulPrairie.org

PETA.org

Physicians Committee for
Responsible Medicine
PCRM.org

Tom Regan's Animal Rights &
Writes
animalsvoice.com/regan

United Poultry Concerns
UPC-online.org

"We need another and a wiser and perhaps a more mystical concept of animals... We patronize them for their incompleteness, for their tragic fate of having taken form so far below ourselves. And therein we err and err greatly. For the animal shall not be measured by man. In a world older and more complete than ours, they move finished and complete, gifted with extensions of the senses we have lost or never attained, living by voices we shall never hear. They are not brethren; they are not underlings; they are other nations, caught with ourselves in the net of life and time, fellow prisoners of the splendor and travail of the earth."

— HENRY BESTON

While vacationing, a writer decided to take a break from his work by strolling along the sandy beach. In the distance, he spied a person whom he believed, at the time, was dancing, and he was so intrigued he investigated further. As he approached the "dancer," he realized it was a young man and he was not dancing, but throwing objects from the beach into the ocean.

He got closer still and discovered the man was picking up starfish from the beach, where thousands had been stranded by low tide, and throwing them back, one by one, into the ocean.

The writer asked the man why he was undertaking such a task and the man replied that if he did not, the starfish would certainly die.

At this, the writer scoffed and informed the man that there were miles and miles of beach and tens of thousands of starfish and he couldn't possibly believe that what he was doing would make a difference.

The young man paused and gave thought to this observation. Then, picking up another starfish from the beach, he told the writer as he threw it back into the water, "it makes a difference to this one."

your notes...

