

Compassionate Christmas

Your guide to animal-friendly fashion, food and fun



animalaid.org.uk



Peace to all Creatures on Earth

The holiday season is a time for spreading peace, goodwill and compassion. This year, why not include the animal kingdom? Around the world hundreds of millions of animals are exploited, abused and killed so that we can eat them, wear them and test products on them.

Wild animals are taken out of their natural habitats and cooped up in zoos and circuses or used in degrading displays, while domestic 'pet' animals are bought, sold and discarded as if they were living toys.

It shouldn't be this way.

Follow our easy tips for a Compassionate Christmas and you will be able to give gorgeous gifts, eat delicious food and celebrate in style without hurting animals!





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Easy Steps for a Compassionate Christmas

- ★ Save a life by giving turkey a miss and having a meat-free feast instead. See pages 12-15 and contact us for a free Guide to Going Veggie or Vegan.
- ★ Please make sure the only animals you give away are toy ones. Never buy real animals as presents as the novelty often wears off.
- ★ If you make a donation to a medical research charity, choose one that doesn't conduct animal experiments. We can provide a list of 'goodies' and 'baddies', or go to VictimsofCharity.org.
- ★ 'Sending a cow' schemes are not the best way to help the developing world. Animals need food and water, which are already in short supply. Support a project to plant a fruit tree or dig a well instead.
- ★ Raise funds for Animal Aid by organising a festive fundraising event such as a Christmas jumper party, Christmas karaoke, or a meat-free dinner party.
- ★ Choose cosmetics and body products that carry the 'Leaping Bunny' logo, which means they weren't tested on animals. Try Animal Aid's own range of cruelty-free products.
- ★ Furry jackets and the trim on hoods and boots could be made from real animals. Please buy only fake fur and avoid vintage fur too, as it promotes killing animals for fashion.
- ★ Reindeers don't belong in shopping centres. What's billed as fun for the family is stressful for the animals. Watch a festive film instead of visiting live animal displays.
- ★ Be an ethical consumer by giving eco- and animal-friendly gifts that help rather than hurt the planet – see page 18. Recycle your wrapping paper, cards, boxes and tree.
- ★ Support Animal Aid by purchasing cards, gifts, books, chocolates and wine from our vegan, cruelty-free shop. Contact us for a catalogue or go to animalaidshop.org.uk.

The holiday season is about indulgence and festive cheer. Here are some tips for making sure your celebrations are animal-friendly.

Eat, Drink and be Merry

One of the best ways you can help animals is by turning your celebration meal into a meat-free feast. It's easy, and you won't feel like you're missing out. The traditional roast potatoes and parsnips, sprouts, stuffing and gravy (veggie versions) are the perfect complement to stuffed butternut squash; mushroom, chestnut and cranberry tart or a delicious cashew nut roast. Search online for 'vegan Christmas recipes' for these and many more suggestions. See page 13 for a delicious Savoury Strudel recipe, which makes a perfect centrepiece.

As well as veggie sausages and sausage rolls, health food shops and bigger supermarkets now stock a tasty selection of 'mock meats', including bacon rashers, chicken and beef strips, gammon and turkey roasts. Why not try them?

For pudding, they also carry a great selection of veggie-friendly mince pies and Christmas puddings, as well as an ever-increasing range of dairy-free desserts, ice creams and sorbets. If you are a dab hand in the kitchen, why not make your own? Dark chocolate, marzipan, shortcrust and filo pastry all tend to be free from animal ingredients, and Christmas cake recipes work just as well without eggs. See the delicious recipe on page 15. Vegan brandy 'butter' is easy to make by blending dairy-free spread with icing sugar and brandy.

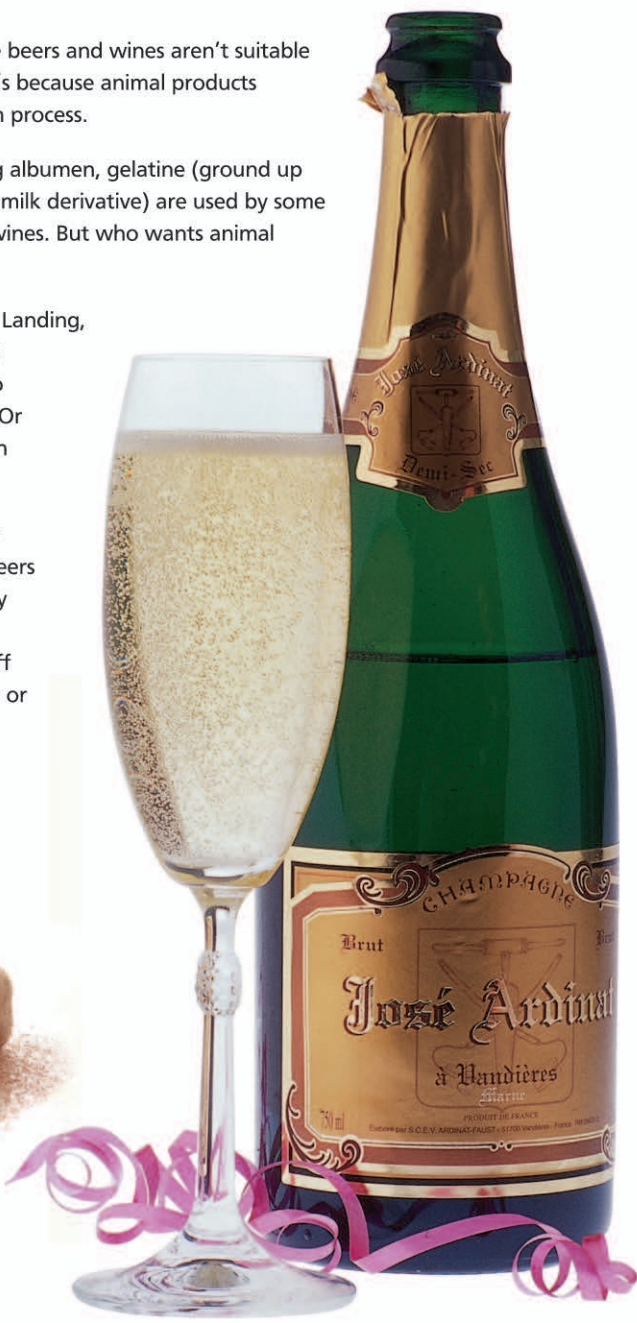


Ridiculous as it might seem, some beers and wines aren't suitable for vegetarians and vegans. That's because animal products have been used in the production process.

Isinglass (fish swim bladders), egg albumen, gelatine (ground up hooves and bones) and casein (a milk derivative) are used by some vineyards to fine and clarify the wines. But who wants animal parts in their Chardonnay?

Some companies, such as Oxford Landing, label their wines that are suitable for vegetarians and vegans, as do Sainsbury's, M&S and the Co-op. Or check out your favourite tipple on barnivore.com.

Animal Aid sells a range of vegan wines, champagnes, ciders and beers as well as a selection of deliciously decadent dairy-free chocolates, which are perfect for rounding off a celebration meal, giving as gifts or popping into a stocking.



Grab your bag, put your party shoes on and step out in absolutely fabulous, cruelty-free style!

Compassion is in Fashion

Let animals keep their skins and fur and switch to materials that don't come from corpses. Leather and suede are not just by-products of the meat industry: selling off every body part is what makes the slaughter of animals profitable. The tanning process used to preserve cow, goat, pig and other animals' skins also uses vast quantities of toxic chemicals that pollute air, soil and water.

The production of wool and shearing (from sheep and lambs), cashmere (from goats), angora (from rabbits) and feather down (from ducks and geese) also causes much suffering, with animals routinely being cut and injured during shearing and plucking. Sometimes they are literally skinned alive. Don't forget the snakes, lizards, crocodiles and alligators who are turned into shoes and handbags. They don't deserve to die, either.

Most high street shops and online retailers now stock stylish man-made shoes, boots and bags, and the synthetic alternatives to leather, suede and snakeskin are so realistic that it's virtually impossible to tell the difference.

Browse the online stores of Beyond Skin, Bourgeois Boheme, Matt & Nat, Fashion Conscience, SpyLoveBuy, Vegetarian Shoes and Wills Vegan Shoes to see the variety of ethical, vegan shoes and bags that are available.




Most people are horrified at the idea of animals being trapped or farmed for their fur but, sadly, it is still happening. Fur farming became illegal in the UK in 2000 but, around the world, beavers, raccoons, foxes, mink, rabbits, and even cats and dogs, continue to be killed for the fashion industry.

If you spot an inexpensive fur jacket, or see small amounts of fur trim on a collar, a hood or around boots and gloves, you would probably assume it's not real fur. But it might be, and the pom-poms on scarves and bags could be real tails. Always check the label to ensure you buy only fake (also known as faux) fur.

Steer clear of vintage fur too, as even though the animals may have been killed many years ago, wearing old fur still sends out the message that it is acceptable to kill animals for fashion.

As the saying goes, 'fur is worn by beautiful animals and ugly people', so stick with synthetic and snuggle up in cruelty-free style.





Animal Aid stocks its own range of deliciously scented toiletries and cosmetics produced with no animal ingredients or testing.

Looking Lovely

In 2004, in a landmark victory for animals and after many years of campaigning, the EU outlawed the testing of finished cosmetic products on animals. The ban was extended to include individual ingredients in 2009 and, in 2013, it was further extended to cover the import and sale within the EU of cosmetics and ingredients that were newly tested on animals elsewhere. What that means is that any company wishing to sell new cosmetics within the EU must not test them, or their ingredients, on animals anywhere in the world.

Unfortunately, however, it's not quite as simple as that. Many ingredients are used for multiple purposes and, if a chemical is used in a household or industrial product, for example, as well as in a cosmetic product, it might well have been tested on animals.

And did you know there could be animal ingredients lurking in your face cream or conditioner? Collagen, keratin and lanolin are slaughterhouse byproducts. For a full list of what to watch out for, search online for 'animal ingredients cosmetics'.

In order to ensure your cosmetics were not animal-tested, look for the 'Leaping Bunny' logo.



Many high street stores' and supermarkets' own brand cosmetics and body products are approved under this scheme. They include Superdrug, M&S, Sainsbury's and the Co-op, as well as brands including Faith in Nature, SpaRitual, Bulldog, Neal's Yard, Paul Mitchell, Beauty Without Cruelty and Urban Decay. Barry M is also cruelty-free, and Lush has some of the highest ethical standards on the high street.

Pamper yourself with Animal Aid's exclusive range of cruelty-free body products, including fruity bath foams, zingy body washes, creamy cleansers and exfoliating body scrubs; and our lotions and balm for hands, feet and lips.

We also stock perfumes, nail varnishes, make-up and synthetic make-up brushes and, for the gents, a range of shaving products and aftershaves.

For the full selection, contact us for a free catalogue, or visit animalaidshop.org.uk.



An investigator who had been working undercover at a slaughterhouse rescued two turkeys. It was the night before Christmas so he named the female Eve, and her male friend Adam.


Tale of the Christmas Turkeys

They were taken to a temporary home with a shed and a yard. Eve, who was timid and badly maimed as a result of life in an intensive unit, spent most of the time inside, but Adam loved to wander outdoors. At feeding time, Adam would not eat straightaway. Instead, he would go to the shed to get Eve. Then, this sensitive and intelligent soul would take a beakful of food and drop it on the ground in front of her.

Adam and Eve lived out their days in freedom and comfort in a new home in the Welsh countryside. But for millions of other birds, there is no happy ending. Each year, in the UK alone, around 17 million turkeys are killed, 10 million at Christmas. Most will have lived short, miserable lives inside factory farms.

In the wild, turkeys can run fast and fly superbly. They live in groups and communicate in a complex language. At sunset they fly to their roosts and spend the night in trees. At first light they fly to the ground and forage for fruit, seeds and insects. Females stay with their eggs more or less constantly for the four weeks it takes them to hatch. When hunger drives them to leave the nest for a short period, they display great caution, never returning twice by the same route. Even after the eggs are hatched, mother turkeys continue to take loving care of their brood.

Factory-farmed turkeys are reared in crowded, windowless sheds, inside which they are unable to satisfy their natural impulses; in fact they can barely move. Selectively bred to grow as quickly as possible, they get so big in such a short space of time that their young, developing legs often buckle and break under the weight of their ballooning bodies. Consequently, thousands of factory-farmed turkeys die from thirst and starvation because they are unable to get to food and water points. Boredom and frustration cause the birds to peck one another so, to prevent injuries, farmers routinely slice off the ends of their beaks.



Only a tiny percentage of the turkeys farmed and killed in the UK are 'free range' or 'organic', and these labels are often very misleading. Rather than leading happy, comfortable lives out in the fields, free-range and organic animals may also be kept in cramped barns and enclosures. All farmed animals end up at the slaughterhouse, where death is a brutal and terrifying experience.

Turkeys are often ridiculed for being ungainly and obese, but it is man who has turned them into the clumsy giants that they are now. You may not think that they are as pretty as a peacock or as cuddly as a kitten but they feel pain, discomfort and fear just like other animals.

In the wild their natural lifespan is more than ten years, but farmed turkeys are slaughtered at the tender age of a few months. They are still chicks, trapped inside unnaturally huge bodies.

Celebrate life this Christmas by leaving meat off the menu

Creamy Chestnut Soup

Serves 4

75g raw cashews
60ml water
2 tbsp extra virgin olive oil
1 onion peeled and chopped
2 cloves garlic minced
2 sticks of celery chopped
1 bay leaf

Pinch of nutmeg
salt and pepper to taste
1 litre vegetable stock
1 potato diced
1 tin (415g) chestnut purée
2-3 tsp fresh thyme

To prepare a cashew 'cream,' soak cashews for 2-4 hours. When soaked, put cashews in a blender or food processor with the water, and whizz until smooth (how long will depend on the strength of your blender). Set aside.

In a saucepan, heat olive oil. Add onion, garlic, and celery, and cook over medium heat until translucent.

Add the bay leaf, nutmeg, salt and pepper, vegetable stock, potato, and chestnut purée. Bring to a boil, and let simmer for 30 minutes. Remove the bay leaf, and process in a blender until smooth. Stir in cashew cream.

Divide into bowls and garnish with fresh thyme and more cream.

Christmas Savoury Strudel

Serves 4

3 tbsp olive oil
2 onions peeled and chopped
2-3 cloves garlic peeled and crushed
2 x 400g cans tomatoes
1 tsp dried basil
90ml red wine

225g button mushrooms sliced
sea salt & fresh ground black pepper
275g filo pastry
100g olive oil - for brushing pastry
90g roasted cashew nuts, roughly chopped
(alternatively use pecan or pine nuts)

Heat the 3 tbsp of oil in a large saucepan, add the onions, cover and cook for about 10 mins until tender but not browned. Add the garlic, tomatoes with their liquid, basil and wine. Simmer gently uncovered, stirring occasionally, until liquid has disappeared and mixture is quite thick – about 20 mins. Add the mushrooms and cook for a further 15 mins or until all liquid has boiled away. Mixture must be quite dry. Season and allow to cool.

When cool assemble the strudel with defrosted filo. Use filo approx 12" x 8" which can go in the average oven tray/sheet. Set oven at mark 200 C/400 F/Gas 6 if cooking straight away.

Brush the tray with olive oil, then place the first layer of filo on the tray and brush with oil. Sprinkle with a third of the nuts and add a second sheet of filo brushed with oil and sprinkled with nuts. Repeat a third time. Add a fourth layer brushed with oil and cover with the tomato/mushroom mixture. Roll the whole thing up like a swiss roll. Bake for approx 30 mins until golden brown.

Serve with port wine sauce (see over).





Port Wine Sauce

To accompany Christmas Strudel.

3 tbsp olive oil

1 onion, peeled and finely chopped

600ml (1pt) red wine

1 tsp cornflour

2–3 tbsp port

sea salt & freshly ground black pepper

1–2 tsp redcurrant jelly or sugar (optional)

25g (1oz) dairy-free spread

Heat the oil in a saucepan, add the onion and fry for 10 mins until tender but not browned. Put in the red wine, bring to the boil and leave to simmer without a lid for about 10 mins until mixture has reduced by half.

Put the cornflour into a small bowl and mix to a thin paste with the port, pour into wine mixture and stir briefly, until it has thickened slightly. Add salt, pepper and the redcurrant jelly or sugar to taste.

Just before using, add the dairy-free spread to make it glossy.

Christmas Cake

You will need a 7-inch round cake tin with removable base.

350g mixed dried fruit

100g golden caster sugar

600ml red wine

100g dairy-free spread

4 tbsp ground flaxseed mixed with 6 tbsp
water and a 1/4 tsp baking powder

150ml water

225g gluten-free self-raising flour

1 tsp cinnamon

1 tsp mixed spice

Handful of whole almonds to decorate

Preheat the oven to 150c and lightly grease and line the tin. Place the dried fruit, water, caster sugar and dairy-free spread in a pan and heat over a medium flame. Stir until the spread has dissolved. Cover and simmer gently for 15 minutes. Meanwhile, mix the ground flaxseed, water and baking powder in a small bowl, stir together and leave to thicken.

Once the fruit has cooked, remove from the heat and allow to cool for 10 minutes. Next, place the fruit and liquid into a large mixing bowl, stir in the flaxseed mixture until combined and then quickly stir in the flour and spice until completely mixed through. Spoon the cake mixture into the tin, level the top with the back of a spoon and then bake for 1¼ - 1½ hours until golden brown and cooked through. Remove from the oven, leave to cool in the tin for 30 minutes then transfer to a wire rack to cool completely.



A dog is for life, not just for Christmas. And the same goes for cats, rabbits, hamsters, guinea pigs and other companion animals.

Animals and Us

Guinea pigs can live for five years, rabbits for ten, dogs for 15 and cats even longer. Unfortunately, many children lose interest in a new 'pet' after a few months. Children who are given animals for Christmas are far more likely to view them as disposable toys rather than a long-term commitment. When the novelty has worn off, disgruntled parents may be left to look after the family's new addition – or the unwanted animal may simply be dumped at a rescue centre. Thousands of healthy dogs and cats (and other animals) are killed every year in Britain simply because homes cannot be found for them.

If you have considered all the options, done your research and feel you do have the time, energy and commitment to provide an animal with a loving home, please adopt one who has been abandoned at a shelter rather than buying from a pet shop or a breeder. You will be giving your new companion a second lease of life, and freeing up a space for another arrival who might otherwise be destroyed.

Many people like the idea of helping an animal, but are unable to look after one at home. Sanctuaries sometimes offer a scheme in which you can pay an annual donation to 'adopt' a rescued animal who is unable to be re-homed; and wildlife charities run schemes whereby you can adopt a wild animal in his or her natural habitat. In return, you receive photos and progress reports. This kind of adoption makes an ideal gift for an animal-loving friend.



Undeniably it's exciting for children to see real reindeer in the flesh. Unfortunately, though, what's billed as fun for the family is not remotely enjoyable for the reindeers. Transported up and down the country to be used in parades and 'Santa's grottos', they are put under severe stress by big crowds of people, loud noise and bright lights. Reindeers belong in the tundra, roaming the wilds and eating lichen, not cooped up in British shopping centres and town squares.

Please don't visit live animal displays.



There are many organisations that work hard to make our world a better place for people, animals and the environment. Christmas is an ideal time to help them out by raising money or making a donation.

A Time for Giving

If you are planning on donating to a medical research charity (whether in the form of money, or by supporting its charity shop) please bear in mind that many continue to fund cruel experiments on animals that cause immense suffering, and are, at best, old-fashioned and inaccurate, and at worst, dangerously misleading. We can provide you with a list of charities that fund state-of-the-art, human-based research, or visit VictimsofCharity.org.uk for more information.

Lastly, everyone loves giving and getting presents, but Christmas shouldn't just be about rampant consumerism. Here are some suggestions for ethical gifts:

- ★ For children: story books that promote kindness to animals and respect for nature
- ★ For dads, sons or brothers: a wallet or belt made from recycled bicycle tyres
- ★ For mums, daughters or sisters: a scented soya candle
- ★ For the animal lover: sponsor an animal at a sanctuary (not a zoo!)
- ★ For the foodie: a voucher for a veggie cookery course
- ★ For the nature lover: a bee hotel
- ★ For the student: a healthy-eating recipe book
- ★ For the caffeine addict: a reusable coffee mug
- ★ For the gardener: solar-powered outdoor lights
- ★ Anything from the Animal Aid catalogue*

* For a free copy of the catalogue, fill in the form overleaf, call us on 01732 364546, or email info@animalaid.org.uk. Or order online at animalaidshop.org.uk.



animalaid.org.uk

☐ Please send me a free Animal Aid catalogue.

☐ I would like to join Animal Aid.

Address: _____

Postcode: _____

Email: _____ Age (if 16 or under): _____

☐ £21 Waged

☐ £12 Unwaged

☐ £8 16 & under

☐ £28 Joint

☐ £350 Life

☐ £250 Life 60 & above

☐ I enclose a donation of £ _____ Total: £ _____

☐ I enclose a cheque or PO made payable to Animal Aid☐ Debit/Credit card Mastercard/Visa/Maestro/Solo (delete as applicable)

Card No: | | | | | | | | | | | | | | | | | |

Name of cardholder: _____

Signature: _____

Expiry date: _____ Start Date (Maestro & Solo only): _____

Security code (last 3 digits on reverse of card): | | | Today's date: / /

**Animal Aid campaigns peacefully against all forms of animal abuse.
We seek to raise public awareness of animal exploitation and promote
humane attitudes and a cruelty-free lifestyle.**



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