Dear Editor

22 August is World Plant Milk Day, which celebrates humane and compassionate alternatives to dairy milk. Dairy cows are amongst the most exploited animals on farms today. They are repeatedly impregnated by force and have their calves taken away from them soon after birth, causing huge distress, just so that milk meant for their babies can be bottled for us. But with so many plant-based alternatives now available, this cycle of misery is completely unnecessary. You can choose between soya, almond, oat, hemp, coconut and rice milks, not to mention many other delicious options. And you can find dairy-free versions of cheese, ice cream and butter at most major supermarkets and health food shops. I urge readers to contact Animal Aid on 01732 364546 or [info@animalaid.org.uk](mailto:info@animalaid.org.uk) for free information about ditching dairy.

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