

# Love animals?



## Then don't eat them!

**You can help create a  
better world, improve your  
health and save animals!**



[www.animalaid.org.uk](http://www.animalaid.org.uk)



**Every year a billion farmed animals are killed for food in this country.**



## Be Kind

The average meat-eater consumes 5000 animals during his or her lifetime. Each pig, chicken, fish, lamb or cow killed for your dinner plate feels pain, fear and sadness, just like you.

Most of these animals are reared in miserable factory farms, where they are unable to breathe fresh air, exercise properly or behave in a natural way. Whether reared on an intensive or 'free-range' farm, they don't get to live very long. For example, sheep are killed for meat when they are only three to six months old. Their natural lifespan would be 15 years. And whatever some people say, slaughter is not humane. It is a brutal, bloody and terrifying death.



## Be Healthy

Do yourself a favour, stop eating meat and give your health a boost! By going vegan, you are likely to be slimmer, fitter and healthier.



## Be Green

Rearing animals for food wastes the earth's natural resources. Animal farming uses far more land, water and energy than producing food for a vegan diet. This means that there is less food for feeding hungry people. Animal farming is also a major cause of global warming, rainforest deforestation and water pollution.



# Choose life – Go vegan!



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There's never been a better time to give it a go!

To order a free Go Vegan pack, full of great food ideas and recipes, visit [animalaid.org.uk/go/veganpack](http://animalaid.org.uk/go/veganpack), email [youth@animalaid.co.uk](mailto:youth@animalaid.co.uk) or phone 01732 364546 ext. 221.

If you are at school or college, ask your teacher to invite a speaker from Animal Aid to give a free talk or vegan cookery demonstration to your class.



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