



## A Message From Ingrid E. Newkirk

Dear Animal Times Reader,

In an episode of the Muppets TV series, there's a daft Swedish chef who sets out to make chicken pot pie, lobster Thermidor, and roast turkey "from scratch," entering the kitchen with ax in hand. None of the intended dishes has the slightest intention of cooperating.

"Take de turkey from de baskey," says Chef.

"Take that!" says the turkey, bashing him on the noggin with the ax and heading out the door with ruffled feathers.

The lobsters and the chicken won't cooperate either. Chef opts for a vegetable stew.

**"Take that!" says the turkey.**

This holiday, we must side with the turkeys, lobsters, and chickens and bring people over to the healthier, humane side of the table. That's easy if you are armed with veggie dishes to share and fabulous facts, e.g., that a vegan is 57% less likely than a meat-eater to have a heart attack, that turkey flesh contains nearly the same amount of cholesterol as beef, and that veggies have no cholesterol whatsoever! Real turkeys need your support, like the two little turkey brothers we found one winter morning walking together along a road traveled by trucks bound for the slaughterhouse. They were as bewildered as I would be if I'd fallen off a truck. Yet they were extremely curious and talked to each other in elaborate sounds that you might have expected from aliens out of a flying saucer. They tilted their heads quizzically toward any conversation and investigated everything. Their gentleness, their polite nature, and seeing them sit quietly and close their eyes at the sound of classical music might—just might—have made the casual meat-eater become a vegetarian.

A turn-of-the-century political activist said, "Suppose that we had to kill for ourselves the creatures whose bodies we would fain have upon our table, is there one woman in a hundred who would go to the slaughterhouse to slay the bullock, the calf, the sheep, or the pig?"

Hard-hearted souls aside, most wouldn't raise that knife any more than they'd throw a live cat or dog into boiling water, which happens in other places. Yet, they don't even bat an eye at tanks of lobsters awaiting that fate. So this holiday, let's do whatever it takes to help them overcome their prejudices and "relate to who's on their plate!"

Happy holiday educating!

*Ingrid*

Ingrid E. Newkirk  
President

## Geese Find Peace

After learning that a homeowners association was going to pay the U.S. Department of Agriculture (USDA) to kill seven geese



because they were leaving droppings on lawns, PETA came to the rescue. It took two tries, two kayaks, and lots of patience, but the geese were rescued two days before they were scheduled to be killed. They were adopted by vegan veterinarian Dr. Rob Teti, and the homeowners association donated the USDA's fee to PETA instead.

Attention, shoppers... check out the great variety of vegan products

at your grocery store! Living "La Vida Vegan" has never been easier. Many products, including faux franks, veggie burgers, chicken-free "chicken" patties, flavored soy milks, nondairy ice creams, and other sensational soy-based snacks, are specifically marketed to people looking for vegetarian options. But there's also an abundance of chips, dips, cookies, candies, soups, and other mouth-watering items offered by mainstream food manufacturers that are "accidentally"

# I Can't Believe It's Vegan!

vegan—so grab a cart, stroll down the aisle of your local supermarket, and add these vegan vittles to your grocery list.



## Star Munchies

- ▶ Sexy songbird **Christina Aguilera** sings the praises of Eden Soy Milk.
- ▶ Hollywood heartthrob **Ethan Hawke** satisfies his sweet tooth with Tofutti ice cream sandwiches.
- ▶ According to *In Style* magazine, hot young actor **Ioan Gruffudd**, who plays Lancelot in the blockbuster movie *King Arthur*, is crazy about Uncle Eddie's Vegan Chocolate Chip cookies.
- ▶ The **Bush twins** are soy sisters who indulge in Starbucks soy lattes.
- ▶ The luscious lads from the band **Good Charlotte** think that Gardenburger Riblets rock!
- ▶ Actor and professional prankster **Jamie Kennedy** showed off the Tuno in his animal-friendly fridge on MTV's *Cribs*.
- ▶ Mori-Nu Silken Tofu is part of vivacious vegan **Shania Twain's** tour! She makes sure that boxes of the tofurrific product are stashed in her dressing room for every show.



For the complete list, check out the "I Can't Believe It's Vegan!" feature on VegCooking.com.

### Breakfast

- Cheerios (Original, Barbecue)
- Trix
- Apple Jacks
- Cocoa Puffs
- Frosted Flakes
- Pop Tarts (some unfrosted varieties)
- Raisin Bran
- Famous Amos
- Sandwich Cookies (Chocolate, Oatmeal
- Macaroon, Peanut Butter, and Vanilla)
- Fritos

### Snacks

- Goldenberg's Peanut Chews
- Jolly Ranchers (lollipops and hard candy)
- Keebler (Club Crackers, Vienna Fingers)
- Lay's Potato Chips (Natural Country Barbecue)

### Baked Goods

- Nabisco (Original Graham Crackers, Teddy Grahams)
- Oreos (Chocolate Crème, Mint Crème, and Uh-oh)
- Twizzlers
- Wheat Thins
- Arnold's Jewish Rye Bread
- Krispy Kreme Fruit Pies (Apple and Cherry)
- Little Debbie

### Cake Donuts

- Thomas New York Style Bagels (Blueberry, Plain, Everything, and Cinnamon Swirl)
- Wonder Bread

### Refrigerated and Frozen Foods

- Fleischmann's Light Margarine
- Mrs. Smith's Deep Dish Pie Crust
- Pepperidge

### Farm Puff Pastry

- Pillsbury Crescent Rolls
- Aunt Jemima Whole Wheat Pancake Mix
- Bisquick
- Duncan Hines Moist Deluxe Cake Mix (Golden, Classic Yellow Cake, Devil's Food, and more)
- Duncan Hines Muffin Mix (Blueberry,



- Lipton Recipe Soup and Dip Mix (Vegetable, Onion, and Beefy Onion)
- Old El Paso (Enchilada Sauce, Taco Seasoning Mix, and Taco Shells)
- Prego Mushroom Pasta Sauce
- Progresso Soups (Lentil and Hearty Tomato)
- San Giorgio Pastas (Angel Hair, Elbow Macaroni, Rigatoni, Rotelle, and Spaghetti)
- Top Ramen (Oriental)



## Help Us With Our Grocery List

We are constantly updating our list, so if you know of a product found in mainstream grocery stores that isn't currently listed, please e-mail VegInfo@peta.org.

**PETA**  
PEOPLE FOR THE ETHICAL TREATMENT OF ANIMALS  
501 FRONT ST.  
NORFOLK, VA 23510  
757-622-PETA  
PETA@peta.org  
PETA.org  
ISSN: 0899-9708  
Canadian Agreement Number: 40030956

All portions of this publication not accompanied by the © symbol are not copyrighted and may be reproduced freely.  
PETA is an international nonprofit animal protection organization with more than 800,000 members and supporters dedicated to establishing the rights of all animals.

Editor: Ingrid E. Newkirk  
Coordinator: Robyn Wesley  
Publications Assistant: Roxanne Conwell  
Editorial Consultant: Alisa Mullins  
Copy Editor: Karen Porreca

Writers: Carla Bennett, Amy Skylark, Elizabeth Kathy, Guillermo Heather, Moore Paula, Moore Alisa, Mullins Liz, Welsh  
Designers: Lawrence & Beavan  
Printer: Schumann Printers, Inc.