

AMAY FROM MEAT

U.S. factory farms and slaughterhouses are as filthy as "wet markets" anywhere in the world: If you looked inside at the blood, urine, waste, and offal on the floor and walls, you would lose your lunch. Workers are getting sick, and working conditions are appalling. Animals are terrified. They scream and try to escape. They smell the fear and the slaughter.

A meat shortage isn't a food shortage. No one needs meat. It is linked to heart disease, cancer, stroke, high blood pressure, diabetes, and obesity.

Eat as if everyone's life depends on it, because it does.

We will help you. Free vegan starter kits at PETA.org/Vegan. Free vegan mentors. Free recipes.

