

Planetary Wellbeing

Cut Pollution & Toxicity

- Cleaning & Laundry
- Green Carwash
- Low-Toxin Manufacturing
- Natural Garden & Lawn Care
- Organic & Sustainable Agriculture
- Pest Control
- Plant-Based Eating
- Zero Emissions
- Zero Toxin Parenting

Ensure Animal Wellness

- Guard Water Resources
- Ocean Awareness
- Protect Biodiversity
- Reduce Resource Consumption
- Save Energy & Climate

Step into Spring



Shop all step into spring



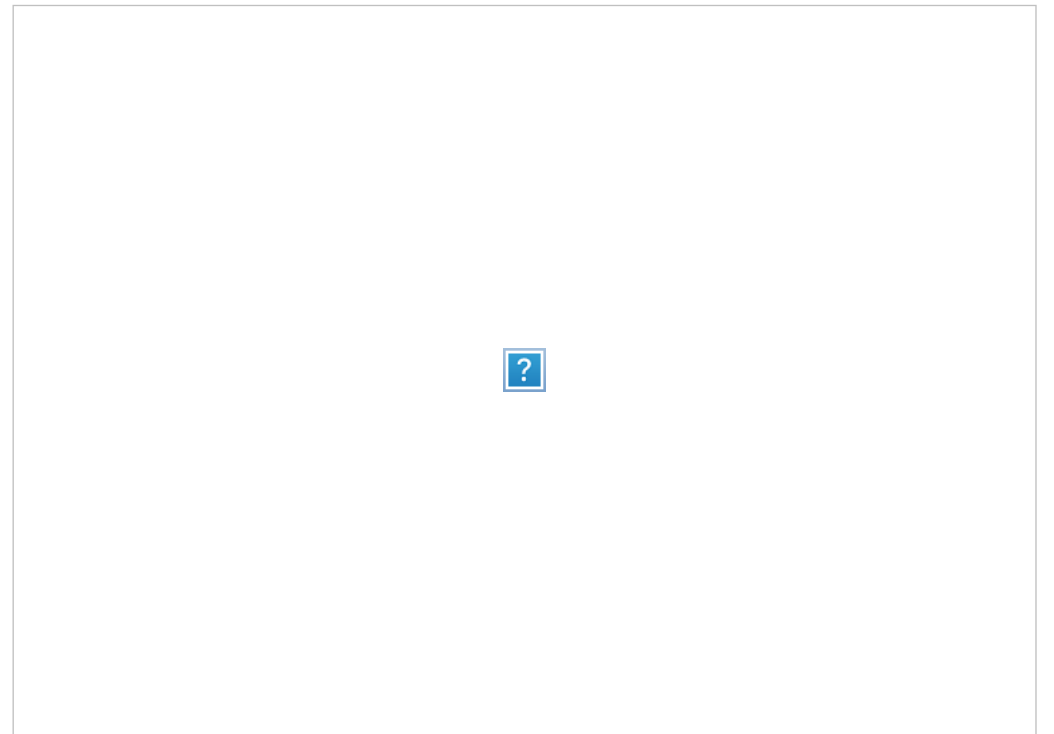
SHOP GLAMOUR SHOTS

How to Buy Guiltless, Cruelty-Free Foods

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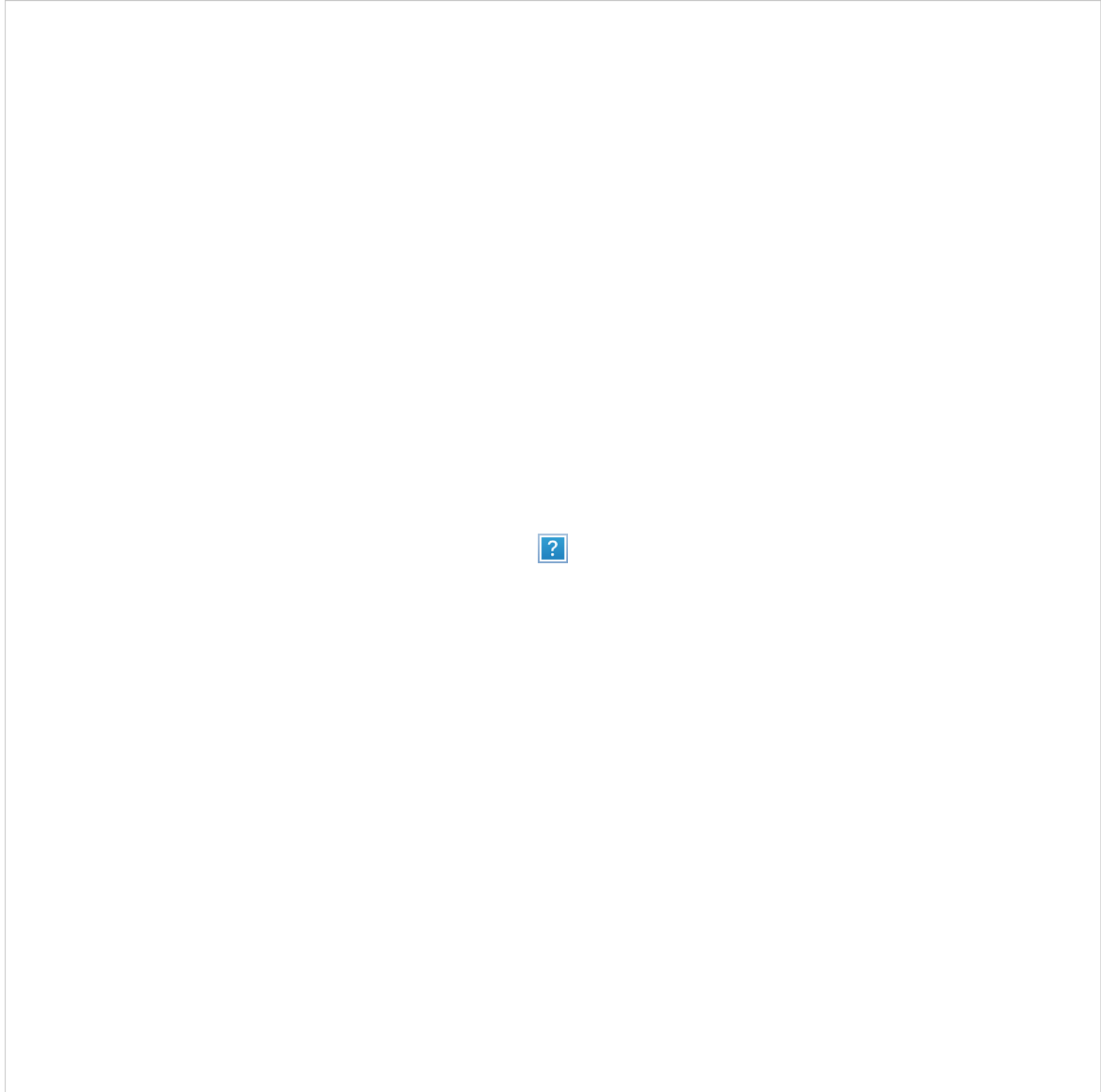
Mahatma Gandhi once said, “The greatness of a nation and its moral progress can be judged by the way its animals are treated.” We’re a long ways from that ideal. Have you ever wondered how meat has become so cheap? The answer is fast production, massive impersonal farms, and poorly paid workers who don’t know or care about the animals. Farms have moved from the fields to factories, animals are force fed chemicals to grow quicker, and then they are slaughtered young. These shortcuts and more are used so that ethical standards have deteriorated around the world to ensure a cheap supply of meat to the world’s fattest nations.

Whenever a product drops in price, it’s not because it actually costs less to produce. It’s because the cost of production is transferred from the consumer to someone else. In the case of cheap meat, the animals end up paying for this fast food production economy. They pay by suffering poor quality of life, and ultimately they pay with their very lives. There are so many ways you can alleviate the suffering of factory farm animals. Start with our guide to choosing cruelty-free foods, and then consider how you might **adopt a vegetarian (or vegan!)** diet, even if only part time. Your choices really will make a big difference.



Quick Guide: Facts of Animal Cruelty in Factory Farms

- **Meat consumption in America:** At about 5% of the world’s population, American’s eat nearly 10 billion animals a year, more than 15% of the world’s total. That’s about 32 animals per person per year and most of those are raised in factories in horrific conditions.^[i]
- **Consumption of chickens, pigs and cows in the US:** At least 24 million chickens, turkeys, and ducks are slaughtered every day with volts of electricity in federally inspected slaughterhouses, and further tortured when the machinery breaks down. Every day in America around 95,000 cows (34.4 million per year), 2,500 calves raised for veal (957,000 per year), and 320,000 pigs are slaughtered (117,000 per year).^[ii]
- **Unnatural reproduction:** Natural procreation is usually impossible for factory animals because the animals are too mad, too sick, or too fat. Males are drugged and stimulated by workers, and the semen is then used to inseminate the females mechanically.
- **Growth hormones:** Since the 1950s, the US Food and Drug Administration (FDA) have approved a number of steroid hormone drugs for use in beef cattle and sheep, including natural estrogen, progesterone, testosterone, and their synthetic versions.^[iii] These drugs increase the animals’ growth rate, the efficiency by which they convert the feed they eat into meat, and the leanness of their meat.
- **Compact pens or cages:** Farms that allowed cattle to roam the ranges eating grass and pigs to play in the mud waiting for their slops (left over from the family meal or some grain) are long gone – today, animals are confined so that they can barely move. The close confinement is extremely stressful for these animals. Pigs, for instance, typically go violently mad, attacking each other. This type of behavior was never seen on the traditional farm or in nature.
- **Light manipulation:** The animals get controlled light cycles to simulate longer or shorter days. This confuses an animal’s body and forces an unnatural growth response – all in the name of producing meat as quickly as possible.
- **Hygiene and healthcare:** Factory farms are far from hygienic. Factory animals live in their own urine and excrement, and develop tumors, ulcers, cysts, lesions and other afflictions because of stress and close confinement. Most never receive medical attention or treatment.
- **Unnatural food:** In nature and in traditional farms, cows are grass eaters and chickens are grain eaters. In factories they are fed, at best, corn in abnormally high amounts causing liver abscesses and excessively acidic digestive systems. Feed also contains plastic pellets; meat from members of the same species (this is linked to the spread of both mad cow disease, bovine spongiform encephalopathy or BSE and avian bird flu); animal waste including cattle manure, swine waste, and poultry waste; wood, sand, rocks, dirt and sawdust; and animal byproducts categorized as “animal protein products” (feathers, hair, skin, hooves, blood, internal organs, intestines, beaks and bones, dead horses, euthanized cats and dogs).
- **Deadly transport:** The journey from farm to slaughterhouse is equally treacherous. According to a 2006 industry report, more than 1 million pigs die each year being transported to the slaughter house.^[iv] Sick and injured animals will be kicked, struck with electric prods, and finally dragged off the trucks to their deaths.
- **Cruel slaughter:** Once inside the slaughterhouses, animals are killed without regard to pain. Birds are hung upside down by their feet as an electrical immobilization is used on their head and upper bodies. They are then dragged through a water trough called a stunner, which paralyzes the muscles of their feather follicles so their feathers will pop out easily. The birds then have their necks partially sliced by a rotating machine and are hung upside down for 90 seconds in a bleed out tunnel where they’re supposed to die. Dead or alive, the birds are then dropped into tanks of semi-scalding water.



Take Action! Prevent Farm Animal Cruelty with a Humane Diet

1. **Avoid the most cruel animal foods:** Check out our guide to how to recognize and keep the cruelest animal foods out of your diet.
2. **Buy certified cruelty-free animal products:** There are many certification systems today that help you navigate the world of cruelty-free foods. Check out our guide to cruelty-free labels so that you know which ones are greenwashed and which ones are verifiable.
3. **Start to minimize animal-based foods in your diet:** One of the safest ways to ensure you don't contribute to animal cruelty is to eat a vegetarian or vegan diet. Our guide to eating a healthy vegetarian diet will get you started.

Dig Deeper: Animal Cruelty

- Find out more about confined animal feeding operations (CAFOs) via the [Center to Expose & Close Animal Factories](#).
- Take a look at [how many animals are killed each minute](#).

Images By: [sneakerdog](#)

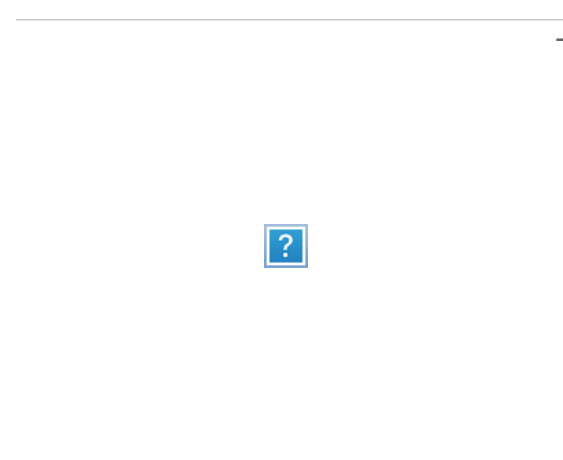
Steroid Hormone Implants Used for Growth in Food-Producing Animals. (n.d.). Retrieved from US Food and Drug Administration: <http://www.fda.gov/AnimalVeterinary/SafetyHealth/ProductSafetyInformation/ucm055436.htm>

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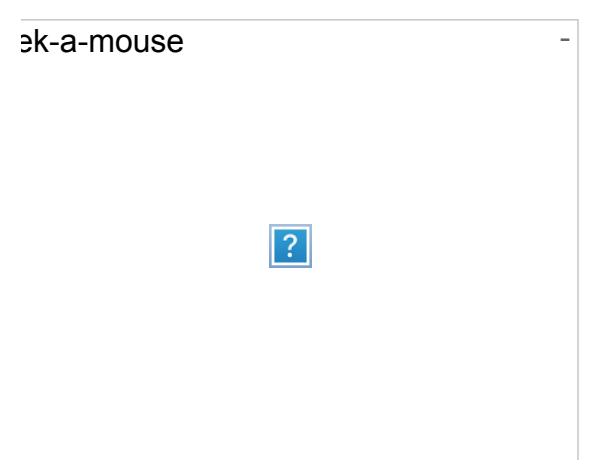
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