

**Take the veggie pledge : make your next meal count : campaign for a meat-free Britain / Animal Aid.**

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TAKE THE VEGGIE PLEDGE

MAKE YOUR NEXT  
MEAL  
**Count**



Photo: K Thomas

**Campaign for a meat-free Britain**





## TAKE THE VEGGIE PLEDGE

# Is **meat** worth the **waste?**

**A WASTE OF LIFE** – More than 600 million animals are slaughtered annually for food in the UK alone. Most of them are reared in factory farms, never seeing daylight or feeling fresh air.

**A WASTE OF HEALTH** – Surveys show that meat eaters are more likely to suffer from gallstones, angina, haemorrhoids, varicose veins, obesity, coronary heart disease, high blood pressure, cancer of the colon, appendicitis and constipation.

**A WASTE OF RESOURCES** – The meat habit adds to the problem of world hunger. A plot of land that can feed approximately 10 people on a vegetarian diet, can feed only 1 person if the land is used to grow feed for animals and we then eat the animals.

**ENVIRONMENTAL NIGHTMARE** – livestock farming is now the biggest cause of water pollution in the UK.

### **A MEAT-FREE BRITAIN?**

Not yet, of course. But with at least 3% of the population already vegetarian we can realistically look to a figure of 10% by the year 2000. That will mean 6 million people not eating meat... improved health... a cleaner planet and most importantly, the seeds sown for future generations to choose a more caring lifestyle. You can help make the difference. Take the veggie pledge and help us to save 60 million animals every year. **Make your next meal count.**

## WHAT YOU CAN DO

- Take the veggie pledge
- Send for your **FREE** campaign magazine, including recipes, nutritional advice and information on all the advantages of vegetarianism.  
(Please send 27p stamp - n.b. you can send for the magazine even if you are not ready to take the pledge)
- Join Animal Aid and help the fight against animal abuse

- ☐ I wish to become a member of Animal Aid and enclose a cheque for £\_\_\_\_\_ (£7 waged, £5 unwaged, £3 youth (under 18), £100 life membership).
- ☐ I enclose a donation of £\_\_\_\_\_ in support of your campaign.
- ☐ Please send my vegetarian campaign magazine (please enclose 27p stamp)
- ☐ Please send me more leaflets. (£1.50 per 100, £5 per 500)

Name \_\_\_\_\_

Address \_\_\_\_\_

Age (if under 18) \_\_\_\_\_

Animal Aid, 7 Castle Street, Tonbridge, Kent TN9 1BH. **HOTLINE 0732 366533**



## YES, I will make my next meal count

Name \_\_\_\_\_

Address \_\_\_\_\_

Date \_\_\_\_\_

**PLEDGE**