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

Contributors

Animal Aid (Society : Tonbridge, England)

Publication/Creation

Tonbridge : Animal Aid, [1992?]

Persistent URL

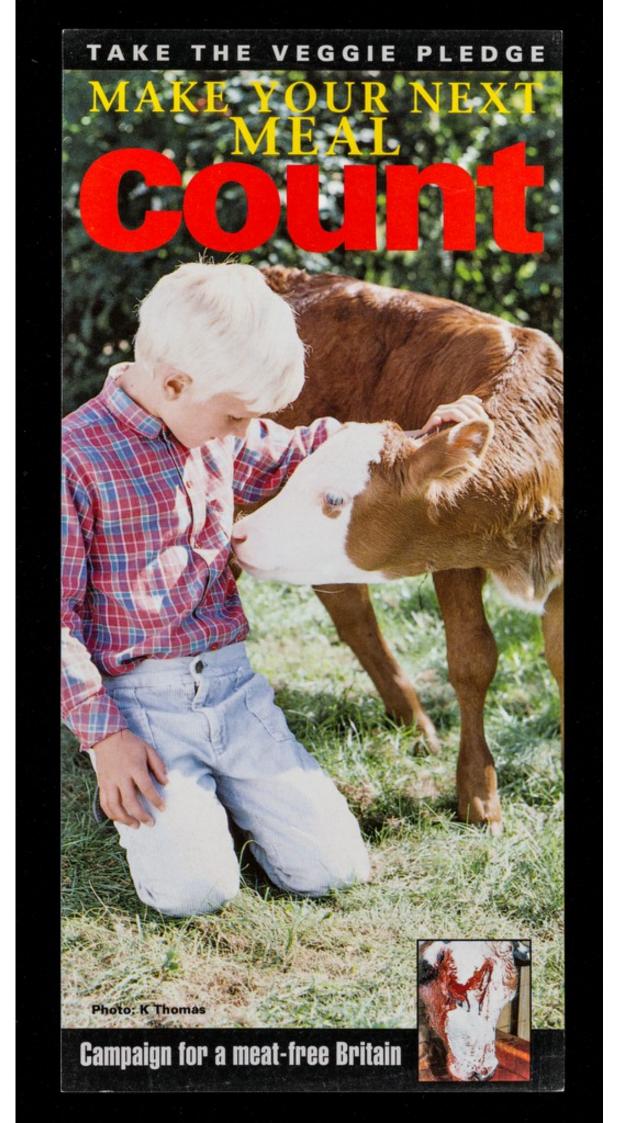
https://wellcomecollection.org/works/drae9kxr

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection 183 Euston Road London NW1 2BE UK T +44 (0)20 7611 8722 E library@wellcomecollection.org https://wellcomecollection.org



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	and the second sec
	Date
San Arton Street	Date