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

# Contributors

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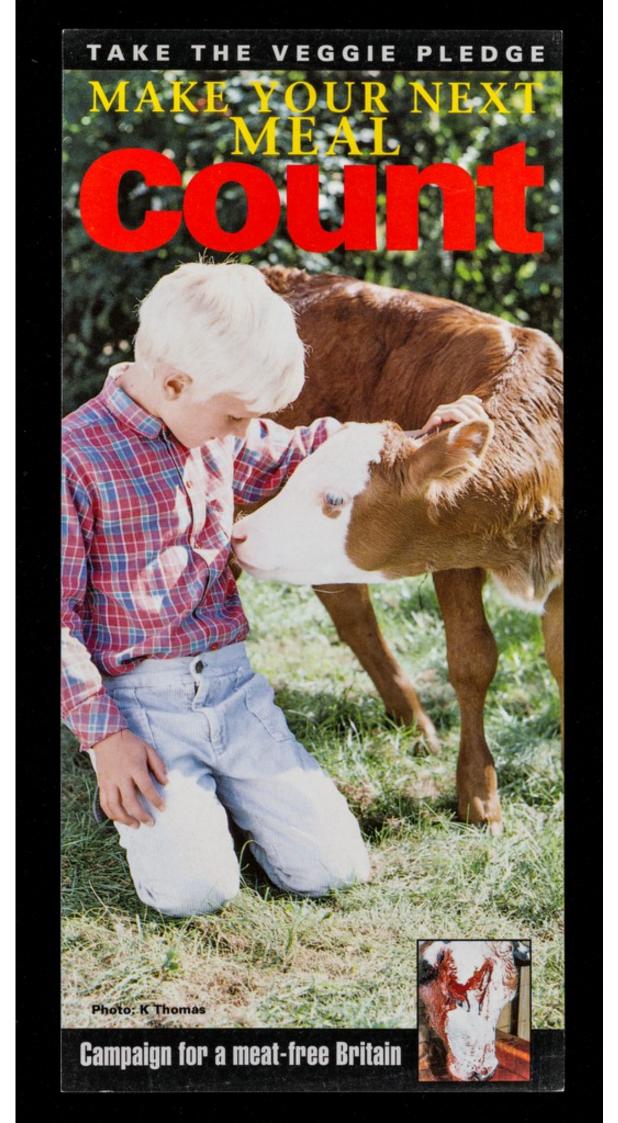
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# TAKE THE VEGGIE PLEDGE

# 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