



Compassionate Action for Animals
Creating respect and justice for animals in our world.

OUR MISSION:
To inspire respect for animals and promote vegetarianism through outreach, education, and community building in the Twin Cities.

ways we work towards it:

- Vegetarian and vegan food giveaways, to help demonstrate how delicious vegetarian food can be.
- Social events, such as pot-lucks and dineouts, to build a veg community.
- Staffing tables and handing out pamphlets in high traffic areas, like college campuses and concerts, to reach large numbers of people.
- Presentations by speakers on animal or vegetarian related topics, to educate ourselves and the community.
- Working with local restaurants, businesses, and the college cafeterias, to improve and expand veg options for diners.

COMMON QUESTIONS & ANSWERS:

1 Why should we care about animals?

Most people believe that unnecessary suffering is bad. Other animals particularly vertebrates suffer pain and emotional stress in much the same way humans do. Because of this, we should take animals' suffering seriously. As animal products are not a necessary part of our diet, becoming vegan is one of the most effective ways to reduce animals' suffering.

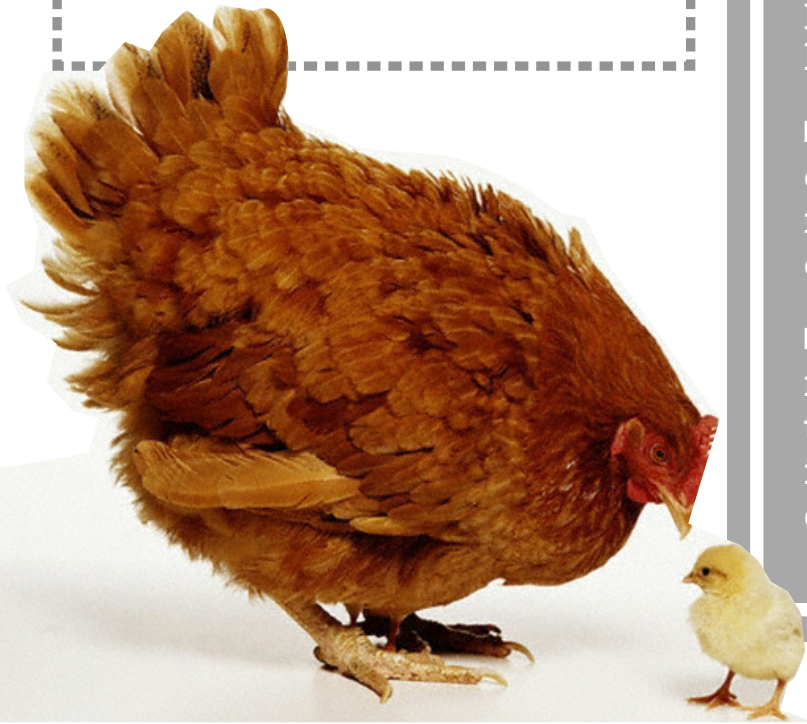
2 Why focus on vegan outreach?

99% of the animals killed in the U.S. are farm animals. Each year more than 9 billion animals are raised and killed for food in this country. Factory farms are by far the leading cause of animal suffering. If 5% of Americans were to stop eating animals, far more suffering would be prevented than if we completely abolished every other form of animal exploitation in the U.S.

3 What difference will it make if I stop eating meat?

Nowadays there are many more vegan options at restaurants and grocery stores than even 5 years ago. This is due to an increased demand for these foods. By not buying animal products, you can help to create a demand for alternatives to animal products and decrease the abuse done to animals.

► continued on back



you can help!

Compassionate Action for Animals is always looking for new people to help us promote vegetarianism and animal issues in the Twin Cities.

there are many ways to help:

- **Tabling**
- **Social events**
- **Leafleting at concerts or college campuses**
- **Fundraising**
- **Organizing events**
- **And many more!**

If you would like to help, please fill out the volunteer form on our website, stop by our office, or give us a ring! We are always advocating for the animals, but we can't do it without your help.

Please feel free to contact us with any questions or comments.
Compassionate Action for Animals
P.O. Box 13149, Minneapolis, MN 55414

Office: Open M-F, 11am-2pm
Coffman Memorial Union,
300 Washington SE, 226A
Minneapolis, MN 55455
Phone: (612)626-5785
Web: ExploreVeg.org
e: info@ExploreVeg.org



► continued from inside

COMMON QUESTIONS & ANSWERS:

4 I'd like to be vegan but there is some food that I could not give up.

You can move towards a more compassionate lifestyle by cutting out whatever animal products you can. If giving up ice cream, for example, is too hard for you, you can cut down on everything else except ice cream, but also try the many delicious vegan varieties. Many people also find that their tastes change after becoming vegan, and they no longer crave some of these things.

.....

web resources:

■ **CAA's Vegetarian Guide**

www.VegGuide.org

A guide to veg-friendly dining and resources—there are thousands of places to find delicious veg food and animal-friendly products!

■ **Animal-Friendly Recipes**

www.MakeltVeg.org

www.ivu.org/recipes/

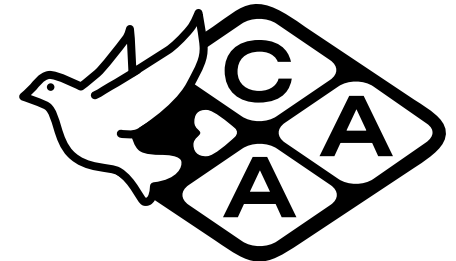
www.VegWeb.com/food/

Thousands of vegetarian and vegan recipes, including many old favorites like sloppy joes and brownies.

■ **Our Website**

www.ExploreVeg.org

Veg-friendly social events, ways to help out locally, recipes, and even a FREE Vegetarian Starter Kit! Check it out!



Compassionate Action for Animals

Creating respect and justice for animals in our world.



Compassionate Action for Animals
Creating respect and justice for animals in our world.

300 Washington SE, 226A
Minneapolis, MN 55455
tel (612)626-5785
www.exploreveg.org

Brochure designed by madebyjulie.com