



Why?

Many of us have had a personal relationship with a dog or cat. We've cared for them and seen how they enjoy their lives and yearn to be happy just as we do. Animals that are commonly used for food are a lot like our dog and cat friends. They all have relationships and emotions, including the capacity to suffer. Yet, every year these farmed animals are confined, mutilated, and slaughtered so that we can have meat, fish, poultry, eggs, and dairy on our plates. We at Compassionate Action for Animals want them to get the respect and compassion they deserve. The opportunity to help them is here.



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Compassionate
Action for Animals
Embrace Your Empathy



Get Involved!

Move towards a plant-based diet.

All of our programs and events are designed to support your transition to making more compassionate food choices, and we welcome everyone, whether vegan, vegetarian, or omnivore.

Hang out with us!

We host a variety of community events, including monthly dine outs and potlucks, as well as the yearly Vegan Chili Cook-Off and Twin Cities Veg Fest.

Lend a hand!

We have the support of hundreds of volunteers helping in various capacities, from washing dishes after a potluck to serving on our Board of Directors. Volunteering is a great way to help animals while at the same time getting to know others who care about the same things.

Get the word out!

You can be a voice for the animals when you participate in our outreach programs, such as distributing leaflets and screening videos. We also offer presentations in schools and colleges through our humane education program, Bridges of Respect.

Donate.

We're able to continue our work thanks to the generous support of individuals like you. To make a tax-deductible donation, go to exploreveg.org/donate.



We're Winning!

As vegan options are more readily available in mainstream supermarkets and restaurants, it's clear that consumer demand is shifting away from animal products. You can be a part of this change through your everyday choices. Get involved, stay involved, and be a part of the compassionate community in the Twin Cities and beyond.

For more information on upcoming events and other resources for moving to a plant-based diet, please visit our website at exploreveg.org.

