THE MEATOUT PLEDGE

- Consumption of animal fat and meat has been linked conclusively with an elevated incidence of heart failure, stroke, cancer, and other chronic diseases that cripple and kill 1.5 million Americans each year.
- Raising of animals for food wastes foodstuffs that should be used to feed the world's hungry and depletes drastically our irreplaceable food production resources, such as topsoil and groundwater.
- Raising of animals for food devastates forests and other wildlife habitats and dumps more pollutants into our lakes and streams than all other human activities combined.
- Raising of animals for food on today's "factory farms" involves the confinement, crowding, deprivation, mutilation, and other gross abuse and slaughter of nearly six billion feeling, innocent animals.

Therefore, **"I pledge to kick the meat habit on March 20th (first day of Spring) and to explore a less violent, more wholesome diet."**

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