

Become Healthier While Helping to Save Animals and the Earth!

WORLD VEGETARIAN DAY

October 1 is the Annual Kickoff of Vegetarian Awareness Month

EVERY MEATLESS MEAL CAN HELP:

- Reduce the risk of major killers such as heart disease, strokes and cancers while cutting exposure to foodborne pathogens;
- Provide a viable answer to feeding the world's hungry through more efficient use of grains and other crops;
- Save animals from suffering in factory-farm conditions and from the pain and terror of slaughter;
- Conserve vital but limited freshwater, fertile topsoil and other precious resources;
- Preserve irreplaceable ecosystems such as rainforests and other wildlife habitats;
- Decrease greenhouse gases that are accelerating global warming;
- Mitigate the ever-expanding environmental pollution of animal agriculture.

To learn more about healthy meat-free eating, contact us for our free 16-page booklet, ***Vegetarianism: Answers to the most commonly asked questions***. This handy resource contains nutrition information, recipes and more.

For a full menu of ideas and information, visit our website: www.worldvegetarianday.org


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North American Vegetarian Society | PO Box 72 | Dolgeville, New York 13329 | 518.568.7970 | navs@telenet.net