

IS DAIRY REALLY THAT BAD?

Yes. To produce milk, a cow must have a baby. For most of her shortened adult life, the cow will be pregnant and milked. Her babies are taken away a few days after birth – year after year. The separation of dairy cows and their newborn calves so that we can have their milk is traumatic for both – they cry and search for one another. Male calves are the ‘waste products’ of milk production and so are killed. Female calves are raised to go into service as dairy cows to repeat the miserable cycle. This is why vegans do not eat dairy.



THE VEGAN SOLUTION

Animals have the same ability to feel pain and fear and the same impulse to live as we do. There is no need for humans to kill and eat animals and their secretions when clearly we can survive – and in fact thrive – on a plant-based diet. There are not many choices in our everyday lives that make a significant impact on the world around us, but what we choose to eat does. Every vegan saves more than 100 animals a year from being killed and many more from lives of cruelty. Make a clear and conscious statement that you will no longer support the cruel farming and killing of animals – be vegan.

“Thousands of people who say they ‘love’ animals sit down once or twice a day to enjoy the flesh of the creatures who have been utterly deprived of everything that could make their lives worth living and who endured the awful pain and suffering of the abattoirs.”

— Jane Goodall —

FOUND THIS USEFUL? WE HAVE LOADS MORE.

Visit our website for a complete list of helpful leaflets on vegan nutrition and families, recommended links and vegan recipes.

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Check our website for how to support our work or get involved with our local activities. The CVS is a registered charitable organisation. Donations are tax deductible.

Written by Yolanda Soryl, November 2020.

Thanks to the members of our vegan community for providing their photos for our leaflets.

veganchristchurch.org.nz



#2 ANIMAL RIGHTS

YOUR DIET CAN MAKE A BIG DIFFERENCE FOR ANIMALS

Animal rights is an ethical and moral position that extends respect, compassion and equality to all animals. In New Zealand, the greatest animal exploitation is caused by meat, egg and dairy industries.

Animals feel pain and like us, they also have complex emotions. To produce meat, eggs and even dairy products, the animals often must endure terrible suffering. Also, to produce meat there must be killing – and no animal wants to die.

DID YOU KNOW?

-  More animals suffer in food production than any other aspect of animal abuse.
-  Over 140 million animals are slaughtered annually in NZ.
-  Empathy is one of the main reasons why people go vegan.
-  Four out of every five land animals killed for meat in New Zealand are chickens.

EXCELLENT PLANT-BASED FOOD CHOICES



FACTORY FARMING

In factory farms, animals are just commodities, treated like food producing machines. They are crammed into large warehouses where they live their brief unnatural lives never seeing the sun or smelling fresh air. Many live in small cages where they cannot turn around or stretch out and they live in their own waste. Animals living in these factory farms seldom receive veterinary attention for the many injuries incurred from these conditions. Their lives are full of misery and pain.



OUTDOOR FARMING

Few outdoor reared animals in New Zealand are offered shelter from our unpredictable climate. They are forced to endure freezing conditions in winter, weathering snow and driving rain without protection. Many die of hypothermia. In summer, the relentless sun sees them in fields with no shade or relief from the heat. Outdoor reared animals also suffer painful farming practices such as mulesing (cutting off flesh), separation of mothers and babies (for dairy), disbudding, dehorning and castration. Injured, ill or birthing animals seldom receive veterinary treatment.

“It takes nothing away from a human to be kind to an animal.” Joaquin Phoenix

THE PRICE OF MEAT

All farmed animals, whether factory or outdoor reared, travel the nightmare journey to the slaughterhouse. They travel long distances, in oppressive heat or bitter cold, suffering overcrowding and stress and almost always without food or water. Many die on the journey, and others are too weak or ill to walk off the truck on arrival at the slaughterhouse.

STOP THE KILLING

There is no such thing as humane slaughter. The killing of any animal is a bloody and violent event. On arrival at the slaughterhouse, animals are stressed further by being hosed down. They are then shepherded to their deaths where they are stunned with an electric shock to the head before being hung upside down by their feet and having their throats slit. After bleeding to death, their bodies are cut up to become meat. Choosing a vegan diet is the single most beneficial action you can do right now to help animals. It also says you no longer support animal cruelty or their deaths just so you can eat them.



WHAT ABOUT FREE RANGE?

While free range (and organic) farms typically rear animals outdoors and offer more space, they are far from idyllic. Overcrowding, poor nutrition and inadequate shelter can cause considerable stress and ill-health. Once animals are no longer deemed economical, they too are sent to slaughter, usually in the same methods used by factory farmers.

FISH FEEL PAIN TOO!

Fish have a nervous system and pain receptors like all other animals. Their deaths are particularly horrific – having their mouths and insides torn out by a hook, or, most commonly, dying of asphyxia – being starved of oxygen – as in the method by which wild trawled fish are killed. Fish are also factory farmed and suffer great stress in cramped conditions, unable to swim freely, before their painful deaths. This is why vegans do not eat fish.



ANIMALS ARE AMAZING

Animals are complex beings. There are so many recorded incidents of animals showing compassion to humans and other animals, of escaping from abattoirs and going to great lengths to protect their babies. Anyone who has spent time with animals – whether they be dogs or cows, sheep or hens – knows that they are each unique creatures, with their own personalities and will to live.

“The animals of the world exist for their own reasons. They were not made for humans any more than blacks were made for whites, or women for men.” Alice Walker

FREE DOWNLOADS

We have many other informative leaflets on health and nutrition, including raising vegan children, available at: veganchristchurch.org.nz

