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**ANIMAL
WELFARE
REASONS**
FOR VEGETARIANISM

**YOUR DIET CAN
MAKE A BIG
DIFFERENCE
FOR ANIMALS**



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MEAT PRODUCTION HURTS ANIMALS!

Factory farming... cruel farming practices... slaughter... death.

DID YOU KNOW ...

More animals suffer in food production than any other aspect of animal abuse. Empathy for animals is one of the main reasons why people become vegetarian.

WHY?

It is now well established that animals feel pain just as we do, and they also have complex emotions. There is so much suffering and cruelty involved with meat production. Farmers need to maximise output while minimising costs, creating miserable living conditions. Also, to produce meat there must be killing – and no animal wants to die.

THE VEGETARIAN 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 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 vegetarian saves more than 100 animals a year from being killed.

Becoming a vegetarian makes the most significant impact on the animals we share this world with. It means you are no longer part of the cruel practises and the killing of animals so that you can eat them. Make a clear and conscious statement that you will no longer support animal cruelty – **GO VEGETARIAN.**

INTENSIVE 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 medical care for the many injuries incurred from these conditions. Their lives are full of misery and pain.

FARMING OUTDOORS

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 don't often receive proper medical care.

THE JOURNEY TO DEATH

All farm animals, whether factory or outdoor farmed, travel the nightmare journey to the slaughter house. They travel long distances, in oppressive heat or bitter cold, suffering over-crowding and stress and always without food or water. Some die on the journey, and others are too weak or ill to walk off the truck on arrival at the slaughterhouse.

SLAUGHTER

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 by electric shock or captive bolt 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 for market.

WHAT ABOUT ORGANIC OR FREE RANGE?

No matter how an animal is raised (and free range conditions are certainly not idyllic), all animals are killed as soon as they become uneconomic. Organic farming refers to the chemicals used and has no bearing on animal welfare

FISH

Fish have a nervous system and pain receptors like all other animals. Their deaths are particularly horrific – having their mouths or insides torn out by a hook or crushed under the weight of hundreds of others in the vast nets, then dying of asphyxia – being starved of oxygen. Huge numbers of birds, mammals and fish also die from accidental capture. Fish are also factory farmed and suffer great stress in cramped conditions, unable to swim freely, before their painful deaths. This is why vegetarians do not eat fish.

DAIRY

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 day or two after birth – year after year. The separation of mothers 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 or raised for meat. Some Female calves are raised to go into service as dairy cows to repeat the miserable cycle. This is why many vegetarians choose to be vegan.

EGGS

Farmed production of eggs causes immense suffering for the layer chickens. Either captive in tiny cages or overcrowded in barns or free range, they are deprived freedom, comfort and medical care. The stress creates aggression causing severe injuries. At 18 months old, they are "de-populated" (killed). This process is often so rough it causes broken legs and wings. Males chicks are sorted at a day or so old and are either gassed or macerated (ground up alive).

Leaflet sets available from the
NZ Vegetarian Society

Vegetarian Families set (5)
Reasons for Vegetarianism set (2)
Vegetarian Nutrition set (5)

WEBSITES TO CHECK OUT

www.safe.org.nz
www.farmwatch.org.nz



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