

# Compassionate Action

The Magazine of Compassion Over Killing

SUMMER 2013 • Issue 27

**Seeking the Hard-Boiled Truth:  
COK Sues FDA for Failure to  
Regulate Deceptive Claims on  
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# **COMPASSION OVER KILLING**

SUMMER 2013 • Issue 27

**Compassion Over Killing (COK)** is a national non-profit 501(c)(3) animal advocacy organization based in Washington, DC with a second office in Los Angeles. Working to end animal abuse since 1995, COK exposes cruelty to farmed animals and promotes vegetarian eating as a way to build a kinder world.

COK is a powerful voice for farmed animals relying on a wide range of strategies — including undercover investigations, public advocacy campaigns, corporate outreach, and litigation — to educate and empower others to stand up for animals every time they sit down to eat.

Join our efforts. Visit **COK.net** now to:

- Get updates on our campaigns
- Make a secure online donation
- Sign up for COK's eNewsletter
- Find recipes, events, and more

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COK.net • info@cok.net • 301.891.2458

Dear Friend,



Erica and friend at  
Poplar Spring Animal  
Sanctuary

The signs are unmistakable: in our society, compassion for animals is prevailing.

**Vegan eating is proving that it's here to stay**—penetrating into the mainstream marketplace and making it easier than ever to choose compassion at every meal.

Did you know that, according to polls, more than 15 million Americans are vegetarian or vegan? And that another 50 million Americans say they choose meat-free meals at least half the time? This is encouraging news, and no doubt, as more people learn about the hidden horrors of meat, milk, and egg production, the interest in healthier and more humane foods will continue to rise.

COK's most recent undercover investigation inside a California dairy cow slaughterhouse revealed abuses so extreme that the USDA shut the facility down after reviewing our footage. The case also garnered national media coverage, including an exclusive report on ABC World News with Diane Sawyer.

However, **our legal right to expose the cruel and ruthless underbelly of animal agriculture is at risk.** While COK's investigators are bravely going undercover inside factory farms and slaughterhouses to shine a spotlight on the day-to-day miseries forced upon farmed animals, the industry is lashing out, desperately trying to pass "ag-gag" laws aimed at criminalizing them—and keeping consumers in the dark.

Time and again in 2013, animal agribusiness has failed to pass these ag-gag bills, all the while making it clear to Americans just how much it has to hide.

Despite the industry's attempt to keep secret its sordid track record on animal cruelty, one thing is clear: **with caring supporters like you at our side, compassion will always prevail.**

Sincerely,

Erica Meier, Executive Director

## VISIT US ONLINE!

- [COK.net](http://COK.net)
- [TryVeg.com](http://TryVeg.com)
- [EggIndustry.com](http://EggIndustry.com)
- [ChickenIndustry.com](http://ChickenIndustry.com)
- [VegDC.com](http://VegDC.com)
- [DCVegFest.com](http://DCVegFest.com)
- [WeLoveSubway.com](http://WeLoveSubway.com)
- [VegRecipes.org](http://VegRecipes.org)



Voices of **Compassion** at [cok.net/blog](http://cok.net/blog)



[facebook.com/CompassionOverKilling](https://www.facebook.com/CompassionOverKilling)



[@TryVeg](https://twitter.com/TryVeg)



## ABC World News Report on COK Investigation Wins a Genesis Award

Earlier this year, the Humane Society of the United States hosted the 27<sup>th</sup> annual Genesis Awards, a star-studded event that honors news and entertainment media for its role in raising awareness about animal protection issues.

Among the esteemed winners in several news categories is ABC World News with Diane Sawyer for its hard-hitting and exclusive report—“Plant Closed by USDA Supplied Beef for In-N-Out Burger”—featuring Compassion Over Killing’s undercover investigation inside a dairy cow slaughter plant in California. After reviewing COK’s footage, the USDA shut the facility down citing “egregious inhumane handling and treatment of livestock.” ABC’s investigative news team, including Producer Cindy Galli, was at the event to accept the award.

COK is thrilled to have been a part of the 2013 Genesis Awards, and it now

marks the second time that a news report featuring one of our undercover videos has won an award. At the 2011 Genesis Awards, KTLA-TV in Los Angeles was honored with the News Feature award for its eye-opening special feature story “Hatchery Hell” reporting on COK’s undercover investigation inside Cal-Cruz Hatcheries, a chicken and duck hatchery in Santa Cruz, California. This hatchery has since closed its doors and ceased all animal operations.

Widespread publicity—whether through mainstream news reports, television commercials or popular social media—is a crucial component in spreading a message of compassion. In fact, a recent study conducted by the Department of Agricultural Economics at Kansas State University concludes that: “Increasing media attention to animal welfare issues triggers consumers to purchase less meat.”

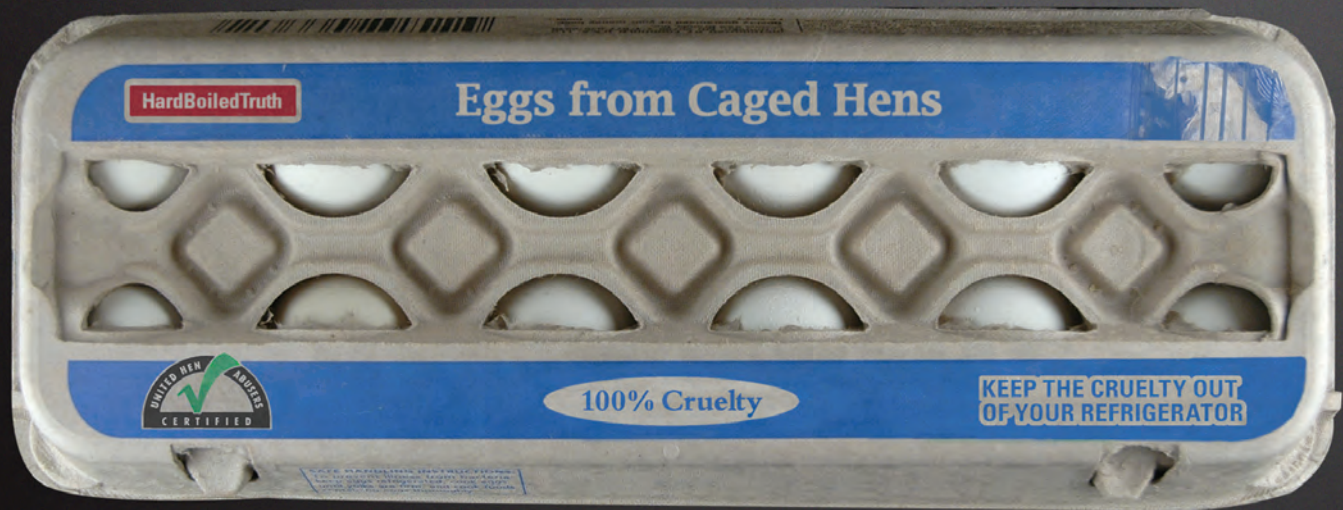


ABC's Cindy Galli and COK's Erica Meier

**COK's undercover investigators need your support** so, together, we can continue shining a bright light on the cruelties kept hidden behind the closed doors of animal agribusiness. Please use the enclosed envelope to send in your donation today. Or visit us online at **COK.net** to make a secure donation via credit card. ■

SEEKING THE HARD-BOILED TRUTH:

# COK CO-FILES EGG LABELING LAWSUIT AGAINST FEDERAL AGENCIES



Walk into any grocery store in the US, and you'll likely find cartons of eggs bearing a variety of advertising schemes ranging from images of happy hens roaming around outside to claims such as "animal-friendly." Surprisingly though, what consumers see or read on the outside of an egg carton doesn't necessarily represent how the hens who laid those eggs were treated. Nor does it legally have to.



## THE IMPACTS OF EGG-LABELING

**2010:** Australia implements mandatory egg-production labeling on cartons

**2011:** Grocery stores report sales of eggs from caged hens plummeted by at least 50%

More than 9 out of 10 egg cartons you find in US supermarkets come from egg factory farms where birds are confined in tiny wire battery cages so restrictive, they can barely even move—a practice that, according to polls, most consumers find unacceptable. Furthermore, experts agree that confining hens in battery cages causes tremendous suffering. Despite such overwhelming opposition, battery cage confinement continues to dominate the US egg industry.

To make matters worse, animal welfare claims on egg cartons are currently unregulated in the United States, and without any federal oversight, claims on egg cartons can—and commonly do—misrepresent to consumers how those eggs were produced.

Compassion Over Killing has documented numerous examples of exaggerated and false claims on egg cartons that imply a higher level of animal care than is actually the case. Some deceptive marketing we've found includes phrases such as “animal-friendly” and “naturally-raised” as well as images of hens outside on a green pasture—all on cartons of eggs from caged hens.

In other words, not only is the egg industry cruelly confining hens in cages, it's also deceiving consumers about that abuse.

**In March 2013, COK and the Animal Legal Defense Fund (ALDF) co-filed a lawsuit against the Food and Drug Administration, two agencies within the US Dept. of Agriculture (USDA) and the Federal Trade Commission for failing to regulate animal welfare labeling on egg cartons.**

This lawsuit is based on rule-making petitions originally submitted by COK to these agencies in 2006 and 2007 requesting that egg production methods be fully disclosed on all cartons sold in

the US, including the clear identification of “eggs from caged hens.”

In spite of Congressional mandates, these federal agencies have failed to take any action to regulate the often-misleading claims and deceptive imagery widely found on egg cartons. Even the United Egg Producers, the US egg industry's trade association, has endorsed federal legislation containing a similar labeling program.

Consumers—and hens—in the US deserve truth in egg-labeling. ■

### You Can Crack the Cruelty!

The best way each of us can make a difference for laying hens is to simply leave their eggs out of our shopping carts. And with so many vegan options available today, choosing egg-free foods is easier than ever.

Here are some quick and easy tips for replacing one egg in baked good recipes, including cakes, muffins, pancakes, and bread:

#### Amount to Replace One Egg

2 tbsp corn starch dissolved in cold water

half of a mashed banana

2 tbsp water + 2 tbsp baking powder (1 tsp oil is optional)

¼ cup silken tofu, blended

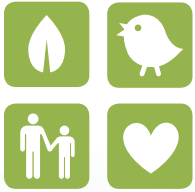
¼ cup applesauce + 1 tsp baking powder

#### Looking for More Egg Replacers? Try these:

The Vegg see page 14 (COK Marketplace)

Beyond Eggs see pages 8-9

Ener-G egg replacer



# US VEGWEEK 2013

## Thousands Take Our 7-Day VegPledge



Now in its 5th year, COK's annual US VegWeek campaign hit new milestones in 2013 with participants, events, and restaurant specials in nearly 40 states from coast to coast!

US VegWeek is a national celebration inspired by Maryland Senator Jamie Raskin in 2009, who stated, "There are 52 weeks in a year. Why not make at least one of them meat-free?" Sen. Raskin was the first lawmaker to take our week-long VegPledge, noting that his participation helps "align my morals with my menu"—and he continues to lend his support, empowering countless others to make kinder, greener, and healthier food choices.

### 2013 US VEGWEEK BY THE NUMBERS: APRIL 22 – 28



• **More than 3,500 people** took our 7-Day VegPledge



• **30 federal, state, and local representatives** took our pledge—including the entire city council in Takoma Park, Md.



• **140 restaurants** offered VegWeek specials



• **3,100 students** in Guilford, Conn. were dished out veg meals all week



• **150 events** were held—from cooking demos to film screenings to bake sales and more



• **11 cities and counties** signed VegWeek proclamations

## VEGWEEK PUTS MEAT-FREE EATING ON THE POLITICAL MAP



A record number of 30 federal, state, and local elected officials—including four members of Congress from California, Arizona, Texas, and Rhode Island—publicly pledged to go meat-free for VegWeek.

Additionally, nearly a dozen jurisdictions, from Marin County in California to Tucson, Arizona to Washington, DC, issued official mayoral proclamations declaring April 22–28, 2013 as US VegWeek. In fact, after Mayor Bruce Williams signed the Takoma Park, Maryland proclamation, the entire city council agreed to take the pledge!



“No matter what you believe in, respect for animals is an important part of being human. I’m proud to participate in US VegWeek to raise awareness and help spread the word.”  
– Raúl M. Grijalva, US Congressman (AZ)



“Healthier living is an idea that sells itself and leads to longer lives and an improved quality of life. As a state policymaker, and father of two, I enthusiastically encourage everyone to participate in US VegWeek by treating themselves to more fresh fruits and vegetables that can lead to a longer, healthier life—and lifestyle.”

– Ted Lieu, State Senator (CA)

## HIGHLIGHTS



### Connecticut Schools Celebrate VegWeek with Meat-Free Meals

Leading the charge to offer healthier meals, Chef Timothy Cipriano, Director of Food Services at Guilford Public

Schools, empowered the district’s 3,100 students to participate in US VegWeek. All four elementary schools in the district featured 100% meat-free menus all week while a meat-free entrée was served daily in the middle and high schools.



### NBA Star John Salley Kicked off US VegWeek Events

Thanks to our good friends at Ann Arbor VegWeek, former NBA star and vegan advocate John Salley kicked off the week-long celebrations at an event

on April 22! He was joined by Mayor John Heiftje who officially declared VegWeek by signing a proclamation.

### What are people saying about VegWeek?

We asked our pledgers to share feedback after choosing plant-based foods for seven days, and here’s what some of them had to say:

*“I never understood what these animals go through, all the pain and hurt just for us to eat them for our own benefit. I’ve learned so much, and now I’m healthier and feeling so much better about my life. Making this change was the best thing I have ever done.”*

– Linoshka in Wichita, KS

*“Doing the 7 day VegPledge showed me that it’s not hard at all to go vegan. After this amazing week of eating vegan, I will never go back to drinking milk and eating eggs and cheese. Thank you so much.”*

– Jessica in Southampton, PA

To learn more and sign up to get involved in our 2014 celebration, visit [USVegWeek.com](http://USVegWeek.com). ■

# Josh Tetrick

## CEO of Hampton Creek Foods (Maker of Beyond Eggs)



You know you can bake at home without using eggs, so why don't major food manufacturers cut the cruelty and go egg-free?

Enter Hampton Creek Foods, a one-year-old company backed by well-known venture capitalists that is cracking the code on eggs and hatching a cruelty-free solution. Led by CEO Josh Tetrick, Hampton Creek's dedicated team of scientists, chefs, and food industry experts is developing an innovative and sustainable egg replacer that is 100% plant-based and cheaper than real eggs: Beyond Eggs.

This is good news, of course, for vegans, but it's also good news for major food manufacturers that currently rely on "liquid eggs" to mass produce muffins, cookies, mayonnaise, and countless other foods. And most importantly, it's good news for hens, millions of whom might be spared the misery of spending their lives crammed inside tiny wire battery cages.

**Q:** What inspired you to launch a company focused on developing a plant-based egg?

**A:** I was trying to think of some way to connect business with alleviating animal suffering. Unlike meats, eggs are a cruelty that is often invisible—that is, people use and eat them for their function, not necessarily for their taste. So, it seemed to me that if we could create an egg from plants that had all the functional capabilities of a real egg that was less expensive and better for our health, we could

inadvertently also alleviate the suffering of billions of chickens. And that was an exciting prospect.

**Q:** Beyond Eggs is focusing on a replacement for liquid eggs. What is a liquid egg?

**A:** It's an egg that's been removed from its shell and sold either blended as a whole egg, or separate as egg yolk or egg white. Currently in the US, about 30% of all eggs produced on factory farms are mechanically broken, liquefied, and sold to wholesale food manufacturers making a wide range of foods from baked goods to pasta to salad dressing.

**Q:** What makes Beyond Eggs stand out from other egg-free alternatives on the market?

**A:** There are a few key elements that make us stand out. For starters, we work on replacing the egg from a protein standpoint. Eggs function because of

the many types of proteins they are comprised of. So, we try to replicate them using proteins too—plant proteins. Other egg replacers are primarily comprised of starches, which lack the ability to sustain functional capabilities in most systems that eggs are used for.

**Q:** What are some of the first large-scale production products consumers can expect to see on store shelves that are made with Beyond Eggs?

**A:** The first two products made with Beyond Eggs will be: a consumer facing egg replacer for cookies (available on our website soon), as well as "Just Mayo," an egg-free mayonnaise that will also contain Beyond Eggs.

**Q:** How did you get Bill Gates and Tony Blair to try Beyond Eggs, and what did they think?

**A:** Bill Gates is actually an investor in our Venture Capital firm, Khosla





"We need to start thinking about the future of food if we are going to feed 9 billion people in a way that does not destroy our environment."

– Bill Gates on why he’s investing in Beyond Eggs

Ventures. I was invited to attend their annual conference last year, the "KV Summit," up in Sausalito, and he was there too, along with Tony Blair. They both thought the concept was great and neither could tell the difference between the muffins made with Beyond Eggs and those with chickens’ eggs.

**Q:** How do you envision Hampton Creek Foods changing the game when it comes to how we produce food—and how we eat?

**A:** Our food system is undeniably broken. It is our hope that we can take at least a part of the cruelty out of the system, and put something in that requires less harm, less water, and is better for our health too. And hopefully eggs are just the beginning.

**Q:** What egg-based food or meal are you most excited to re-create with Beyond Eggs?

**A:** I really miss omelets! We do have a prototype of a plant-based scrambled egg, but that is probably at least a year away from release. ■



**D.C. VEGFEST**

Want to meet Josh Tetrick and get a chance to ask him questions about Beyond Eggs? He’ll be speaking at the DC VegFest on Saturday, September 28. Details at [DCVegFest.com](http://DCVegFest.com)



# REHOBOTH BEACH VEGFEST



## ★ Our First-Ever Rehoboth Beach VegFest!

As organizers of the popular DC VegFest, Compassion Over Killing receives tremendously positive feedback from soon-to-be vegans about how life-changing that event has been for them. That's why we were thrilled to team up with VegRehoboth to present the first-ever Rehoboth Beach VegFest in Delaware!

On June 1<sup>st</sup>, more than 600 people joined us to celebrate the many benefits and flavors of vegetarian eating. Festival-goers spent the day indulging in a wide variety of vegan foods, listening to fun and informative speakers, attending cooking demonstrations, sampling new products, browsing the vendor shops, and enjoying the gorgeous sunny weather that included a cool ocean breeze. And the first 300 people took home a goodie bag loaded with free samples, recipes, and coupons.

On the main stage, COK's Executive Director Erica Meier presented to an engaged crowd the far-reaching impact of our food choices—on our health, the planet and animals. Other speakers included Vice President of Farm Animal Protection at the Humane Society of the United States Paul Shapiro, owner

of Hobos Restaurant Gretchen Hanson, cookbook author John Schlimm, and many more.

The event successfully showcased the increasing variety of vegan options available in the Rehoboth Beach community. To add to the day's festivities, seven eager and brave contestants participated in a cupcake eating contest hosted by local vegan-friendly bakery, Cake Break. With a large crowd of spectators cheering them on, seven brave competitors participated in a cupcake-eating contest with local chef and restaurant owner Hari Cameron emerging as the victor.

Visit [RehobothVegFest.org](http://RehobothVegFest.org) to see more photos. ■



Next up, the DC VegFest! Mark your calendars for September 28, 2013—see [DCVegFest.com](http://DCVegFest.com) for more details.

# Compassionate Cuisine

## Vegan Chef Terry Hope Romero



Renowned vegan chef Terry Hope Romero has been sharing her love—and Latin flair—for vegan cooking for years. As author and co-author of a host of bestselling vegan cookbooks, she's penned more amazing recipes than we can count—from chai latte cupcakes and chocolate chip cream cheese brownies to hearty empanadas and nourishing stews. Her latest book, *Vegan Eats World*, explores dishes from across the globe, testing out flavors from Morocco, Thailand, India, Poland, Jamaica, and many other countries.

She's also passionate about teaching others how to cook, and travels to festivals—including COK's DC VegFest in 2012—and conferences worldwide to host cooking demonstrations and workshops.

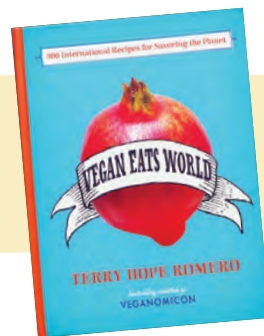
Hungry for more? Tempt your taste buds with Terry's recipe for Avocado Mango Cashew Salad!

### Avocado Mango Cashew Salad

- 2 tablespoons lime juice
- 1 tablespoon well-packed grated palm sugar (or light brown sugar)
- ¼ teaspoon salt
- A big pinch of ground white pepper
- 1 ripe avocado, diced into cubes
- 1 ripe mango, peeled and diced
- 1 medium-size red onion, peeled and diced into ¼-inch cubes
- 1 cup chopped fresh cilantro
- 1 tablespoon chopped fresh mint
- 1 small hot green chile (Thai or Serrano), finely minced (optional)
- ¼ cup chopped roasted, unsalted cashews

This salad tastes like summer no matter what time of year it's savored:

1. In a large mixing bowl whisk together lime juice, brown sugar, salt, and white pepper. Add the cubed avocado and toss a few times in the dressing. Now add the mango, red onion, cilantro leaves, mint, green hot chile, and chopped roasted cashews to the bowl.
2. Use a wide rubber spatula to thoroughly stir the salad, making sure all the avocado and mango are coated with the lime dressing. Mound the salad onto a serving platter, serve and eat immediately! ■



Chef Terry Hope Romero's latest book, *Vegan Eats World*, explores dishes from across the globe.

# BLOWING THE WHISTLE ON AG-GAG LEGISLATION



In 2013, animal agribusiness interests have been working feverishly to try to pass state-level anti-whistleblower laws aimed at criminalizing undercover investigations. Last year, such laws passed in Iowa (the nation's largest egg and pork producer) and Utah.

So far this year, “ag-gag” bills have been introduced in nearly a dozen states, but time and again, animal agribusiness has failed to enact any of them, all the while making it clear to Americans just how much it has to hide.

In recent years, Compassion Over Killing and other animal protection organizations have released eye-opening undercover videos filmed inside factory farms and slaughterhouses documenting shocking horrors forced upon farmed animals. From workers suffocating downed cows by standing on their faces to painful and botched castrations of piglets resulting in herniated intestines, the

videos speak for themselves and demonstrate that animal cruelty is standard in the meat, egg, and dairy industries.

The footage released from investigations has not only caused public outrage, but it's also led to criminal convictions of animal cruelty, slaughter plant shutdowns, and serious food safety concerns that have even prompted the largest meat recall in our nation's history.

**Rather than stopping the routine abuses it forces upon animals, Big Ag is flexing its lobbying muscles to stop the American public from finding out about it.**

These acts of desperation by animal agribusiness are not going unnoticed. Scores of media outlets are blowing the whistle on these anti-whistleblower bills, and polls show overwhelming public opposition to these laws.

There's no doubt that by going to such extreme lengths to prevent Americans from seeing what hidden cameras capture on film behind closed doors, Big Ag has proven that it in fact has quite a lot to hide: the truth.

And the truth is exactly what COK is exposing. That's why our undercover investigators need your support now more than ever.

While no ag-gag laws have passed yet in 2013, we know Big Ag won't give up—and with you at our side, neither will we. ■

Please lend your voice to animals: visit [COK.net](http://COK.net) to make a secure online donation today. You can also use the enclosed envelope to send in your gift. Thank you!



## MEDIA BLOWS WHISTLE ON ANTI-WHISTLEBLOWER BILLS

“The ag-gag laws guarantee one thing for certain: increased distrust of American farmers.”

– *New York Times*

“As you next cut into a steak or crack an egg, ask yourself why an industry that claims it has nothing to hide demands protections afforded to no other.”

– *Washington Post*

“For the General Assembly to approve legislation that turns even well-motivated whistle-blowing into a potential crime would be extremely misguided.”

– *Indianapolis Star*

“Despicable, because it aims to protect animal abusers. Unconstitutional, because it seeks to intimidate those who try to report suspected abuse.”

– *The Tennessean*



BEYOND  
MEAT

NEW YORK TIMES

“...fooled me badly in a blind tasting” -Mark Bittman

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- 100% GLUTEN-FREE
- 100% VEGAN

# WHO WANTS A COUPON?!

Check our Facebook page for a money-saving coupon on our fork-friendly, animal-approved Chicken-Free Strips.

BeyondMeat.com

FIND A RETAILER NEAR YOU ON OUR WEBSITE



## Thesaurus

**Main entry:** Max & Ruffys's 🐾 [woof]

**Part of Speech:** noun

**Definition:** vegan dog treats

**Synonyms:** doggie dope, kind bites, fido's favorites, canine cravers.



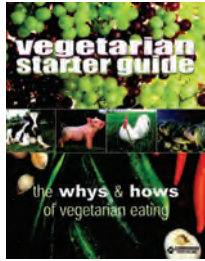
10% off  
with coupon code: COK



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## VEG OUTREACH

First copy is free, \$1 for each additional copy unless otherwise noted. Please contact us at [info@cok.net](mailto:info@cok.net) for bulk orders.



**Vegetarian Starter Guide**  
This guide explains the benefits of choosing vegetarian foods. Includes recipes and meal ideas.



**Easy Vegan Recipes**  
A collection of our favorite easy recipes for breakfast, lunch, dinner, dessert and snacks.



**See Her as More Than a Meal Poster**  
Encourage others to choose compassion by displaying this poster in your community.



**TryVeg.com Bumper Sticker**  
One of the simplest ways to spread a message of compassion.



**Restaurant Manager Cards**  
Use these pocket-sized cards to kindly encourage restaurants to add more vegan options. **First 10 cards free, \$1 per pack of 20 cards.**



**City-Wide Vegetarian Guides**  
COK's guide to veg-friendly dining in Washington, DC; Baltimore, MD; and Los Angeles, CA. **First copy of each guide is free and can be requested online at COK.net.**



**Eating Sustainably**  
This brochure explains how animal agriculture is a leading cause of pollution and resource depletion, and that we can fight global warming—and animal abuse—with our forks. **\$5 per pack of 25 flyers**

## PRODUCTS



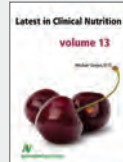
**The Vegg—Vegan Egg Yolk**  
This versatile egg yolk replacer can be used in a wide range of recipes, or even on its own for dipping! To use, simply blend with water. One packet equals about 40 yolks. **\$8.50 per packet.**

## BOOKS



**Animal Impact: Secrets Proven to Achieve Results and Move the World** by Caryn Ginsberg  
Find out what leading advocates know that allows them to score impressive victories for animals, from personal activism to global campaigns. **\$21.**

## VIDEOS



**"Latest in Clinical Nutrition" DVD Package, Volumes 10-13**  
By NutritionFacts.org  
Using the most recent, ground-breaking nutrition research published in medical journals, the renowned Dr. Michael Greger explains that the healthiest diet is also the most humane. **\$10 each or \$30 for all 4.**



**I ♥ Compassion Over Killing—Chicken Keychain**  
One of the cutest ways to help spread a message of compassion! Order one for yourself, and get a few extras as gifts for friends. **\$5.**



### Your Donations Help Us Help Animals!

All of our work for farmed animals is only made possible thanks to the generosity of our members. Your support means so much to us and, more importantly, to the animals.

Visit **COK.net** to learn more. Thank you!

## APPAREL



### COK Logo Tee

Share your compassion with others by wearing your support for COK on your sleeve! Made in the U.S. using an eco-friendly printing process. Available in soft black, sizes Women's and Men's S-XL. \$20.

\*Available in men's & women's sizes!



### "Ask Me Why" Tee

This tee shirt offers more than just a message — it encourages others to strike up a conversation about the benefits of being vegetarian! Made in the U.S. using an eco-friendly printing process. Each tee comes with 20 free TryVeg.com business cards. sizes Women's and Men's S-XL \$20.

Please send payment and orders to: COK • P.O. Box 9773 • Washington, DC 20016  
Questions? Contact COK at info@cok.net or 301-891-2458. Thanks for your support!

item description	size/color	qty	price
Donation			
<b>TOTAL</b>			

All prices include shipping within the United States and applicable Maryland sales tax for items shipped in-state. Thank you!

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# The **hidden** **cost** of eggs.

**Most eggs are so cheap because the birds are forced to pay the extra price.**

With virtually no laws to protect them, egg-laying hens can be—and nearly 300 million of them routinely are—treated in ways that would lead to prosecution if those same abuses were inflicted upon cats or dogs. More than 95 percent of eggs produced in the U.S. come from birds so intensively confined in wire “battery cages,” they can’t even spread their wings.

**Crack the Habit: Leave eggs out of your shopping cart**

**[HardBoiledTruth.com](http://HardBoiledTruth.com).**