

Compassionate Action

The Magazine of Compassion Over Killing

Summer/Fall 2007 • Issue 21

**COK's New MTV Ad:
"Exploring Your Food"**
Veg Outreach Updates
**Hard-Boiled Truth Ad Asks
"What's Inside Your Egg Carton?"**
**Interview with Post Punk
Kitchen's Isa Chandra Moskowitz**
Recipes from the COK Kitchen
And Much More...

 **COMPASSION
OVER KILLING**

COMPASSION OVER KILLING

Compassion Over Killing (COK) is a nonprofit 501(c)(3) animal advocacy organization based in Washington, D.C.

Working to end animal abuse since 1995, COK exposes cruelty to animals in agriculture and promotes vegetarian eating as a way to build a kinder world for all of us, both human and nonhuman.

Please join us in speaking out for animals.

When you contribute to COK, you can rest assured that every dollar is stretched as far as possible to help the greatest number of animals. Please use the enclosed envelope to send in a donation towards our work or visit COK.net to make a secure online donation. Thank you. Your support means so much to us, and more importantly, to the animals.

2006 Expenses

Vegetarian Outreach 67.5%

Investigations 12%

Legal Advocacy 10%

Management & General 5.5%

Membership Development 3%

Publications 2%

2006 Revenue

Contributions 80.5%

Grants 9.5%

Miscellaneous 8%

Merchandise Sales 2%

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Dear Friend,



Erica and friend
at Poplar Spring
Animal Sanctuary

There is no mistaking that vegetarian eating is on the rise—and all signs suggest that it's here to stay. Polls reveal a growing number of Americans, especially today's compassionate youth, are opting for meat-, egg-, and dairy-free foods. Animal-friendly options are sprouting up in restaurants and grocery stores everywhere, and the benefits of leaving animals off of our plates—for our health, the Earth, and animals—are making headlines across the U.S.

These remarkable advances demonstrate the positive changes we can help bring about when we put our compassion into action for farmed animals.

That's why in this issue of *Compassionate Action*, we've highlighted many of our exciting campaigns and projects promoting animal-friendly foods—from our newest 30-second commercial hitting the MTV airwaves nationwide to our second annual National (Veggie) Hot Dog Day to our newest online dining guide, VegAustin.com. You'll also read about our first ever "Best Vegetarian Restaurant" contest hosted on our popular website, VegDC.com, that prompted a phenomenally positive news story about vegetarian eating featuring COK's work that aired on Washington, D.C.'s NBC affiliate.

COK's small yet determined staff of six is committed to making the concept of not eating animals mainstream and we couldn't do it without you. Together, every leaflet we print and distribute, every commercial we create and air on MTV, and every food sample we prepare and hand out on a busy street corner, we're helping change people's hearts and minds as well as their diets.

Farmed animals can't speak out for themselves, so it's up to us to bring their message to the public. Thank you for joining in our efforts to help create a more compassionate world.

Sincerely,

Erica Meier
Executive Director

Farmed animals can't speak out for themselves, so it's up to us to bring their message to the public.



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COK's Newest Hard-Boiled Truth Ad Asks Readers: What's Inside Your Egg Carton?



See back cover for our "Hidden Cost of Eggs" ad.

In the last issue of *Compassionate Action*, we told you about the launch of our Hard-Boiled Truth advertising campaign, which debuted in *Ms.* and *Bust* magazines with a powerful ad exposing the "Hidden Cost of Eggs." We're excited to share with you the second ad in this series, shedding even more light on the miseries endured by egg-laying hens, that **premiered on the back cover of *Ms.* magazine's spring 2007 issue!**

Featuring a mock carton of "Eggs from Caged Hens," this eye-catching ad reveals the painful reality of egg production as well as the industry's rampant use of misleading marketing claims. In addition to encouraging hundreds of thousands of readers to choose egg-free foods, it further directs them to our website **HardBoiledTruth.com** to learn more.

What are readers saying?

"I had NO IDEA that these kinds of atrocities were taking place. I never even thought about it until I saw your ad and went to your site. I am absolutely sickened and horrified by what I've seen. I will never, ever buy eggs again, and I will encourage everyone I know not to either!"

"When I saw the pictures of all those chickens packed in those tiny cages and the horrible ways they were dying I almost cried. And that they were being held in such filthy cages. I would never want to contribute to something that inhumane. Thank you for letting people know about this."

Do you want to place this ad in your local newspapers or magazines?

Contact us today at info@cok.net to request a free high-resolution file. ■

New at COK: Egg Carton Flyers!

You can help expose the daily horrors forced upon egg-laying hens and encourage others to demand truth in labeling on egg cartons by distributing COK's newest flyer! Upon opening the imitation egg carton cover, which fully discloses the cruelty of "Eggs from Caged Hens," you'll find "Egg Production Facts" along with information about how the egg industry commonly employs deceptive marketing to scramble the truth.

The back of the flyer also lets others know that the best way each of us can help laying hens is to simply leave their eggs out of our shopping carts.

Visit our online marketplace at **COK.net** to request your free copies today! ■



COK'S MTV COMMERCIAL CAMPAIGN:

PROMOTING VEGETARIAN EATING—30 SECONDS AT A TIME

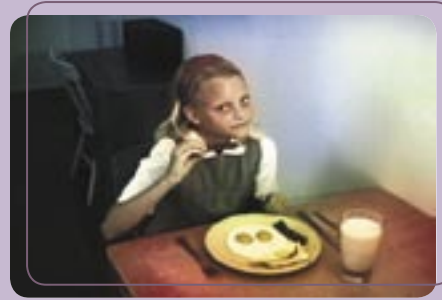


Our hard-hitting ads have encouraged and inspired countless viewers to stand up for animals every time they sit down to eat.

First launched in 2004, COK's highly effective campaign airing powerful pro-vegetarian commercials on MTV has grown substantially with the help of our dedicated and generous supporters. From our first two 30-second spots that reached MTV viewers in 18 different cities to our sixth ad that blanketed the airwaves in hundreds of cities in all 50 states in the spring of 2007—**our commercials have been viewed tens of millions of times in just four short years!**

Each of our commercials offers viewers an eye-opening glimpse of the hidden, yet routine, horrors forced upon billions of animals raised and killed for food by the meat, egg, and dairy industries every year in the U.S. The ads further direct people to our website, **TryVeg.com**, to learn more about how they can help end this abuse by choosing not to eat animals.

By targeting MTV's youthful viewing audience, we're able to get the animals' message directly to those shown by research to be the most likely to translate our message of compassion into action for animals. And at an average of only one penny per view, each dollar spent to air more pro-vegetarian ads goes a long way in helping animals.



NEW AD AIRING FALL 2007: "EXPLORING YOUR FOOD"

With the propaganda feel of a 50s style "educational" film, COK's newest commercial combines humor and truth to encourage viewers to explore their food and discover the reality of exactly what—and who—they're eating. When the narrator asks Little Susie if she's ever thought about where her food comes from, she innocently shakes her head no. She's then taken on a behind-the-scenes tour inside the cruel world of factory farming. Susie drops her food in horror. In conclusion, viewers are directed to visit TryVeg.com to order COK's free *Vegetarian Starter Guide*.

Wanna watch this ad? Visit **COK.net** to see it and all of our 30-second commercials that have aired on MTV.



WHAT VIEWERS ARE SAYING

"I just wanted to let you know that I am now a vegetarian. I saw your ad on MTV and started crying. I can't wait to buy all new groceries. Thanks for all the cool ideas on your site!"

"I saw the TV ad thingy last night and I FLIPPED out. I am SO going veggie now."

"Last night I was watching television and your commercial came on. It was very touching and I looked back on the chicken I had for dinner. I have been interested in becoming vegetarian for a while but didn't think it was as big of deal. You guys really opened my eyes to the world of vegetarianism. Thank you."

HELP US KEEP THESE ADS ON THE AIR!

Our ability to reach out to MTV's youthful and receptive viewing audience with the animals' message depends upon the kindness and generosity of our members—your support is vital to the continued success of this powerful and cost-effective advertising campaign. For even just \$25, we can expose the painful reality of factory farming to an estimated 2,500 viewers!

Please consider making a special contribution today for our Pro-Vegetarian Commercial Campaign!

As an added bonus, make a donation of \$100 or more earmarked for this campaign and you'll receive a free COK logo t-shirt!* Visit **COK.net** to make a secure online donation or use the reply envelope in this magazine.

*Offer valid until December 31, 2007. Donations must be earmarked for this campaign and t-shirt size must be specified (small, medium, large, and extra-large men's sizes or small and medium in women's sizes).

Thank you for your support!■

Extending Our Reach for Farmed Animals



1. COK encourages passersby to sample delicious vegan food by hosting feed-ins on the streets of Washington, D.C.
2. Volunteers help distribute pro-veg materials during our feed-ins as well as at busy metro stations, community festivals, downtown street corners, outdoor movie showings, and more.
3. COK hosts educational workshops at area schools informing students about the plight of farmed animals and the many benefits of choosing vegan options.



4. COK participates in a variety of community festivals and events reaching out to a wide audience with pro-veg materials.

“COK is working tirelessly to make the concept of not eating animals mainstream.”

Every year, a growing number of Americans are taking important steps to protect their health, the environment and animals, one meal at a time, by choosing meat-, egg-, and dairy-free foods. Chances are that if you're not vegan (yet), you probably know someone who is—a family member, friend, neighbor, classmate or maybe a co-worker. A recent poll conducted by the Vegetarian Resource Group reveals that more than 1.4% of adult Americans are vegan—that's 3.1 million people!

This is encouraging news, though we still have a long way to go. You can help bring vegan eating into the mainstream and inspire others to choose animal-friendly foods by joining COK in a variety of fun and successful outreach efforts!





Meet COK's Veg Outreach Team



Lyn Cozart

"Leafleting is such a great activity because it can be done anywhere, anytime; even with just a moment's notice. I find it motivating to know that each person I hand a leaflet to now has the information he or she needs to start transitioning to a more compassionate diet."



Noelle Callahan

"Feed-ins are my favorite events to host because I love seeing people's expressions after sampling animal-friendly fare. Many people are surprised by how delicious it is and ask more about vegetarian eating."

COK's Second Annual National (Veggie) Hot Dog Day was a Huge Success!

The third Wednesday of every July has been declared "National Hot Dog Day" by the National Hot Dog and Sausage Council—so COK has decided to participate in this "holiday," but we've added our own compassionate twist, and on July 18, 2007, we celebrated our second annual National (Veggie) Hot Dog Day!

With the help of activists from coast to coast, there were more than 30 events held in 17 states—from feed-ins and leafleting on busy street corners

to neighborhood barbecues. These events, along with an op-ed published in the *Iowa City Press-Citizen* (see below) reached out to thousands of people informing them about the miseries endured by animals raised for food and the benefits of choosing a more compassionate diet.

Thanks to the generosity of Lightlife Foods, which sponsored this year's campaign, hundreds of free veggie hot dogs were given away nationwide to receptive vegetarians-to-be.



COK's event in Washington, D.C.



FAWN's event in Iowa City, Iowa

COK teamed up with Iowa's Farmed Animal Welfare Network to co-author an op-ed published on July 18 in the *"Iowa City Press-Citizen"*, a newspaper based in Iowa—the nation's top pork-producing state (excerpt below).

National (Veggie) Hot Dog Day isn't just a celebration of vegetarian food. It's about recognizing that we can each make compassionate choices every time we sit down to eat. Leaving meat off our plates doesn't mean skimping on flavor, of course. Rather, it simply means dining on the cruelty-free versions of our favorite foods, like veggie dogs.

COK INVESTIGATION UPDATE:

Pennsylvania Court Finds that Animal Abuse on Egg Factory Farm is Legal

On June 1, 2007, more than one year after the trial began—a trial that received national as well as extensive local media attention—a Lancaster County (Penn.) court quietly acquitted the owner and manager of Esbenshade Farms, one of the state's largest egg factory farms, of criminal animal cruelty. There is no published opinion explaining the decision, nor did Judge Jayne Duncan present her ruling in a courtroom.

The decision to acquit the two defendants, despite clear video evidence of appallingly inhumane conditions, begs the question: if confining birds in decrepit wire cages, causing them to

become impaled on loose wires and then starve to death isn't cruelty to animals, what is?

Johnna Seeton, a state-certified humane officer, filed the charges, a total of 70 counts of criminal animal cruelty, in January 2006 after viewing a shocking undercover video provided by Compassion Over Killing. The footage was gathered by a COK investigator who was employed at Esbenshade Farms in late 2005. While there, he painstakingly documented the miseries forced upon hundreds of thousands of hens kept in deteriorating wire cages. Scenes from the video include birds impaled on

loose wires, birds struggling to free their wings, toes, or beaks from the wires of their cages, and live hens forced to live with and walk upon the decomposing bodies of their cage mates.

This court may have acquitted these two defendants, but the court of public opinion is certainly turning against the egg industry and its cruel practices.

What You Can Do:

The best way each of us can help laying hens is to simply leave their eggs out of our shopping carts. Visit VegRecipes.org for egg-free recipes and to order your free *Easy Vegan Recipes* booklet. ■

IS THIS ANIMAL CRUELTY? YOU BE THE JUDGE.

Visit COK.net to watch our undercover video footage inside Esbenshade Farms in Mt. Joy, Penn., where more than 500,000 hens are forced to spend their lives inside tiny wire cages.



Unable to access food or water, this hen was found dead after she became trapped under a feeding rail.



This hen died after her beak got caught on a wire hook near the water dispenser.

COK in the News: D.C.'s NBC Affiliate Features "Green Cuisine: Veggie Options"

On July 31, 2007, thousands of television viewers in and around the nation's capital learned about Compassion Over Killing's work to promote animal-friendly fare in a phenomenally positive story about vegetarian eating that ran on Washington, D.C.'s NBC-4 during the nightly news.

The report also featured the savory meat-free menu options at Java Green, winner of COK's first annual "Best Vegetarian Restaurant" contest (see below).

Visit VegDC.com or NBC4.com/GoingGreen to watch this news report and to thank the station and the reporter, Wendy Rieger, for airing this wonderfully upbeat story.■



COK's VegDC.com Hosts its First Ever "Best Vegetarian Restaurant" Contest!



BEST VEGETARIAN

RESTAURANT 2007

The D.C.-Metro area is home to more than two dozen vegetarian eateries catering to an ever-growing demand for delicious and innovative animal-friendly fare. In June 2007, Washingtonians voted for their favorites in VegDC.com's first annual "Best Vegetarian Restaurant" contest—and in July we announced the overall winner.

In recognition of its mouth-watering meatless cuisine, **VegDC.com voters chose Java Green as the "Best Vegetarian Restaurant" in the Washington, D.C.-Metro area**, and Compassion Over Killing proudly presented the owner with our 2007 "Three Green Stars" award. This bustling yet intimate downtown eatery introduced its meat-free menu in 2004, and has been pleasing the palates of vegetarians and meat-eaters alike ever since.■



COK's Erica Meier presents the award to DJ Kim, a co-owner of Java Green.

COK Talks with Isa Chandra Moskowitz



Isa Chandra Moskowitz is the creator of Post Punk Kitchen, a punk-inspired vegan cooking show that aired in Brooklyn from 2003 to 2005. She's also the author of *Vegan with a Vengeance* and the co-author of the award-winning cookbook *Vegan Cupcakes Take over the World*. With a mission to empower others to fill their kitchens with yummy vegan food, Isa's upbeat and do-it-yourself approach to compassionate cooking has garnered the attention of the *New York Times*, *Washington Post* and *New York Magazine*, among other media outlets.

Q. How long have you been vegan and what were the strongest influences that helped you make that transition?

A. My vegan story is a two part one, but I'll try to keep it brief. I went vegan at 16, which was 1989. Things were really different then—we didn't have all the vegan options that supermarkets do now. But my influences at the time were my cats, my vegan friends and punk rock songs about animal oppression. I also read *Animal Liberation* by Peter Singer, which took all these things that I was thinking and feeling and put it into cohesive words. I was mostly cooking for myself and my friends and family. I joined an anarchist youth group, and we spent a few years being activists together. Most of us were vegan and that was great for support. But in my twenties, I grew really disenfranchised and drifted away from that community. Being vegan became too difficult for me, although I was still vegetarian and cooked vegan. Later on when I got myself together and began to care about things again, I transitioned back to veganism, and here I am!

Q. Your Post Punk Kitchen shows and cookbooks can debunk myths about vegan eating by making veganism both fun and delicious. Have you always enjoyed cooking or did you discover the joys of cooking after becoming vegan?

A. Before I was vegan I liked cooking but I didn't really get it. My desire to go back to being vegan came with the caveat that I wanted to make sure that I could be completely satisfied with

what I was eating. I know that sounds a little bit selfish, and I suppose it is. But I think most people have the struggle of taste buds versus ethics and taste buds often win out. I was determined not to let that happen. The thing I didn't realize then was that your taste buds often do catch up to your ethics. I lost the taste for the things I thought I could never give up, namely cheese.

Q. What are some tips you can offer vegans who are less skilled in the kitchen but still want to create that unforgettably delicious meal to impress their non-vegan friends or family?

A. The best advice is to just cook. Read the recipes carefully, follow the directions and you'll learn something new with every recipe you make. Don't be afraid and don't tell yourself that you're a "bad cook." Thousands of years ago, someone created bread! If someone could create bread, then no one in the 21st century, with all of our resources (fire whenever we want it! Pots and Pans! Olive oil at our fingertips!) has any excuse to not learn how to cook. Skill will come with time. On a more practical note, you could join the Post Punk Kitchen message boards (ThePPK.com) and get a little guidance and feedback.

Q. As the saying goes, the best way to reach someone's heart is through their stomach. If there's any truth to that, then introducing others to good vegan food should be a

priority. What are some simple ways that each of us can do this in our everyday lives?

A. Have vegan potlucks, even if you don't have vegan friends most people will be willing to cook vegan for a day. Bring vegan baked goods to work, host a dinner for no reason, give vegan cookbooks to your friends, make your own vegan zine and give them to friends and family.

Q. Vegan food has come a long way in recent years. It's not only increasingly available in stores and restaurants everywhere, but it's also better-tasting. What do you see as the next frontier in vegan cooking?

I think that vegans are becoming a "small but vocal" minority and it has a snowball effect.

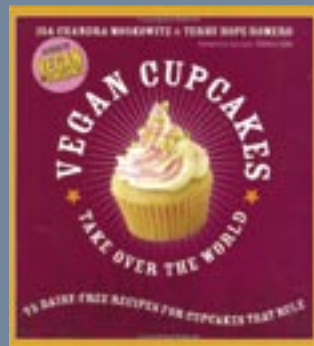
A. I just see a continuation of what we have been seeing for the past decade; more vegan restaurants, more vegan options everywhere, more vegan cookbooks, more vegan products in supermarkets. I think that vegans are becoming a "small but vocal" minority and it has a snowball effect. I love to watch vegan blogs pop up with innovative foods, I especially love when I think "I wish I'd thought of that!" because it makes me feel like we won't hit some sort of brick wall where the last tofu recipe ever has been invented. Food is constantly evolving.

Q. Your vegan recipe creations have landed you several well-deserved awards as well as features in various newspaper and magazine articles. Do you have any future plans to open up a restaurant (in Washington, DC, of course)?

A. I really want to open a restaurant, but, as with most things, I have the plans but not the cash. I wish that the myth that vegans are all rich liberals were true, because then maybe I could get some investors. I'd even move to DC if you can find me a sugar daddy.■



***Vegan with a Vengeance:
Over 150 Delicious, Cheap,
Animal-Free Recipes that Rock***
By Isa Chandra Moskowitz
2005, Marlowe & Company



***Vegan Cupcakes Take over
the World: 75 Dairy-Free
Recipes for Cupcakes that Rule***
By Isa Chandra Moskowitz
and Terry Hope Romero
2006, Marlowe & Company

Be sure to also visit the Post Punk Kitchen online at ThePPK.com to get loads of vegan recipes, join Isa's forum, link to her cooking show, and, of course, listen to the PPK theme song!

COK's Newest Veg-Friendly Dining Guide: **VegAustin.com**



The popularity and success of COK's **VegDC.com** and **VegPortland.com** websites inspired us to launch yet a third local online resource for veg-friendly dining: **VegAustin.com**.

The Lone Star state's capital city is home to an array of eclectic eateries boasting a variety of animal-friendly menu options—and you can now find them all conveniently listed on our new website!

Visit **VegAustin.com** today and spread the word!■

“Easter Bunny Eggsposed”

COK's Satirical Holiday Video Encourages Viewers to Hunt for the Facts



In this humorous three-minute video, a spoof television news report investigates the hard-boiled truth about where the Easter Bunny gets his eggs. The video, which has been viewed on YouTube and MySpace more than 30,000 times, reveals the cruelties of battery cage egg production and directs viewers to **East-erEggsposed.com** to learn more.

Visit our video room on **EggIndustry.com** to watch this entertainingly educational video.■

Compassionate Cuisine

Choose an animal-friendly way to start your day!



Fluffy Pancakes

Serves 4

1½ cups flour
 ½ teaspoon baking soda
 1 teaspoon baking powder
 1 tablespoon sugar
 1½ cups soy milk or water
 2 tablespoons vegetable oil
 maple syrup and/or fruit

1. Mix together the dry ingredients and then stir in the wet ingredients. If the batter is too thick, add 1 tablespoon of water at a time until reaching the desired consistency.
2. Pour onto a pan with a nonstick surface and cook over medium heat, turning once when the edges begin to bubble and brown.
3. Serve warm topped with syrup and fruit.

Egg-Free Breakfast Scramble

Serves 2

1 14-ounce package extra-firm tofu, drained
 2 tablespoons vegetable oil
 ¼ teaspoon turmeric
 1 tablespoon garlic powder
 1 teaspoon onion powder
 ½ cup nutritional yeast
 salt and pepper, to taste
 ½ pound mushrooms, chopped (optional)
 1 green onion, finely chopped (optional)
 1 bell pepper, finely chopped (optional)

1. Using a fork or potato masher, crumble the tofu into small pieces and then sauté in oil in a frying pan.
2. After a few minutes, add the remaining ingredients (turmeric through bell pepper, if used). Lightly toss in the pan until well-cooked. Serve warm.

Carrot Muffins

Serves 6 to 8

1 cup whole-wheat flour
 1 cup oat bran
 1 tablespoon cornstarch
 1 teaspoon baking soda
 1 teaspoon baking powder
 1 teaspoon all-spice
 ½ teaspoon cinnamon
 ⅔ cup grated carrots
 ⅓ cup maple syrup
 1 cup water
 ¼ cup canola oil

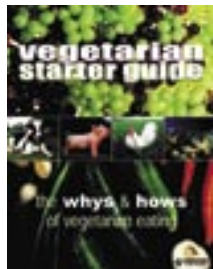
1. Preheat the oven to 375°F
2. In a large mixing bowl, combine the dry ingredients (flour through cinnamon) and grated carrots. Then add all of the wet ingredients, maple syrup through oil, and mix well.
3. Pour the batter into a lightly oiled muffin pan and bake for 25 to 30 minutes, or until an inserted toothpick comes out clean.

For more delicious recipes, visit [COK's VegRecipes.org](http://COK'sVegRecipes.org).

VEG OUTREACH

Bulk discounted rates are available. Contact us for details.

Vegetarian Starter Guide



Our 24-page guide to the whys and hows of vegetarian eating. Covers in detail factory farming, its environmental toll, and vegetarian health benefits. Resources, grocery lists, recipes, frequently asked questions, transition information, and more. **First copy free. \$1 shipping and handling for each additional copy.**

Easy Vegan Recipes

A tempting collection of our favorite recipes for breakfast, lunch, dinner, dessert, and even snacks! **First copy free. \$1 shipping and handling for each additional copy.**



Egg Carton Flyer



Our Egg Carton flyer exposes the routine abuses endured by nearly 300 million egg-laying hens in the U.S. who are forced to spend their lives crammed inside wire battery cages. It further reveals how the egg industry is deceiving consumers about this cruelty. **Flyers are free and are sent out in packs of 25.**

Restaurant Manager Cards

Every time you dine out, take along one of COK's restaurant manager cards to leave with your bill. These pocket-sized cards thank the restaurant for serving vegan meals and encourage them to offer even more cruelty-free options. **First 10 cards free. \$1 shipping and handling for every additional 20 cards.**



TryVeg.com Bumper Sticker



Spread a message of compassion with COK's TryVeg.com bumper sticker! Message reads "help end animal cruelty – one meal at a time." **First sticker is free. \$1 shipping and handling for each additional sticker.**

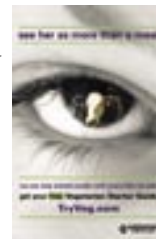
Vegetarian Guide to Washington, D.C. and Surrounding Areas (10th Edition)

This latest edition lists more than 400 D.C.-metropolitan area veg-friendly restaurants, groceries, bakeries, and caterers. **First copy free. \$1 shipping and handling for each additional copy.**



See Her as More Than a Meal

Encourage people to choose compassion at every meal, by displaying this poster on a bulletin board in your community, at your college, or in your high school. **Free posters available for a limited time.**



Farmed Animal Note Cards



Blank on the inside. Back reads: "Every time we sit down to eat, we can stand up for animals by choosing vegetarian foods. Help end animal cruelty—one meal at a time." A set of four includes one of each card pictured here. Envelopes included. **\$5 each set of four.**

VIDEOS



45 Days: The Life and Death of a Broiler Chicken

A gripping 12-minute documentary film on COK's week-by-week investigation into the U.S. broiler chicken industry, from hatching and factory-farm life to slaughter and packaging. Available in DVD and VHS formats. Please be sure to specify when ordering. **\$5.**



The Auction Block: An Inside Look at Farmed Animal Sales

With hidden cameras, COK investigators gathered shocking footage from three Maryland livestock auctions. This 19-minute video shows a relatively hidden side of animal agribusiness. Available in VHS format only. **\$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.

- Make a secure online donation
- Sign up to become a monthly donor
- Give a gift membership
- Grant a COK wish
- Sponsor a COK employee
- Donate your old car
- Donate to COK through CFC

Visit COK.net to learn more. Thank you!

APPAREL



Dog on a Plate T-Shirt*

Our popular “dog on a plate” design. Text reads: “Why Not? You eat other animals don’t you? Go Vegetarian.” COK logo on the back. USA-made 100% organic cotton t-shirt. Available in men’s S, M, L, and X-L and women’s S and M. **\$15.**

**Now available in women's sizes!*



Logo T-Shirt*

COK logo on front. USA-made 100% organic cotton t-shirt. Available in cement gray in men’s S, M, L, and X-L and women’s S and M. **\$15.**



SALE: Logo Tee

COK logo on front. USA-made all-cotton t-shirt. Available in heather gray in men’s large and extra-large only. **\$10.**

ORDERING INFORMATION

Please make checks and money orders payable to: Compassion Over Killing.

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

OR PLACE AN ORDER ONLINE BY VISITING OUR MARKETPLACE ON COK.NET.

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	men's/ women's	qty.	price
			total	

name _____

address _____

phone or email (to contact with order questions) _____



PO Box 9773 • Washington, DC 20016 • info@cok.net



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.

Want to help sponsor this ad?

We'll send you a free high-resolution file for you to submit to local newspapers and magazines. Contact us at info@cok.net for details.



P.O. Box 9773 • Washington, DC 20016 • www.cok.net

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