

Compassionate Action

The Magazine of Compassion Over Killing

Winter 2013 | 2014 • Issue 28



**COK Video Uncovers
Abuse of Calves, Leads to
Criminal Cruelty Charges**

**New COK Investigation
Exposes Cruelty to
Baby Birds**

**DC VegFest: 10,000 People
Strong & Growing**

**Our New Recipe Guide:
*Comida Con Amigos***

**COK Talks with
Author Ruby Roth**

And so much more...



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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

Cover Photo credit: Sylvia Elzafon at Woodstock Farm Animal Sanctuary in New York

Graphic Design, Lara Dalinsky
laratada@yahoo.com

P.O. Box 9773 • Washington, DC 20016
COK.net • info@cok.net • 301.891.2458

Dear Friend,



Erica Meier with friend at Woodstock Farm Animal Sanctuary

Thank you! **Your commitment to compassion means so much to us and, more importantly, to animals.** This past year has been filled with remarkable challenges as well as incredible progress for farmed animals – and we're grateful to have you standing strong at our side.

Animal agribusiness knows that consumers are horrified with each new factory farm exposé, but rather than taking steps to put an end to the abuses it routinely forces upon animals, it's putting its muscle behind "ag-gag" bills aimed at criminalizing our investigations that expose the truth.

The good news is that every single ag-gag bill introduced in 2013 was killed, and COK can continue our critically important undercover work to halt animal abuse. Yet the fight is far from over.

As a Compassion Over Killing supporter, you can feel proud knowing that every day you're lending your voice to animals. You're shining a bright light on the hidden horrors of factory farming and empowering others to leave animals off their plates, too.

Turn the page to read about **our heartbreaking new undercover video revealing egregious abuse to newborn calves, which prompted authorities to file criminal charges of cruelty to animals.** And keep turning the pages to read about another new **COK investigation exposing cruelty to baby chickens.**

In this issue you'll also learn about the **growing success of COK's DC VegFest celebration**, our work with Maryland's Montgomery County Council to proclaim Meatless Monday, **our new Spanish-language recipe booklet**, and so much more.

On behalf of the billions of animals suffering inside factory farms each year, thank you again for your commitment to compassion.

Sincerely,

Erica Meier, Executive Director

VISIT US ONLINE!

- COK.net
- TryVeg.com
- EggIndustry.com
- ChickenIndustry.com
- VegDC.com
- DCVegFest.com
- WeLoveSubway.com
- VegRecipes.org



Voices of **Compassion** at cok.net/blog



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



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

There are billions of reasons to support compassion.
Here's number 4424.



Please donate today.

Visit **COK.net** or use
the enclosed envelope.

Compassion Over Killing's brave investigators go undercover to expose the cruel and ruthless underbelly of animal agriculture. These exposés are vital to shine a bright light on the very dark world of factory farming—and they require a great deal of resources.

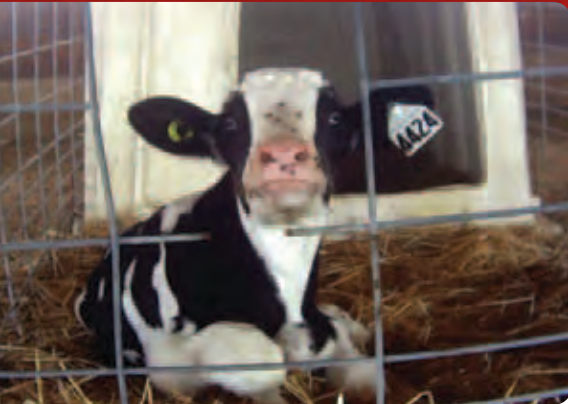
Our investigators urgently need your support and farmed animals need your voice.

On behalf of animals everywhere—thank you.

NEW INVESTIGATION:

COK VIDEO PROMPTS ANIMAL

“William Wailes with CSU’s Animal Science Department says this has given the livestock industry a black eye” —*KUSA-TV*



In November 2013, COK released a disturbing new undercover video exposing shockingly violent mistreatment of newborn dairy calves inside Quanah Cattle Co., an agribusiness in Weld County, Colorado. Quanah buys, temporarily confines, then sells these very young animals, most of whom are male and are unwanted in the dairy industry since they won’t produce milk.

Just days old, and many with their umbilical cords still hanging from their bodies, these delicate calves often arrive at Quanah’s facility too feeble or frightened to walk. While working at Quanah, our investigator witnessed and—using a hidden camera—painstakingly documented the violence they’re forced to endure: **these fragile, baby animals are dragged by their limbs, pulled by their ears, lifted by their tails, kicked, flipped, slammed, and thrown around.**

Once off the trucks, they’re confined inside hutches or crates for about a week—then as violently as they were unloaded, they’ll be just as violently loaded back onto trucks to be shipped out, sold, and then raised for their meat.

Animal handling expert **Dr. Temple Grandin of Colorado State University** decried the cruelty seen in our video, calling it “**severe abuse**” and “**not acceptable**” while further noting that “**If this facility had been a slaughter plant, the USDA would have shut them down.**”

Unfortunately for these calves, Quanah is not subject to any federal animal welfare regulations. However, the cruelty to calves uncovered in this investigation was so callous and violent that COK believes these acts we caught on film violate Colorado’s animal protection laws. We turned evidence over to local authorities.

After viewing our video evidence, the Weld County Sheriff’s Office held its own press conference announcing that three alleged animal abusers shown in our video have been charged with criminal cruelty to animals. Quanah Cattle Co. also issued a statement that those three men have been fired.

CRUELTY CHARGES



For the sake of these calves as well as other farmed animals, we hope justice will swiftly be served.

Whistleblowing exposés like this are often the only glimpse the public ever sees of the systemic mistreatment of farmed animals. That's why it's so vital for these images—as disturbing as they may be—to be shared as widely as possible.

We're proud to say that our investigation and the subsequent cruelty case continues making headlines—from the Associated Press, Huffington Post, FOX-31, NBC-9, ABC-7 and more. This extensive media coverage is exposing the callous mistreatment of dairy calves to countless consumers as well as highlighting the miseries that animal agribusiness is desperately trying to keep hidden behind closed doors.

The best way each of us can help stop these abuses is simply to choose meat-, egg-, and dairy-free foods. Visit COK.net to learn more. ■

WHAT EXPERTS FROM COLORADO STATE UNIVERSITY HAD TO SAY AFTER SEEING OUR VIDEO:

"If this facility had been a slaughter plant, the USDA would have shut them down."

—Dr. Temple Grandin

"These workers should be prosecuted to the fullest extent the law allows."

—Dr. Bernard Rollin & Terry Engle

Chicken Industry Exposed:

COK Uncovered Cruelty at a "Humane" Hatchery—Baby Birds Ground Up Alive

In October 2013, Compassion Over Killing released a new, heart-breaking investigative video revealing cruelty to baby birds inside a Pennsylvania chicken hatchery owned by Bell & Evans, a company that prides itself for its so-called "humane animal welfare" standards.

While Bell & Evans claims "all of our chickens are humanely raised and compassionately handled," what our undercover investigator witnessed and documented tells a strikingly different story.

On their very first day of life, as they emerge from their shells, these baby birds who are destined to be raised then slaughtered for their meat are violently jostled around in a highly mechanized system. They're treated like mere inanimate objects.

As our investigator who worked inside this facility also documented, some newly-hatched chicks who may be sick, injured, or otherwise deemed unfit for processing are dumped into a blender-like machine that grinds up these baby birds while they're still alive.

Visit COK.net to view our video and decide for yourself: *Does this look humane or compassionate to you?*

With virtually no legal protections whatsoever, these birds' short lives are filled with misery from the moment they hatch. This is the sad reality: **regardless of how it may be marketed to**

consumers, animal cruelty is standard practice in the chicken industry.

Our eye-opening investigation generated television and newspaper headlines—from the *Philadelphia Inquirer* to ABC-27 in Harrisburg, the state's capital—exposing countless viewers to some of the

routine cruelties kept hidden behind the closed doors of the meat industry.

And it's also spreading an important message of compassion: *The most effective way each of us can help end this abuse is to simply leave chickens, and all animals, off our plates.* ■

Going Undercover for Animals:

This isn't the first time Compassion Over Killing investigators have taken on the painstaking task of wearing an undercover camera to document and expose the ugly realities of animal agribusiness. And, with your help, it won't be the last.

These critical and eye-opening exposés are vital to shine a bright light on the hidden cruelties of factory farming. And they require a great deal of resources. Our investigators urgently need your continued support, and the animals desperately need your voice.

Please donate today. Visit COK.net or use the enclosed envelope—thank you for lending your voice to animals.





On their very first day of life, as they emerge from their shells, these baby birds are treated like mere inanimate objects.



COK's New Whistleblower BILLBOARD CAMPAIGN

In two states that are home to several massive animal agribusiness operations, Compassion Over Killing is sending a message to those who work inside these facilities: don't stay silent.

Through strategic placement of several roadside billboards in Indiana and Iowa, we're urging factory farm employees to come forward and report animal cruelty, workers' rights violations, environmental hazards, or other abuses they witness. Confidential reports can be submitted to COK at **1-800-65-FARM-TIPS** or **FarmTips.org**.

In the past several years, eye-opening undercover investigations by COK and other animal protection organizations have led to slaughterhouse shutdowns, the discovery of food safety violations, criminal animal cruelty convictions, and more.

And yet, in several states, meat industry lobbyists are trying desperately to pass ag-gag bills aimed at criminalizing

undercover investigations—and hiding the truth from consumers. In

2012, ag-gag laws were enacted in three states: Iowa, Missouri, and Utah. In 2013, 11 states—including Indiana—introduced ag-gag bills, and in all 11 states, those bills were killed.

Our billboards not only empower factory farm employees to blow the whistle on violations they've witnessed, but our message will also be seen by thousands of commuters in these states, encouraging them to think about what happens behind the closed doors of factory farms and slaughter plants.

You can help us reach out to even more factory farm workers in other states!

Please make a donation today, using the enclosed envelope or by visiting COK.net. ■



COK Executive Director Inducted into **NATIONAL ANIMAL RIGHTS HALL OF FAME**

We're excited to announce that earlier this year, at the 2013 Animal Rights National Conference, Compassion Over Killing's Executive Director Erica Meier was honored with the prestigious *Animal Rights Hall of Fame* award.

This annual award recognizes leaders in our movement who have spearheaded major advancements for animals in the US. Previous recipients include Peter Singer, Bruce Friedrich, Paul Shapiro, Ingrid Newkirk, and many more.

Erica has served as COK's Executive Director since 2005, after having been actively involved as a volunteer since 2000. Since taking the helm, Erica has taken the organization to new heights with continued growth and accomplishments for animals that include ending the egg industry's use of the misleading claim "Animal Care Certified," successfully working with BOCA foods to stop using eggs, receiving national and international media coverage for undercover

investigations, and launching a nationwide pro-vegetarian commercial campaign on cable networks as well as online via HULU.com.

Vegan for 20 years, Erica has been active in animal advocacy since high school. Before working at COK, Erica spent several years as an animal control officer in Washington, DC where she rescued sick, stray, and homeless animals as well as enforced animal protection laws.

The entire dedicated team at Compassion Over Killing is proud to be part of this historic movement, and we're proud to have you standing with us. ■

"There is strength in numbers and by all of us working together today, we can—and we are—building a more compassionate tomorrow."

-Erica Meier
acceptance speech



COMPASSION OVER KILLING

HIGHLIGHTS FROM

2013

Thanks to you—our passionate supporters and dedicated volunteers—we're sending a strong message that compassion is prevailing! And we hope you'll continue standing at our side as we keep this momentum throughout 2014.



COK Investigation: Cruelty to Baby Chickens Exposed

A new COK video uncovers cruelty to newly-hatched chicks inside a hatchery owned by Bell & Evans in Pennsylvania. In addition to enduring a violent processing system, some unwanted chicks are ground up alive. *See page 6 for more.*



ABC World News Report of COK Investigation Wins Genesis Award

The exclusive report by ABC World News with Diane Sawyer featuring COK's undercover video inside a California dairy cow slaughterhouse won a Genesis Award for its outstanding coverage.

COK Co-Files Lawsuit to Push for Truth in Egg Labeling

COK and the Animal Legal Defense Fund teamed up to file a lawsuit against several federal agencies for failing to regulate deceptive claims on egg cartons. Visit COK.net for details.



COK Investigation: Cruelty to Newborn Calves Exposed—Leads to Cruelty Charges

Local authorities in Colorado charged three alleged animal abusers with criminal cruelty to animals after reviewing COK's video evidence showing callous and violent mistreatment of newborn dairy calves. *See page 4 for more.*



Campaign Update: Subway introduces Falafel

After successfully testing a vegan menu in a handful of DC-area stores last year, vegan options are starting to sprout up again at Subway! Dozens of stores in and around the nation's capital are now dishing out falafel. Visit WeLoveSubway.com for details.

Thousands Take our US VegWeek 7-Day VegPledge

More than 3,500 people—including local, state, and federal representatives—pledged to go veg during our 5th annual US VegWeek in April. Visit USVegWeek.com



COK's New FARM-TIPS Whistleblower Campaign

Through strategic placement of our roadside billboards, we're sending a message to factory farm workers: don't stay silent after witnessing animal abuse. *See page 8 for details.*

DC VegFest Draws a Record Turnout

More than 10,000 people joined us to celebrate at our 2013 DC VegFest—including civil rights icon, US Rep. John Lewis. *See page 12 for details.*



Montgomery County, Maryland Endorses Meatless Monday

After working with COK, Maryland's Montgomery County became the first jurisdiction in the state to issue an official "Meatless Monday" Proclamation, encouraging residents to eat less meat. *Read more on page 14.*



New Spanish Recipe Guide

COK's first Spanish-language brochure, *Comida con Amigos*, is designed to celebrate the flavors of traditional Hispanic foods with a compassionate twist. *See page 15 for details.*



COK's Erica Meier Wins Animal Rights Hall of Fame Award

At the 2013 Animal Rights National Conference, COK Executive Director Erica Meier was honored with the prestigious Animal Rights Hall of Fame award. *Read more on page 9.*

10,000 PEOPLE STRONG—AND GROWING



On September 28, 2013 over 10,000 people—including civil rights leader and US Congressman John Lewis—joined us at the beautiful waterfront Yards Park in Washington, DC for Compassion Over Killing's fifth annual DC VegFest. This year's crowds broke records, making the event our most well-attended festival to date!

Festival-goers spent the day celebrating compassion by enjoying speakers and cooking demos, browsing more than 100 exhibits and shops, listening to musician Steve Gellman, and of course, eating lots of vegan food!

Our speaker tent was packed! The main stage featured presentations by ultra-endurance athlete Rich Roll, Humane Society of the US Vice President of Farm Animal Protection Paul Shapiro, Associate Director for Preventative Medicine at PCRM Dr. Milton Mills, and Hampton Creek Foods CEO Josh Tetrick.

Dr. Ruby Lathon, Ayinde Howell, and Dan and Annie Shannon also presented entertaining and informative vegan cooking demos. And author John Schlimm brought his outstanding energy to the stage all day as the event emcee!

This year, our newly-expanded kids' activity area was a huge hit with an event line-up of its own! Magician Michael

Worsham performed intriguing feats for a crowd of wide-eyed kids. Vegan mom of three Lesley Parker-Rollins was on-hand to offer advice and guidance for vegan parents, and Doron Petersan (Sticky Fingers Sweets & Eats) shared secrets and tips on how to make easy, kid-friendly recipes!

In partnership with the Capital Area Food Bank, our first-ever vegan food drive proved to be successful. In an inspiring display of compassion, nearly 350 pounds of plant-based food was donated throughout the day.

With so many reasons to explore plant-based eating, and with your continued support, we hope this event continues to reach larger and larger audiences with an important message of compassion.

Visit DCVegFest.com to see more photos and support the growth of this successful event! ■



Here's what some festival-goers had to say about the 2013 DC VegFest:

"All the different foods opened my eyes to new possibilities. I will be trying more vegan options in the future."

"I invited a friend this year who has cut way back on eating animals. VegFest really helps inspire people."



“I am slowly but surely turning vegan, any day now. The amazing food and samples at VegFest gave me that extra kick.”

“After hearing some of the speakers talk about dairy farms, and sampling vegan nut cheese, I feel more inclined to move to full-fledged vegan.”





Montgomery County, Maryland Endorses **MEATLESS MONDAY!**

Earlier this year, Maryland's Montgomery County became the **first jurisdiction in the state to issue a "Meatless Monday" Proclamation** officially endorsing a nationwide effort to promote kinder, climate-friendlier, and healthier foods.

Compassion Over Killing worked with the Council on this initiative and applauds Montgomery County for taking this important step in promoting the many benefits of choosing plant-based foods.

18% OF AMERICANS PARTICIPATE IN MEATLESS MONDAY.

The County's endorsement of Meatless Monday aligns with its annual support for COK's healthy-eating initiative, US VegWeek, which earlier this year included Councilmember Valerie Ervin and County Executive Ike Leggett taking our 7-Day VegPledge from April 22-28.

The Meatless Monday movement is sweeping the country, and as it continues to expand, it's uniting communities around the many benefits and flavors of meat-free meals. And it's by no means limited to Mondays—every time we choose a plant-based meal, we're choosing to help protect our health, the health of our planet, and animals. ■



"I am delighted to support the efforts of Compassion Over Killing and applaud their advocacy. We have to model the behavior that we want to promote. Meatless Monday is a terrific way to highlight not only the health benefits of a plant-based diet but the fact that such a diet has been shown to use fewer resources and cause less pollution."

-Councilmember Valerie Ervin



"Meatless Monday gets your week going with energy and purpose. Hats off to Compassion Over Killing and the Montgomery County Council for a bold and visionary statement."

-Md. State Senator Jamie Raskin

Meatless Monday is officially endorsed in:

- Boone, NC
- Los Angeles, CA
- Oakland, CA
- Philadelphia, PA
- San Francisco, CA
- Washington, DC
- Montgomery County, MD



Compassion Over Killing's *Comida con Amigos*



Spanish is the second most used language in the US, and nearly 13% of the American population speaks Spanish at home. That's why earlier this year we introduced our first Spanish-language brochure: *Comida con Amigos*—meaning “Food with Friends!”

This colorful 16-page guide, which we distribute for free, is designed to celebrate the flavors of traditional Hispanic foods with a compassionate twist. Inside you'll find vegan versions of 20 delicious cultural recipes, ranging from fried plantains and cactus salad to posole and tamales.

Chorizo and Potato Frittata

- 1 package extra firm tofu, drained
- 1 package soy chorizo
- 3 small golden potatoes, diced and blanched
- 1 onion, diced
- 1 red bell pepper, julienned
- 3 cloves garlic, minced
- ¼ cup soy milk
- 1 tbsp mustard
- 1 cube vegetable bouillon
- 1 tbsp salt
- 1 tsp turmeric
- 2 tsp black salt

1. Cook the soy chorizo, potatoes, onion, and garlic in a frying pan over medium heat.
2. Blend tofu, soy milk, bouillon, mustard, salt, black salt, and turmeric until completely smooth.
3. Once the potatoes are cooked through, spread the chorizo mix over an 8-inch baking dish.
4. Pour tofu mixture over chorizo and smooth. Top with red pepper and bake for 30 minutes at 400°. ■



Download all 20 recipes in our [free PDF guide](#) or order a print booklet—both available at COK.net/Market. Spanish and English versions of these recipes are also available on VegRecipes.org!

COK Talks with Ruby Roth

Artist and author of children's books



Headshot and reading photo credit: Jacob Rushing
www.jacobbrushing.com

Q: Your newest publication puts a compassionate spin on the classic alphabet book. Can you tell us more about it?

A: I'm so excited about it! *V Is for Vegan: The ABCs of Being Kind* is a rhyming book that explains this lifestyle to the youngest audience yet...or to adults with very short attention spans. It's veganism in 26 sentences—the quickest read ever! Whether you have kids or not, I think it's the best book to keep on your coffee table, office desk, or waiting room because even a staunch meat-eater will pick it up out of sheer curiosity—and they might learn a thing! It's funny, light, and covers the main tenets of kind living. For kids or as an adult novelty book, it's sure to be a great conversation starter.

Q: What age groups are your books geared towards?

Artist and author Ruby Roth recognizes that children are fascinated by other animals and are inherently compassionate towards them. She also knows when kids discover that not all animals are treated kindly by humans, they don't understand why. They ask questions. They wonder. They reflect. And, most impressively—they ask how they can help.

In several beautiful children's books, Ruby gently yet powerfully introduces young readers to important animal protection issues, highlighting how each of us can be a hero for animals. Her books include: *That's Why We Don't Eat Animals*, *Vegan is Love*, and *V is for Vegan*.

A: I say kids ages 0-100! Officially, *V Is for Vegan* is written for ages 3 and up and *That's Why We Don't Eat Animals* and *Vegan Is Love* for ages 7 and up. But I personally believe it's never too early to begin teaching children how our choices affect the public realm. I believe as soon as kids are even remotely engaged with the world around them, they are ready for these books. Just looking at pictures prompts questions and can reinforce empathetic behavior and encourage critical thinking. Art is a powerful tool for learning. I certainly retain images from my favorite childhood books to this very day.

Q: What inspired you to focus on empowering children to explore the important issues of how we treat—and sadly often mistreat—animals?

A: We can't afford to wait for the next generation to grow up before teaching

them how to love deeply, think critically, and act responsibly. We live in a world where the truth is often only available if you dig for it. A vegan education not only provides immediate and practical benefits for animals, health, and the environment, but also arms kids with the critical thinking skills to navigate an increasingly corrupt and greedy world. I think veg-educated kids are ahead of the game. These are the kids that will become industry innovators in the next generation—for a more sustainable, just, and responsible society.

Q: How do kids react to your books?

A: Unlike most adults, kids react with a great sense of diplomacy—they reflect, ask questions, offer insights and announce the dots they're connecting. When kids find out there's something they can do to help animals, they want to participate. Doing right by animals

and by nature makes perfect sense. Inflicting harm, as normal business, seems utterly absurd to kids—and it is.

Q: Do you have advice for introducing your books to children with non-vegetarian or vegan parents?

A: I get this question from many vegan aunts and uncles and teachers, too. First, I say keep a casual attitude that teaching others about veganism is like studying any other culture as we would in any given history book. Or you can gift the book with a little note that says something like, "This book answers all your questions about why Uncle Bob eats the way we does." Or if

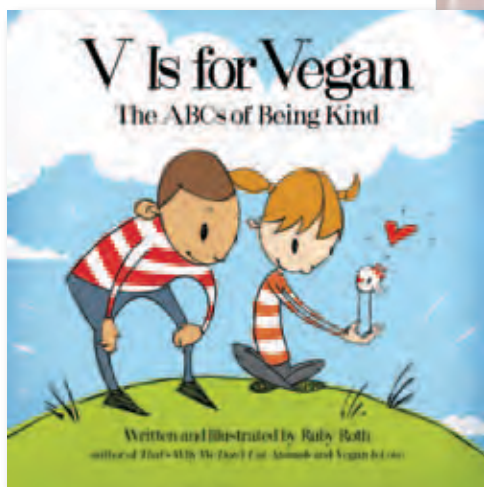
you're a teacher, you can present these books along with others that explain the customs of cultures around the world. At the very least, you can always keep these books at your own house or desk for curious little visitors to play with when they're over.

Q: Where can people buy your books?

A: Get your books personalized and signed-with-a-doodle from WeDontEatAnimals.com. Unsigned books are on the market (or can be ordered) wherever books are sold—worldwide. Translations are now available in German, Italian, Polish, Slovenian, Korean, and French!

Q: Your books are so beautifully presented, making them just as appealing to adults as they are to kids. What do you hope readers of all ages will take away?

A: I want families to take away a sense of personal agency—the idea that we don't ever have to fear or fret over things that we have the power to change. This kind of education lasts a lifetime and promises to raise a new generation that will think, eat, and live differently. As I say in my books, we don't have to wait to grow older, for laws to change, or presidents to be elected, we can begin right now. Our choices are powerful—vegan is love! ■



"We can't afford to wait for the next generation to grow up before teaching them how to love deeply, think critically, and act responsibly. We live in a world where the truth is often only available if you dig for it."

—Ruby Roth

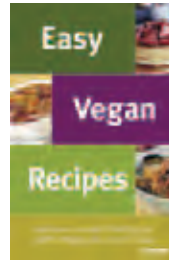
VEG OUTREACH

First copy is free, \$1 for each additional copy unless otherwise noted. Please contact us at 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 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**



Comida con Amigos

This colorful 16-page guide, celebrates the flavors of traditional Hispanic foods with a compassionate twist. You'll find vegan versions of 20 delicious cultural recipes. **Free copy can be requested online at COK.net.**

PRODUCTS



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!

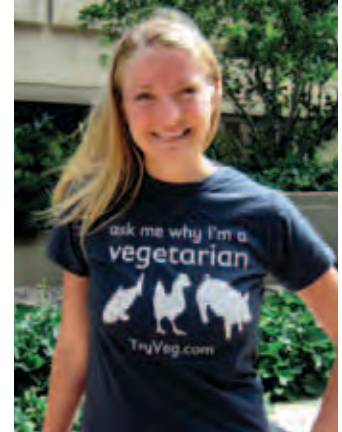
APPAREL



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 a message – it encourages others to strike up a conversation with you! Comes with 20 free TryVeg.com business cards. Made in the US, eco-friendly printing. Available in soft black, sizes women's & 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!

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		TOTAL	

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

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