

# Compassionate Action

The Magazine of Compassion Over Killing

Summer & Fall 2014 • Issue 29



**COK Investigator Wins  
Two Awards**

**Investigation Update:  
Criminal Charges Filed,  
Cases Go to Court**

**US VegWeek 2014:  
More than 130,000  
Meat-Free Meals!**

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**And much more...**



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**Compassion Over Killing** is a national nonprofit animal protection organization based in Washington, DC. Since 1995, COK has been working to expose cruelty to farmed animals and empower people to choose vegetarian foods as a way to build a kinder world.

Relying on a wide range of strategies to achieve our mission, COK conducts undercover investigations, engages in proactive legal advocacy, persuades major corporations to use fewer animal products and offer more vegan options, and much more.

Join our efforts today to help demonstrate the power of compassion. Visit [COK.net](http://COK.net).

Cover: Taylor Radig with a rescued cow at Hooves & Paws Animal Rescue in California

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Dear Friend,



Erica Meier at Woodstock Farm Animal Sanctuary

Thanks to your support, 2014 so far has been a tremendous year for COK – and for farmed animals.

In the wake of our **heartbreaking undercover investigation revealing extreme abuse of newborn calves in Colorado, three abusers pleaded guilty** to criminal charges of animal cruelty and were sentenced to fines, probation, and community service.

Considering that nearly all farmed animal abuse goes unnoticed and certainly unpunished, this conviction sets an important precedent that serves as a warning to other potential abusers.

Featured on the cover of this issue is **COK's brave investigator – Taylor Radig** – who documented and reported that egregious abuse in Colorado. After turning over the video evidence exposing cruelty to calves, local authorities retaliated by also charging her with a crime. This sparked an international outpouring of support for Taylor, and the bogus charge was eventually dropped. You can read her inspiring story on the next few pages.

*We're creating a powerful voice that can't—and won't—be silenced.*

COK is also continuing to challenge the false or misleading claims all too often found on packages of meat, milk, or eggs. Most recently, **we filed suit regarding a “humane” claim found on some packages of Simple Truth chicken** sold at Kroger grocery stores.

Right now, there is so much momentum pushing compassion for animals further and further into the mainstream. Despite the meat industry's desperate attempts to silence us, with you at COK's side, we're creating a powerful voice that can't – *and won't* – be silenced.

Sincerely,

Erica Meier, Executive Director

## VISIT US ONLINE!

- [COK.net](http://COK.net)
- [TryVeg.com](http://TryVeg.com)
- [VegDC.com](http://VegDC.com)
- [DCVegFest.com](http://DCVegFest.com)



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



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



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

# COK INVESTIGATOR HONORED FOR HER BRAVERY IN EXPOSING THE TRUTH

When Taylor Radig decided to become a COK undercover investigator, she never intended for her story to be so widely shared. She didn't want the spotlight shined on her. Her mission was—and still is—to shine that spotlight on the hidden horrors forced upon animals raised for food.

Last year, she wore a hidden camera and documented egregious abuse of newborn dairy calves behind the closed doors of Quannah Cattle Co., a Colorado calf-raising facility. What happened next, after she turned over the evidence to local authorities, Taylor describes as a “twisted nightmare”—the authorities retaliated by charging her with a crime (read more on pages 4-5).

Authorities also issued a press release about the charge against Taylor—revealing her identity to the world.

Her story grabbed national and international headlines. It also inspired Whistleblower Insider to name Taylor as the **Whistleblower of the Year!**

In May 2014, Taylor also accepted the **Patty Shenker Animal Rights Activist award**, which was presented to her at annual WorldFest in Los Angeles.

Taylor has proudly accepted both of these awards on behalf of former and current investigators who cannot receive—but very much deserve—public recognition for their brave work to expose animal abuse.

Despite the meat industry's desperate attempts to keep its abusive practices hidden from view, brave COK investigators like Taylor continue to work tirelessly to expose the truth.



Taylor Radig (left) with COK attorney Lisa Winebarger at LA WorldFest

On the next few pages, you can read more about Taylor's story including her personal note to our supporters, the charge against her which was finally dropped, and the criminal cruelty cases against three employees who Taylor caught on film abusing newborn dairy calves. ■

Visit [COK.net/Donate](http://COK.net/Donate) today to help keep our hidden cameras rolling.

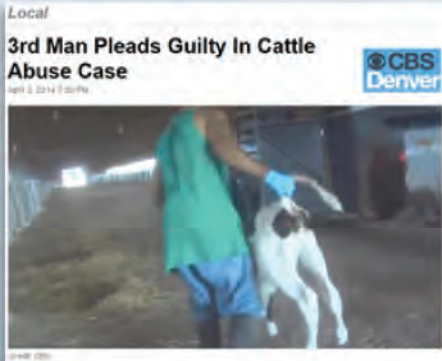


Two men sentenced to 2 years probation for animal cruelty



## COK INVESTIGATION UPDATE

# Justice Served: Three Employees Plead Guilty, Sentenced for Cruelty to Calves



Late last year, COK released a heart-breaking undercover video inside Quannah Cattle Co., a calf-raising facility in Colorado. The video revealed egregious abuses forced upon newborn dairy calves—some of whom were just days old with their umbilical cords still attached.

COK's investigator documented these fragile calves barely able to walk, being pulled by their ears, dragged by their limbs, lifted by their tails, kicked, flipped, slammed, and thrown around.

In response to our video evidence that we turned over to local authorities, the Weld County Sheriff's Office charged three abusers with criminal cruelty to animals.

Quannah Cattle Co. also released a statement saying the individuals had been fired from their jobs.

Earlier this year, all three went to court and pleaded guilty to criminal cruelty to animals—and all three have now been sentenced.

According to press releases issued by the Weld County District Attorney's Office, all three men were sentenced to "two years supervised probation and ordered to pay a fine of \$500. As conditions of probation, each man must complete 300 hours of public service and a Making Better Choices class."

As reported by Denver's Channel 9 news, when reviewing the case during sentencing, the judge described the undercover video as "disturbing to the court." ■

# Bogus Charge against COK Investigator Dropped!

Shortly after COK turned over our video footage uncovering callous abuse to calves at Quanah Cattle Co., the Weld County Sheriff's Office retaliated against Taylor Radig, COK's courageous whistleblower who witnessed and reported this cruelty. Authorities alleged that she broke the law.

What was her alleged "crime"? She was being punished for telling the truth about the violent acts of abuse to newborn calves happening at Quanah. If Taylor hadn't blown the whistle, these

abuses would likely still be occurring right now.

The charge against our investigator was unsupported by the law—and her case earned news coverage across the nation. It also inspired a Colorado resident to launch a petition on Change.org that garnered nearly 200,000 signatures demanding that the bogus charge be dropped.

COK is pleased to announce that earlier this year, the Weld County District Attorney's office officially dismissed the charge against Taylor.

While Taylor is now free from this ordeal, the animal ag industry is continuing to work feverishly to try to pass ag-gag bills in numerous states to stop COK's undercover investigations.

Please visit [COK.net](http://COK.net) to watch Taylor's video and to donate now so we can keep our cameras rolling and continue showing what factory farmers don't want you to see.

Taylor is incredibly grateful for all of the support she has been receiving, and she asked us to share the message below with you. ■

Friends and Supporters:

With a big smile on my face, I'm happy to announce that the animal cruelty charge filed against me has been dropped. I want to take this opportunity to express my gratitude to everyone who helped make this happen.

Thanks to your phone calls and letters to the Weld County District Attorney's Office, donations to Compassion Over Killing, and nearly 200,000 signatures on a Change.org petition, we successfully stood together against injustice on behalf of the animals.

Furthermore, we told the world that animal suffering matters, and that their pain should never be kept secret. The motive behind my charges spoke to how effective Compassion Over Killing's undercover investigations are, and how important it is that we keep the cameras rolling.

This situation also showed just how strong and ever-growing the movement toward ending animal suffering really is. This wouldn't have been possible without your support, and I'm truly indebted to you all.

For the animals,

*Taylor Radig*

Undercover Investigator, Compassion Over Killing





# SUCCESS: COK'S US VEGWEEK INSPIRES 130,000+ MEAT-FREE MEALS

## Nearly 6,400 People Take Our 7-Day VegPledge

Now in its sixth year, COK's annual US VegWeek campaign hit new milestones in 2014, inspiring record numbers of Americans, including elected representatives and celebrities, to take the pledge!

### Meat-Free Eating on the Political Map!

US VegWeek was originally inspired by Maryland State Senator Jamie Raskin in 2009. It's grown from a community event in COK's hometown of Takoma Park into a nationwide celebration that continues to empower thousands to make kinder, greener, and healthier food choices.

This year, more than 70 representatives from California to Florida to Texas to Missouri and everywhere in between signed on to take our 7-Day VegPledge.



"I'm aligning my morals with my menu."  
— Jamie Raskin, Maryland State Senator



"I'm a vegetarian every day and [US VegWeek] is my birthday week. You can bet your broccoli I'm in!"  
— Cory Booker, US Senator (D-New Jersey)



"I'm excited to participate again this year in US VegWeek. This is an important issue not just for our bodies, but for our communities. US VegWeek is a great way to kick off a meat-free diet, but it's easy to make it more than a week, and I'm proof of that." — Barbara Lee, US Representative (D-California)



"I am excited to take part in US VegWeek to help encourage others to pursue a healthier lifestyle. US VegWeek reminds those of us who are not vegetarians to be more aware of our physical health, as well as the health of our planet." — Eddie Bernice Johnson, US Representative (D-Texas)

### Vegweek by the Numbers



Nearly **6,400** people pledged to go veg for **7 days**



**130,000+** meat-free meals were enjoyed throughout the week



**74 public figures**, including federal, state, and local representatives, signed on



COK volunteers Lyn Cozart, Jennifer Mennuti, and Lisa Totten with a US VegWeek Proclamation signed by the City of Lauderhill in Florida.

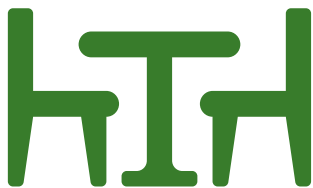
### Inspiring Change

Here's a taste of what VegPledgers had to say about the week:

"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*

"I have been wanting to live a healthier, cruelty-free lifestyle for a long time now, and this challenge gave me the encouragement that I needed to get going. Once I started I felt so much better about myself and physically, that it was easy to do." – *Karen in Addison, IL*

"This week has inspired me to go vegan and I am excited and motivated for this lifestyle." – *Emily in Detroit, MI*



Nearly **200** restaurants offered specials during the week



**16** cities and counties endorsed VegWeek including Los Angeles, Ft. Lauderdale, and Washington, DC

For all the details, visit **USVegWeek.com**

According to VegPledgers who responded to our follow-up survey:

**54%** of VegPledgers who ate meat before VegWeek told us they are now 100% meat-free and about half of them specifically said they're now choosing all-vegan foods!

**62%** of VegPledgers who were vegetarian before VegWeek and had pledged to go vegan told us they're now choosing all-vegan foods!



Celebrating at a US VegWeek benefit event: vegan artist Dana Ellyn, and Elissa Free.



COK's Erica Meier accepting Montgomery County, Maryland's US VegWeek Proclamation from Councilmember Cherri Branson.



## COK HELPS FIGHT Misleading “Humane” Claims on Kroger Simple Truth Chicken



“This case highlights the growing tension between food retailers and U.S. consumers, who have become more vocal over how food is produced and marketed.” – *Reuters*

In February 2014, a consumer of Simple Truth chicken—Kroger, Co.’s store brand—filed a class-action lawsuit in a California court alleging that the grocery giant is falsely and deceptively touting its Simple Truth chicken as being sourced from birds raised “in a humane environment.” In reality, according to the complaint, these birds are treated no differently than other mass-produced chickens confined on factory farms and killed in industrial slaughter plants.

Attorneys at COK along with two leading class action law firms are representing the plaintiff in the suit.

Upon filing, this story hit the newswires, including a national story by Reuters noting that “The case highlights the growing tension between food retailers and U.S. consumers, who have become more vocal over how food is produced and marketed.”

### “Humane” Claims

Despite Kroger’s “humane” claim, the lawsuit alleges that Simple Truth chicken products can be traced to a Perdue Farms processing facility in Kentucky, which

purportedly engages in standard chicken industry practices including selective breeding of fast-growth birds who continuously suffer from cardiovascular problems, painful bone deformities, and lameness throughout their short lives.

According to the suit, Simple Truth chickens are also subject to inhumane practices at slaughter, including upside-down shackling by their legs, submersion into vats of electrified water, and in some cases, ineffective mechanical slaughtering methods that may result in drowning and scalding while fully conscious.

The complaint further alleges that Kroger’s “cage free” label misleadingly suggests that Simple Truth chickens are raised differently, and more humanely than, chickens raised for competitor products even though chickens raised for their meat (“broilers”) are virtually never housed in cages.

In other words, the lawsuit contends that the Simple Truth label is telling consumers anything but.

Visit [COK.net/SimpleTruth](http://COK.net/SimpleTruth) for more details and updates on the case. ■

### WHO IS KROGER?

Kroger is one of the world’s largest grocery retailers operating more than 2,600 grocery stores from coast to coast under various local banner names, including Kroger, City Market, Dillons, Food 4 Less, Fred Meyer, Fry’s, Harris Teeter, Jay C, King Soopers, QFC, Ralphs, and Smith’s.

Kroger launched its private-label Simple Truth brand in September 2012 with the aim of targeting concerned consumers who are often willing to pay more for products they perceive as coming from animals who are treated more humanely. Earlier this year, Kroger CEO Michael Ellis acknowledged the immense success of this brand, telling investors it’s been growing at an “astonishing pace.”





CROSSING THE FINISH LINE:

## WHY I'M RUNNING NINE RACES FOR COMPASSION

by Nicole Furlan

When I started working at COK, I could barely contain my excitement – I love my job and I love the work that I do. But I want to do even more. So throughout 2014, I'm running 9 races to help raise \$9,000 for Compassion Over Killing before I turn 29 on September 16!

What's motivating me to train hard all year and run in the snow, sleet, rain, and heat? The 9 billion birds, pigs, and cows who are raised and killed each year for food in the US. These animals endure unspeakable abuses and are denied adequate legal protection. In fact, farmed animals are often treated in ways that would lead to criminal prosecution if those same abuses were inflicted upon the dogs and cats with whom we share our homes.

This is why I'm vegan. This is why I dedicate my time working with Compassion Over Killing, an organization committed to building a kinder world for all animals. And with your help, we're making a difference—from our incredibly powerful undercover investigations and groundbreaking legal advocacy programs to our eye-opening commercials empowering millions of viewers to stand up for animals every time they sit down to eat.

When I first learned what happens behind the closed doors of animal agribusiness, I was horrified. It had an immediate and lasting impact on me. And now it's my turn to help others discover the truth and how easy it is to make kinder choices.

Please visit my fundraising page—[COK.net/Nicole](http://COK.net/Nicole)—to track my progress and help me cross the finish line! I'm halfway to my goal of raising \$9,000.

Thank you! With your support today, together we're building a kinder tomorrow. ■

*Nicole Furlan is COK's web developer who works and runs around the clock to help farmed animals. Formerly a software engineer, Nicole joined COK's team in 2013. She lives in Massachusetts with her husband Billy, and they share their home with two loving rescued dogs, Brady and Bruno.*



# COK Interview with Dana Ellyn

## Award-Winning Vegan Artist Promotes Compassion With Her Paintbrush



Dana Ellyn has been an artist her entire life, a vegetarian for 15 years, and a vegan since 2013. On canvas, she expresses her thoughts on a number of controversial topics, including religion, politics, and most recently food.

Many of her animal-themed paintings strike a chord, creatively posing the question: *why do we love some animals and eat others?* They've also garnered international attention. In May, Dana took second place at Atelier Tamman's 2014 Sustainable World art competition and exhibition in London.

Back in Washington, DC, where Dana calls home, she created a special collection for a show in honor of COK's annual US VegWeek celebration (see page 6). Some of those pieces are featured here.

To see more of her work, visit [DanaEllyn.com](http://DanaEllyn.com).

**Q:** What inspired you to become vegan?

**A:** I've been a vegetarian at heart since I was a kid. I was constantly getting in trouble at the dinner table for picking at my food, often being told to "Stop dissecting it and just eat it." I'd cut my meat into tiny, shredded pieces and turn them around for inspection on my fork before putting it in my mouth. My meat had to be well done (nearly charred) since any sign of oozing blood was a deal breaker. Chicken on the bone sent me reeling when I'd encounter a tendon or vein. I didn't know as a kid that not eating meat was an option. It wasn't until about 15 years ago that I went officially vegetarian. Then, at the end of 2013, I took it a step further and went vegan.

**Q:** When did you start incorporating vegetarian or farmed-animal themes into your work?

**A:** Animals have been making cameo appearances in my art for years. But, it wasn't until my exhibit in 2013 for DC Meat-Free Week that I really went whole-hog, so to speak, on the animal-themed paintings. When I created my "Look Me In The Eye and Tell Me I'm Delicious" series, I thought vegans or vegetarians would be most interested in them. Putting an adorable piglet next to a slab of bacon might cause a meat-eater to become uncomfortable because it makes them think about where their food comes from. Bacon = pig. Burger = cow. Chicken = bird. But to my surprise the piglet/bacon painting was purchased by a meat eater—ideally I'd like to think

a soon-to-be-vegetarian. My hope is that every time she sees the cute piglet, it becomes harder for her to chew on bacon.

**Q:** What's your favorite farmed animal piece?

**A:** Not sure I can name a favorite. I tend to like the most recent things I've created best. It pushes me to create something even better next time so that can take the place as my new favorite.

**Q:** What reaction do you get from people who see your work?

**A:** There's a full spectrum—everything from love to derision; connection to confusion. Over the past 15 years that I've been painting full time, I've dabbled in a lot of different subject matters,



"When I began to really focus on creating veg-themed paintings I thought I was venturing in to less controversial territory. I was definitely wrong."

much of them controversial. Especially those touchy topics you're not supposed to discuss at a dinner party: religion, politics, divorce, not wanting kids, etc.

When I began to really focus on creating veg-themed paintings I thought I was venturing in to less controversial territory. I was definitely wrong. To me, my paintings like "Baby Back Ribs" [which depicts a crying baby being served on a platter] were "obvious" images—they're pictures I see in my head when I think about where the meat sitting on our plate came from. But, it turns out that most people don't like to think about that. Lesson learned for me. Though

I still paint these hard-hitting vegan themed paintings, I've balanced them out with a large collection of kinder, gentler paintings that feature cute animals who peer at the viewer with innocent eyes sending the simple message: "I have feelings, please don't eat me."

**Q:** When you're not painting, what do you enjoy doing?

**A:** In short; reading, cooking, eating, and running. I realized recently that my 'hobbies' tend to tie back into my art. When I read, I find inspiration. My love of cooking has definitely developed in direct correlation to the importance I put

on my diet. Becoming vegan has opened up a whole new world of cooking experiments that make me and my husband (he's vegan too) exclaim (with a bit of frustration) why does anyone need to eat meat!?

As I cook, I come up with new vegan-themed painting ideas. The idea of meat-replacements (such as Beyond Meat) led me to create the new series that was on display at COK's US VegWeek benefit event in Washington, DC. In the paintings, I've placed cute pigs and puppies side by side hoping people make the connection that they'd never eat one in place of the other. ■

# ANIMAL RESCUE BARS:

## Compassion & Nutrition Rolled into One



Whether you're looking for a quick and healthy snack after a workout, something to eat on the way to work or school, or want to take some food with you while traveling, here's a new all-vegan nutrition bar you're going to love: Animal Rescue Bars!

What's so great about Animal Rescue Bars? First of all, they're delicious—they're made with all natural, mostly organic ingredients including dates, peanuts, cashews, and quinoa puffs.

More notably though, **50% of the sales from these bars will help support eight different animal protection charities – including Compassion Over Killing!**

According to Andrew Kirschner, a dedicated animal advocate who is also the founder and creator of Animal Rescue Bar:

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**"The goal ... is to inspire people to show compassion for animals, to provide financial support to the organizations that rescue them, and to offer a healthy snack for people. We believe people will gravitate to the bar because it tastes so good and serves such a meaningful purpose."**

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So where can you buy Animal Rescue Bars? They're currently available online as well as in a few stores in Maryland, New York, Pennsylvania, and Florida. They'll soon be sold in grocery stores nationwide as well as in gyms, drug stores, and many other locations.

Visit [AnimalRescueBar.com](http://AnimalRescueBar.com) to place your order, find a store near you, or download an order form you can bring to your local stores asking them to start selling these nutritious snacks! ■

# Bryant Terry's New Cookbook Dishes Out Delicious Vegan Soul Food



Sustainability and food justice issues go hand in hand—and it starts in the kitchen with creative vegan cuisine. All it takes is a little inspiration, and that's exactly what Bryant Terry has been cooking up since 2001. His writing and recipes have been featured in several major publications, including *Gourmet*, *Food and Wine*, *The New York Times*, and the *Washington Post*.

Terry's latest cookbook, *Afro-Vegan: Farm-Fresh African, Caribbean & Southern Flavors Remixed*, is his fourth. More than just a cookbook, *Afro-Vegan* features recommendations for books and films—and each recipe includes a soundtrack suggestion!

Wish you could meet Bryant Terry in person? You can! Join us at the DC VegFest on September 20, where he'll be speaking and hosting a cooking demonstration! Visit [DCVegFest.com](http://DCVegFest.com) for details.

## Tofu Curry with Mustard Greens

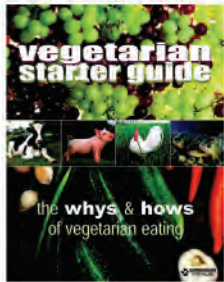
*Yield: 4 to 6 servings*

- 14 to 16 ounces extra-firm tofu, cut into ½-inch cubes
- 3 tablespoons plus 2 teaspoons extra-virgin olive oil
- ¾ teaspoon fine sea salt
- ¼ teaspoon mustard seeds
- 1 cup finely diced white onion
- 2 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- 1 ½ teaspoons ground turmeric
- ½ teaspoon cumin seeds, toasted and ground
- 6 cardamom pods, toasted, then seeds removed and ground
- ½ teaspoon chili powder
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon ground ginger
- 1 (14-ounce) can chopped tomatoes with juices
- 1 heaping tablespoon chunky peanut butter
- 1 jalapeño chile, seeded and minced
- 3 cups vegetable stock, homemade or store-bought
- 12 ounces mustard greens, stemmed and cut into bite-size pieces
- 2 bay leaves
- 2 tablespoons chopped cilantro

1. Preheat the oven to 450°F. Line a rimmed baking sheet with parchment paper.
2. Put the tofu in a bowl, drizzle with 2 teaspoons of the oil, and sprinkle with ¼ teaspoon of the salt. Gently toss the tofu with clean hands until evenly coated. Transfer to the lined baking sheet, spreading the tofu in a single layer. Bake, turning once after 15 minutes, for 30 minutes, until firm.
3. Meanwhile, warm the remaining 3 tablespoons of oil in a large sauté pan over medium heat. Add the mustard seeds and cook, shaking the pan occasionally, until they pop, 2 to 3 minutes. Add the onion and the remaining ½ teaspoon salt and sauté until soft, 5 to 7 minutes. Add the garlic, fresh ginger, turmeric, cumin, cardamom, chili powder, black pepper, garlic powder, and ground ginger and sauté until fragrant, about 2 minutes. Add the tomatoes, peanut butter, and jalapeño and stir until well combined. Stir in the stock, mustard greens, and bay leaves and bring to a simmer. Decrease the heat to medium-low, partially cover, and simmer, stirring occasionally, for 20 minutes.
4. Gently stir in the tofu and cook for 10 minutes. Remove the bay leaves. Taste and season with more salt and black pepper if desired. Serve garnished with the cilantro. ■

## 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. *Free PDF download available on [TryVeg.com](http://TryVeg.com).*



### Easy Vegan Recipes

A collection of our favorite easy recipes for breakfast, lunch, dinner, dessert and snacks. *Free PDF download available on [TryVeg.com](http://TryVeg.com).*



### I Support COK Sticker

Show everyone just how much you support compassion with our new stickers!



### TryVeg.com Bumper Sticker or Magnet

One of the simplest ways to spread a message of compassion. Stickers are free. Available as a magnet for \$2 each.



### Restaurant Manager Cards

Use these pocket-sized cards to kindly encourage restaurants to add more vegan options. *Set of 10 for \$2 or \$0 for \$5.*



### 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](http://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. *\$4 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](http://COK.net).*

## PRODUCTS



### TryVeg.com Canvas Bag

This canvas bag is a handy way to carry your groceries (or other items) while encouraging others to choose vegetarian. *\$12 each.*





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Love the planet.  
Love animals.

