

How Thanksgiving Can Be Peaceful and Kind for EVERYONE!

Turkeys!



"A man paid us a visit one day. Inside the barn he said, 'I don't eat red meat anymore, but I still eat chicken and turkey.' Along comes Milton, burdened by the overweight and arthritis afflicting turkeys who are bred for meat. Soon this man was exclaiming, with Milton standing attentively beside him, 'I didn't know turkeys ---could---' Could what? I think what he was trying to say was be companionable."

Source - United Poultry Concerns, PO Box 150, Machipongo, VA 23405-0150, [757-678-7875](tel:757-678-7875), www.upc-online.org



Turkeys have a zest for living and enjoying the day. Treated with respect, they become very friendly. At a distance, turkeys look like otherworldly visitors moving gracefully through the grass. Up close one sees their large, dark, almond-shaped eyes and sensitive, fine-boned faces. **In nature, turkeys spend up to 5 months close to their mothers.** Turkeys raised for food never know the comfort of the mother bird's wings or the job of exploring the woods and fields with her.



Turkeys are Full of Diseases and Drugs

Turkeys are not suited to crowded confinement systems---including so-called free-range (a fraudulent term). When hundreds, even thousands, of birds are forced to sit and stand in a crowded yard or in filthy litter (wood shavings and excrement) breathing burning ammonia fumes and lung-destroying dust, they develop respiratory diseases, ulcerated feet, blistered breasts, and ammonia-burned eyes. Most turkeys are fed antibiotics to promote artificial growth and to control *Salmonella*, *Listeria*, *Campylobacter* and other diseases transmittable to humans. ***Poultry Science* reports that 72% to 100% of chickens, turkeys, and ducks have Campylobacter at the slaughterhouse---despite all the drugs.**

Turkeys are Painfully Lame and Obese

Turkeys have been bred to grow so fast and heavy that their bones are too weak to carry the weight. Turkeys frequently suffer from painful lameness so severe they try to walk on their wings to reach food and water. If a 7-pound human baby grew as fast as baby turkeys are forced to grow, the human baby would weigh 1,500 pounds at 18 weeks old. *Feedstuffs* says turkeys raised for food "have problems standing, and fall and are trampled on or seek refuge under feeders."

Forced to grow too large too fast, turkeys raised for food develop congestive heart and lung disease accompanied by engorged coronary blood vessels, distended fluid-filled heart sacs, abdominal fluid, and gelatin-covered enlarged congested livers.

Turkeys are Mutilated at Birth

Very few animals go through the stresses of poults [baby turkeys] in their first three hours of life. They are squeezed for sexing, thrown down a slide onto a treadmill, someone picks them up and pulls the snood off the heads, clips three toes off each foot, debeaks them, puts them on another conveyer belt that delivers them to another carousel where they get a power injection, usually of an antibiotic, that whacks them in the back of their necks. Essentially, they have been through major surgery. They have been traumatized. They don't look very good..." - Dr. William E. Donaldson, North Carolina State University

Turkeys are painfully debeaked and detoed without anesthetic to offset the destructive effects of overcrowding and lack of environmental stimulation. Beaks are amputated with a hot machine blade. The blade cuts through the sensitive beak tissue causing severe pain and suffering in the mutilated birds. Debeaked birds cannot eat or preen properly, and detoed birds have trouble walking.

Turkeys are Sexually Abused to Reproduce



Turkeys used for breeding cannot mate naturally due to artificial growth rates. Male and female turkeys used for breeding are masturbated and artificially inseminated in order to obtain semen, which is driven into the female bird's body. A "milker" at a ConAgra turkey breeding facility in Missouri described his job: *"I have never done such hard, dirty, disgusting work in my life: 10 hours of pushing birds, grabbing birds, wrestling birds, jerking them upside down, pushing open their vents, dodging their panic-blown excrement and breathing the dust stirred up by terrified birds."*

Turkeys are Tortured to Death

Between 12 and 26 weeks old turkeys are grabbed by catchers and carried upside down by their legs to the transport truck. Jammed into crates, they travel without food, water or weather protection to the slaughterhouse. No U.S. welfare laws regulate the

treatment of turkeys, chickens, ducks or other birds during catching, transport, or slaughter.

At the slaughterhouse, turkeys are torn from the crates and hung by their feet upside down on a movable belt---torture for a heavy bird especially. They may or may not be "stunned"---paralyzed while fully conscious---by a handheld electrical stunner, or by having their faces dragged through an electrified water bath. **The purpose of electrical "stunning" is to paralyze the muscles of the feather follicles "allowing the feathers to come out easily" and has nothing to do with humane slaughter. The electricity shoots through the birds' eyes, eardrums, and hearts causing "intolerable pain" according to researchers. Nor does throat-cutting, with or without prior electric "stunning," produce a humane death.**



You Can Help Turkeys by Following These Six Simple Steps...

! Discover the joy of turkey-free cooking and dining. Try Mrs. Gobble-Good's Golden Brown Pie and other savory dishes in the highly acclaimed cookbook, *Instead of Chicken, Instead of Turkey: A Poultryless "Poultry" Potpourri*. Order from UPC.

! Contact your legislators. Urge them to enact laws banning the crowding, debeaking, detoeing, drugging, and artificial insemination of turkeys. Urge them to adopt humane poultry slaughter legislation.

! Tell your family, friends, coworkers and news media how badly turkeys are treated. Use the information above for letters to the editor and other opportunities to speak out. Purchase UPC's book, *More than a Meal: The Turkey in History, Myth,*

Ritual, and Reality, by Karen Davis, PhD and learn all about these amazingly sensitive and intelligent birds.

! Urge restaurants and stores to provide wholesome vegetarian foods free of meat, dairy and eggs. Support these restaurants and stores by purchasing their vegan products.

! Bypass "free range." [Learn more about the free-range fraud.](#)

! Contact United Poultry Concerns, PO Box 150, Machipongo, VA 23405, [757-678-7875](tel:757-678-7875), info@upc-online.org, or visit www.upc-online.org for more information about what you can do to support UPC and to help turkeys, chickens, ducks, and other domestic fowl. Thank you for choosing to make a difference.

Mrs. Gobble-Good's Golden Brown Pie

Serves 4 to 6. Preheat oven to 350 degrees.
Uncooked pie crust for placing on top of pie

2/3 cup lentils	3 to 4 peeled and diced potatoes
8 cups water	1/2 teaspoon sage
2 to 3 sliced carrots	1-1/2 teaspoon salt
2 sliced celery stalks	1/4 teaspoon parsley
1 medium diced onion	3 Tablespoons vegan margarine
2 packets vegetarian bouillon	3 Tablespoons flour

Cook lentils and 2 cups of water on low heat till tender.

Put prepared vegetables in a large saucepan with 6 cups of water plus bouillon. Bring to a boil and cook for 10 minutes. Add prepared potatoes to cooking vegetables. Cool all vegetables for 20 minutes while seasoning the lentils with sage, salt, and parsley.

Prepare a thickening by melting vegan margarine in a fry pan, adding flour, then 1 cup of water from cooking vegetables. Drain vegetables and put in an oven-proof bowl. Add lentils and thickening. Stir. If mixture is too thick, add more water from cooking process. Place pie crust on top and bake till brown (about 1 hour)

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Source of all information above is [United Poultry Concerns.](#)
E-subscribe to UPC free emails!

Now let's all find a way to celebrate a compassionate, cruelty-free Thanksgiving.

For thousands of **tasty**, **kind** and **vegan** recipes, visit [EVEN's Recipe page](#).

Thank you for keeping it veg!

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Eugene Veg Education Network (EVEN)
--- serving as a vegan resource since 2005---

www.eugeneveg.org

Check Out [EVEN's News Blog](#) for hundreds of valuable, vegan news morsels.

The **Eugene Veg Education Network (EVEN)** is an **official 501(c)(3)** non-profit based in Eugene serving as a resource for those seeking information on a **healthful, vegan lifestyle**. EVEN's emphasis is one of **non-violence, compassion and sustainability**. Focus is on the **interconnectedness of all life** and how a plant-based diet benefits the earth, non-human animals, and the individual. EVEN's **Mission Statement** is **to inform, educate & encourage our members**--- as well as the larger community ---by providing pertinent information on veganism and its positive impact on the health of the planet and all its inhabitants. www.eugeneveg.org **Peace.**



Love life. No matter

whose.
