OMNI

VEGETARIAN ACTION NEWSLETTER #22, October 14, 2015.


Compiled by Dick Bennett for a Culture of Peace, Justice, and Ecology.

(#4 Feb. 12, 2014; #5 March 12, 2014; #6 April 9, 2014; #7 May 14, 2014; #8, June 11, 2014; #9 July 9, 2014; #10, August 11, 2014; #11 September 10, 2014; #12 October 8, 2014; #13, November 12, 2014; #14, December 10, 2014; #15, January 14, 2015; #16, Feb. 11, 2015; #17, March 11, 2015; #18, April 8, 2015; #19, June 10, 2015; #20, August 12, 2015; #21, September 9, 2015). Thank you Marc.

http://omnicenter.org/donate/

Veggie Potluck And Vegan Dishes

Wed OCTOBER 14 - 6:00 pm @ OMNI

A food-friendly monthly event with delicious dishes. We want to meet you, at a place and time where you can talk with others not only about nutrition and health, but about the meat industry monopoly, care for other species, and for the environment. You don't have to be a vegetarian to enjoy this potluck, but you do have to want to learn more about its personal and social value. If you enjoy well-prepared vegetarian cooking and care about yourself and the well-being of animals and the planet, you are already on your way to being a vegetarian. Hope to see you!

Wednesday, Oct. 14, members of OMNI350 and CCL are invited to attend our potluck and enjoy vegetarian cuisine and consider our philosophy, and we are invited to attend their meeting following, which concentrates on the fee-dividend approach to reducing carbon in our atmosphere. Vegetarian Potluck starts at 6, and CCL at 7.

OMNI'S Blog

http://jamesrichardbennett.blogspot.com/
Newsletters

index:


OMNI NATIONAL/INTERNATIONAL DAYS PROJECT

October World Vegetarian MONTH. Oct. 16, UN World Food DAY.

Few initiatives possess as much potential for affirmative, progressive change in so many ways as vegetarianism. What kind of OMNI Potluck do you want? In addition to nourishment, what other actions might we do?

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Economics of Meat Industry

Meat Industry Monopoly

Nutrition, Health

Potatoes, Tomatoes, Lettuce Are Not Variety

Animal Rights and Protection

Animals No Kill Campaign http://jamesrichardbennett.blogspot.com/2015/10/no-kill-perspective.html

Daniel Imhoff, CAFO, Concentrated Animal Feeding Operation (a massive, stupendous book available in OMNI’s Library)

Foundation for Deep Ecology

American Society for the Prevention of Cruelty to Animals, ASPCA Action (Fall 2015)
C02, Climate Change

Cowspiracy

OCTOBER IS WORLD VEGETARIAN MONTH

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Recent OMNI Topical Newsletters

Economics of Meat Industry

MEAT INDUSTRY MONOPOLY, Google Search, October 13, 2015

How Tyson's Meat Monopoly Is Hurting Everyone | One ...

www.onegreenplanet.org/.../how-tysons-meat-monopoly-is-hurting-ever...

Mar 17, 2014 - Agribusiness journalist Christopher Leonard recently published a book exploring how Tyson's meat industry monopoly has hurt humans and ...

How 4 companies control almost all the meat you eat | Daily ...

finance.yahoo.com/.../how-four-companies-control-the-s.. Yahoo! Finance

Feb 19, 2014 - From Yahoo Finance: Christopher Leonard, author of "The Meat Racket: ...

Nutrition, Health
Potatoes, Tomatoes, and Lettuce are Not Variety

The U.S. Doesn't Have Enough Of The Vegetables We're Supposed To Eat

About 50 percent of the vegetables available today are tomatoes and potatoes. According to new USDA data. Lettuce is the third most available single vegetable. Legumes and all other vegetables make up 41 percent. Ryan Kellman/NPR If you are looking for proof that Americans' vegetable habits lean towards french fries and ketchup, the U.S. Department of Agriculture has it: Nearly 50 percent of vegetables and legumes available in the U.S. in 2013 were either tomatoes or potatoes. Lettuce came in third as the most available vegetable, according to new data out this week. And while the USDA's own dietary guidelines recommend that adults consume 2.5 to 3 cups of vegetables a day, the agency's researchers found that only 1.7 cups per person are available. "The dietary guidelines promote variety," Jeanine Bentley, a social science analyst at the USDA's Economic Research Service, tells The Salt. "But when you look at it, there isn't much variety. Mostly people consume potatoes, tomatoes and lettuce." (The data technically tally domestic production and imports, then subtract exports, but researchers commonly use them as a proxy for consumption.) The federal dietary guidelines do not recommend relying primarily on potatoes, tomatoes and lettuce for most of our vegetable needs. They prescribe a varied mix that includes dark leafy greens, orange and yellow vegetables, and beans—along with those potatoes and tomatoes. And they want us to eat them because they help reduce the risk for heart disease, stroke and some cancers as well as help keep us at a healthy weight. So the vegetables that are available don't really match what we're supposed to be eating. What about what we are actually eating? Some 87 percent of adults failed to meet the vegetable intake recommendations during 2007-2010, according to recent survey data from the Centers for Disease Control and Prevention. The survey found a lot of variation state to state — with 5.5 percent of people in Mississippi getting enough vegetables to 13 percent in California meeting the recommendations. Most people are likely to be eating tomatoes and potatoes, but as the USDA has noted, we often get them in the not-so-nutritious forms of french fries and pizza. About one-third of potatoes, and two-thirds of tomatoes, were bound for processing — think chips, sweetened pizza sauce and ketchup. All these numbers beg some questions: Do our lopsided habits mean that Americans are merely eating what's on offer, a kind of supply-side theory of diet? Or are all those potatoes and tomatoes crowding out spinach and Brussels sprouts because they're what consumers demand? "We have a serious disconnect between agriculture and health policy in our country," said Marion Nestle, a leading nutrition researcher and author at New York University. "The USDA does not support 'specialty crops' [like vegetables] to any appreciable extent and the Department of Commerce' figures show that the relative price of fruits and vegetables has gone up much faster than that of fast food or sodas." So while Americans are told to eat fruits and vegetables for their health, the government has meanwhile mostly just subsidized other crops that end up in cheaper, less healthy processed food. "Price has a lot to do with this," she adds. Although this week's USDA report focuses on the limited variety of vegetables available to American shoppers, other agency data suggest that the country simply doesn't
offer enough vegetables, period. A 2010 study in the *American Journal of Preventive Medicine* estimated that the U.S. vegetable supply would need to increase by 70 percent — almost entirely in dark leafy greens, orange vegetables and legumes — in order for Americans to meet recommended daily allowances at the time. With a dietary landscape like that, it's entirely possible that Americans are choosing potatoes and tomatoes, at least for now, says Lindsey Haynes-Maslow, a food systems and health analyst at the Union of Concerned Scientists. "What I see here with lots of potatoes, tomatoes and lettuce ... [is] that people are used to these items, and habits are hard to break," says Maslow, adding that relying mostly on the potatoes, tomatoes and lettuce "doesn't cut it," nutrition-wise. Still, she says, "If more Americans got used to eating more fruits and vegetables they might be demanding more of it," she says. "But it's really hard to demand something you've not grown up with." That's why behavioral economists are so keen to figure out how to nudge kids to try and develop a taste for more vegetables — they're researching everything from financial incentives to arranging food differently on the lunch line. And there's some hopeful news in that department: The CDC recently reported that, since the passage of the *Healthy, Hunger-Free Kids Act of 2010*, there's been a big increase in the number of schools serving two or more vegetables and whole grain-rich foods every day. Most interesting of all, that food isn't just on kids plates: It's getting eaten, too. A Rudd Center for Food Policy and Obesity study of kids' lunch habits following the passage of the bill found that kids ate more fruit, threw away fewer vegetables and ate more of their now-healthier entrees, too. Tracie McMillan is the author of *The American Way of Eating*, a New York Times bestseller, and a senior fellow at the Schuster Institute for Investigative Journalism at Brandeis University. You can follow her on Twitter @tmmcmillan

**Animal Rights and Protection**

*Animals No Kill Campaign* [http://jamesrichardbennett.blogspot.com/2015/10/no-kill-perspective.html](http://jamesrichardbennett.blogspot.com/2015/10/no-kill-perspective.html)

*CAFO:* cruelty and environmental abuse in pursuit of corporate profit. Covers all aspects of Vegetarianism/Veganism: Economics, Nutrition, Animal Rights, Climate Change. Includes an excellent Index. —Dick

The present system of producing food in the United States is not sustainable
an unprecedented level of risk to public health and damage to the environment, unnecessary harm to the animals we raise as food.”

Robert Martin, Director of the Pew Commission on Industrial Farm Animal Production

In the United States and other parts of the world, livestock production is becoming increasingly dominated by concentrated animal feeding operations (CAFOs). In a CAFO, animals are stuffed by the thousands or tens of thousands, often unable to breathe fresh air, see the light of day, walk outside, peck at plants or insects, scratch the earth, or eat a blade of grass.

Over 50 billion food animals are raised and slaughtered every year (not including massive quantities of farmed fish). Grazing and growing feed for livestock now occupy 70 percent of all agricultural land and 30 percent of the ice-free terrestrial surface of the planet. If present trends continue, meat production is predicted to double between the turn of the 21st century and 2050. Yet already, the Earth is being overwhelmed by food animals that consume massive quantities of energy and resources, whose wastes foul waterways and farmlands, and when eaten excessively, degrade our health.

CAFO: The Tragedy of Industrial Animal Factories is a powerful indictment of modern food production. But as the book shows, it doesn't have to be this way. Ultimately, CAFO offers a compelling vision for a healthier food system: one that is humane, sound for farmers and communities, and safer for consumers and the environment.

Buy the Book | Watch the Video Trailer | Subscribe to our Newsletter

New Petition: Ask Walmart to Support Healthier Animal Farming

Copyright 2010-2013—CAFO: The Tragedy of Industrial Animal Factories

(Publisher of CAFO)

- About the Foundation
- Program Areas
- Deep Ecology

A voice for wild nature, the Foundation for Deep Ecology supports efforts to protect wilderness and wildlife, promote ecological agriculture, and
oppose destructive mega-technologies that are accelerating the extinction crisis.

READ MORE ABOUT US

NEW RELEASES FROM OUR PUBLISHING PROGRAM

Parklands Book Series unveils large-format photo books celebrating Yendegaia National Park in Chile, Perito Moreno National Park in Argentine Patagonia, and the great Iberá wetlands of northern Argentina.

Click here for information about all our books.

ACTIVISM SPOTLIGHT

FDE is pleased to support the Global Population Speakout campaign. The publication centerpiece of the campaign is the new book Overdevelopment, Overpopulation, Overshoot produced in collaboration with the Population Media Center and Population Institute, leading NGOs working to stop the runaway human population trajectory.

Please visit populationspeakout.org and make your voice heard.
Click here to view the book.

“We are called to assist the Earth to heal her wounds and in the process heal our own—indeed to embrace the whole of creation in all its diversity, beauty, and wonder.” —Wangari Maathai
**C02, Climate Change**

**Cowspiracy Official Trailer on Vimeo**

https://vimeo.com/95436726

Vimeo May 15, 2014

See more at: www.cowspiracy.com The environmental film that environmental organizations ... First Spark ...

**Cowspiracy: The Sustainability Secret (2015) [Video]**

www.disclose.tv/.../viewvideo/.../Cowspiracy_The_Sustainability_Secret_...

Jan 12, 2015 - The World's largest environmental organizations are failing to address the single most destructive force facing the planet today ...

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**Economics of Meat Industry**

Leonard, *The Meat Racket*

**Nutrition, Health**

NRDC, Tell Subway to Stop the Antibiotics

Vegetarian Resource Group and *Vegetarian Journal*


**Animal Rights, Protection of Sentient Creatures**

Human Rights: CNN, Ziva Branstetter, Execution of Humans Not Humane,
Cannot Be
Geiling: Meat Eating (and Population) Chief Cause of Species Extinction

Eisnitz, Slaughterhouse
Tyson Cruelty Exposed, Tyson Scapegoats Contractor

Climate Change, Eat No Meat and Stop Population Increasing
Cowspiracy Film against Meat Consumption
Planned Parenthood
Center for Biological Diversity
Population Out of Control
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Labor Day and Meat Hotline
Food, Sex, and Action

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