OMNI
VEGETARIAN/VEGAN ACTION NEWSLETTER  #47, WEDNESDAY (2ND WEDNESDAYS), APRIL 11, 2018.

Edited by Dick Bennett for a Culture of Peace, Justice, and Ecology
http://omnicenter.org/donate/

Forward this newsletter to help advance vegetarianism and veganism. To be removed from this mailing, drop me a note.

OMNI’s APRIL VEGETARIAN/VEGAN POTLUCK is Wednesday, APRIL 11, 2018, at OMNI, Center for Peace, Justice, and Ecology (2ND Wednesdays). We start eating at 6:00. All are welcome.

OMNI’s director is Gladys Tiffany. OMNI is located at 3274 Lee Avenue parallel to N. College southeast of the Village Inn and south of Liquor World. More information: 935-4422; 442-4600.

Car directions to OMNI: Take College to Harold St (at Flying Burrito), turn east (right if you’re heading north). Go one block to Lee and turn left. Go one block to Bertha and we’re the gray brick on the corner, 2nd house south of Liquor World, solar panels on roof!

Contents: OMNI’S VEGETARIAN/VEGAN POTLUCK (VVP), APRIL 11, 2018
Our common interest is to replace meat with plants.
Health, Nutrition
Many of us began with vegetarianism and our own and the health of others. Plants are healthier than meat.
“Meatless Options for Every Family” from the PTA
3 DVDs: “Unlock the Power of Plant-Based Nutrition”
“The Cheese Trap” v. Dairy and Pro Non-Dairy Alternatives
Better Diet for SNAP
Plants Just Fine for Athletes
Get Your Protein Bar
Protection of Animals, Empathy and Compassion for Animals

Others begin with or add to healthy eating the dislike of torturing and/or killing another sentient creature.

LTE: “Cruelty and Suffering”
“Cruelty in the Dairy Industry”
“Ban on Furs”
Book: Dominion…Call to Mercy

Climate Change, Extreme Weather

And recently people are adding to these motives for choosing vegetarianism and veganism their awareness that meat eating (carnivorism, carnism) contributes to global warming and climate change.

These three motives constitute a powerful agenda for choosing a VV lifestyle.
Carnivorism (Carnism) v. Environment and Climate
Vegetarian Diet v. Fossil Fuels Emissions
Taxing Meat for the Climate

TEXTS

HEALTH AND NUTRITION: NO TO MEAT

Nara Sandberg. “Meatless Options for Every Family.” Our Children, The National PTA Magazine (Spring 2018). “Many families are adding meatless meals into their dinner plan because of the health benefits….” Sandberg is the author of Meatless? A Fresh Look at What You Eat and Starting from Scratch, “books for young readers that explain vegetarianism and the basics of healthy food….” Join PTA today, I’m glad I did: anybody can benefit from it and benefit it.

Unlocking the Power of Plant-Based Nutrition. Three DVDs with Neal Barnard, M.D., and Toni Fiore.

The Cheese Trap: How Breaking a Surprising Addiction Will Help You Lose Weight, Gain Energy, and Get Healthy by Neal Barnard, MD.

The American Journal of Preventive Medicine calls for a new focus on healthful vegetable, fruits, whole grains, and legumes for SNAP participants. See “Healthy Staples: Better Food for More People,” Good Medicine (Spring 2016).


The Best Vegan Protein Bar Is …

VegNews Important_Message_from_VegNews@mail.vresp.com

PROTECTION OF ANIMALS, EMPATHY, COMPASSION: NO TO KILLING

Kathy Winkler. “Cruelty and Suffering.” LTE, NADG (2-28-18). “We were not meant to torture and eat our fellow sentient beings.”
Janie Har (AP). “San Francisco’s Ban on Furs….” *NADG* (3-25-18). “San Francisco just became the largest U.S. city to ban the sale of fur….the city’s board of supervisors unanimously approved the ban….”


**PROTECTION OF ENVIRONMENT, CLIMATE: NO TO CO2**

MIGHTY EARTH: Meat Eating Harms Environment
New Investigation Finds Vast Deforestation, Fires, Public Health Impacts Driven By European Meat Industry
[http://www.mightyearth.org/avoidablecrisis/pr/](http://www.mightyearth.org/avoidablecrisis/pr/)

**World Water Day with Mighty Earth** (looking back to last month)

Friends, 3-19-18

We are just a few days out from our [2018 World Water Day forum](https://www.mightyearth.org/news/clean-water), which is coming up **this Thursday**

Big Meat is one of the dirtiest industries on this planet. One recent report found that the meat industry has created more climate pollution than all cars, planes, and trucks *combined*.

We're coming together on World Water Day to highlight tactics that citizens in NWA can use to take on the meat industry and make a huge impact. We will be joined by two fantastic guest speakers: Denise Deason-Toyne, president of Save the IL River; and Guy Ames, author, activist, and owner of Ames Orchard. Sign up [HERE](https://www.mightyearth.org/news/clean-water) to join us! WHEN: Thursday, March 22, 6:30 PM WHERE: Farrell's Lounge, 311 W. Dickson St., Fayetteville

Michael Greenberg

**VEGETARIAN DIET vs. FF EMISSIONS**


**TAXING MEAT**
Meat Tax Crucial, Says Analysis, to Combat Climate Crisis and Global Health Threats. Monday, December 11, 2017 by Common Dreams


Health, Nutrition
   6 Cookbooks

Protection of Animals from Torture and Death
   “The Animals We Eat.” VegNews (M/A 2018), 31. Statistics for 10 animals
   Glenn Greenwald, Consumers vs. Animal Cruelty of Poultry Industry
   Marla Rose, Eating Meat and Ethics

Climate Catastrophe Long-range Mitigation and Immediate Adaptation
   Vegetarianism, Veganism, and Climate Change, Google Search 3-14

END VEGETARIAN/VEGAN ACTION NEWSLETTER #47, APRIL 11, 2018

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