**OMNI**  
**VEGETARIAN/VEGAN ACTION NEWSLETTER**  
#49, WEDNESDAY (2ND WEDNESDAYS), JUNE 13, 2018.


Edited by Dick Bennett for a Culture of Peace, Justice, and Ecology  
[http://omnicenter.org/donate/](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 JUNE VEGETARIAN/VEGAN POTLUCK is Wednesday, June 13, 2018 (2ND Wednesdays), at OMNI, Center for Peace, Justice, and Ecology. 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 Action Newsletter #49, June 13, 2018

Vegetarian Summerfest 2018, arranged by NAVS, North American Vegetarian Society, July 4-8, Johnstown, PA. VegetarianSummerfest.org

Health, Nutrition

Physicians Committee for Responsible Medicine: *Vegetarian Starter Kit*

D’Andrea, 10 Best Vegan Cities

Vegan Restaurant in Each State of USA

Cookbook Reviews

Protection of Animals, Empathy and Compassion for Animals

Two Books
Rollin. *The Unheeded Cry*
Lindstrom. *The Skeptical Vegan*

Farm Sanctuary
Humane Farming Association
Brutal Slaughterhouse Industry
Vegan Leather Industry
Eating Animals

**Climate Change, Extreme Weather, Resistance**
Vegetarian/Vegan Diet vs. Fossil Fuel: 3 essays

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**Health, Nutrition**
Physicians Committee for Responsible Medicine: *Vegetarian Starter Kit*
The Whys and Hows of a Healthier Diet, The New Four Food Groups Guidelines,
Useful Tips for Beginning a Vegetarian Diet, Veg Diets for Pregnancy and for
Children, Delicious Low-fat, No-cholesterol
Recipes

Selections from VegNews (May/June 2018), Travel Issue:
Aurelia d’Andrea. “10 Best Vegan Cities Around the Globe.” 22-29
In Mexico City a drive is under way to revamp the constitution to recognize animals as
sentient beings.
“The Great American Vegan Road Trip.” A restaurant in each state is
described: Viva Vegan in Little Rock.

**Cookbook Reviews**
“Let’s Cook” describes 6 cookbooks: *The Chickpea Revolution Cookbook*, *Plants
Taste Better, From the Kitchens of Yamchops*, *The Simply Vegan Cookbook*, *Mildreds Vegan
Cook book*, *VBQ: The Ultimate Vegan Barbecue Cookbook*.
“Q the Action,” article about Maggie Q, actress and activist, and how vegan eating is
integrated into her life.
Pages on new vegan products.
And pages and pages of recipes.

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**Protection of Animals, Empathy and Compassion for Animals**
Two Books

Eric Lindstrom. *The Skeptical Vegan: My Journey from Notorious Meat Eater to Tofu-Munching Vegan.* Traces his transition from eating foods that are ethically unsettling to a diet consistent with his values.

Farm Sanctuary

https://www.farmsanctuary.org/

Farm Sanctuary is launching our new Cultivating Compassion In-Classroom ... to present "Thinking Cows," its third white paper on farm animal sentience.

About Us
We educate millions of people about their plight and the effects ...

The Sanctuaries
Have you ever given a pig a belly rub, talked to a turkey, or kissed ...

Farm Sanctuary Shop
Shop Farm Sanctuary’s official store for clothing, bags ...

Contact Us
Contact Us. General Inquiries Email Phone: 607-583-2225 ex ...

More results from farmsanctuary.org »

The Humane Farming Association (HFA)

https://www.hfa.org/

Farm animal protection. Leads national campaign against factory farming. Home of HFA’s Suwanna Ranch, the nation’s largest farm animal refuge.

Photo/Video Gallery - HFA - The Humane Farming Association
https://www.hfa.org/gallery.html

HFA has numerous photos and video footage taken from our ongoing undercover investigations in factory farms and slaughterhouses. HFA makes some of ...


The meat processing—slaughterhouse—industry “is one of the most dangerous jobs in America,” and it “has been riddled with egregious human rights abuses for decades.” The VegNews News Editor “uncovers the brutal exploitation of life in the industry of killing.”

Vegan Leather Industry: $85 Billion

The projected value of the worldwide vegan leather industry in 2015.

Banning Slaughterhouses

42% of people in USA say they support banning slaughterhouses.
Jonathan Safran Foer spent much of his life oscillating between enthusiastic carnivore and occasional vegetarian. Once he started a family, the moral dimensions of food became increasingly important. Faced with the prospect of being unable to explain why we eat some animals and not others, Foer set out to explore the origins of many eating traditions and the fictions involved with creating them. Traveling to the darkest corners of our dining habits, Foer raises the unspoken question behind every fish we eat, every chicken we fry, and every burger we grill.

Part memoir and part investigative report, *Eating Animals* is a book that, in the words of the *Los Angeles Times*, places Jonathan Safran Foer “at the table with our greatest philosophers.”

**Climate Change, Extreme Weather, Resistance**

**VEGETARIAN DIET vs. FF EMISSIONS**

Because widespread global adoption of a vegetarian diet will significantly reduce CO2 and improve health (*The Humanist*, Nov.-Dec. 2017, p. 9), meat should be taxed (*December 11, 2017 by Common Dreams*).

**Climate Change: Your Meat-Free Diet Can Save the Planet | Fortune**

*fortune.com* › Commentary › Climate Change

Jul 19, 2017 - Today, a whopping 30% of Earth’s landmass goes to meat, dairy, and egg production, according to the United Nations. ... On the whole, “the production of animal-based foods is associated with higher greenhouse gas emissions than plant-based foods.”

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