

Leafleting Resources

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Adopt-A-College homepage

<http://www.veganhealth.org/colleges/>

With links to leafleting advice, college listings, and more. On the "How to AAC" page, there are instructions for joining the Yahoo email discussion group.

Vegan Outreach

<http://www.veganoutreach.org>

Order literature ("Why Vegan?" "Even If You Like Meat..." "Guide to Cruelty-Free Eating"), read about activist strategies, and more.

Bay Area Colleges and Universities

http://www.abag.ca.gov/abag/local_gov/univ.html

Some links are out of date, but this is generally helpful.

California Community College listing

<http://www.cccco.edu/find/alphabetical.htm>

Lists all community colleges in California.

Peterson's University listings

<http://www.petersons.com/ugchannel/code/searches/srchCrit1.asp?path=ug.fas.college>

Learn more about a particular college (enrollment numbers, public vs. private, etc.).

Pollstar.com

<http://www.pollstar.com/>

Lists upcoming concerts. Searchable by band, venue, and city.

"A Meaningful Life" by Matt Ball.

<http://www.veganoutreach.org/advocacy/meaningfullife.html>

Vegan Outreach's Guide to Cruelty-Free Eating

<http://www.veganoutreach.org/guide/gce.pdf>

Leaflet with Bay Area Vegetarians!

Leafleting for the first time can seem scary. It can be helpful to join others. Bay Area Vegetarians leaflets in San Francisco about once a month. Join Tammy this January!

Date: Tuesday, 1/31/06, 11:30am - 12:00pm

Host: Tammy (RSVP requested)

Location: Academy of Arts College in San Francisco

New Montgomery & Howard campus (180 New Montgomery, at Howard, between 2nd and 3rd)

FREQUENTLY ASKED QUESTIONS

Here are some questions or comments you might encounter while leafleting. (Some questions and answers taken from Vegan Outreach.)

I like meat.

Although I also used to like meat and though it may taste good, eating it supports a great deal of cruelty that I hope you would not want to pay for. You could consider reducing your meat intake—every time you choose vegetarian or vegan options, you're doing something to help animals. Would you like a pamphlet to learn more?

What about free range?

While free-range animals are treated better than animals on conventional factory farms, they not treated humanely. For example, eggs (and poultry) may be labeled as “free-range” if they have USDA-certified access to the outdoors. No other criteria, such as environmental quality, size of the outside area, number of birds, or space per bird, are included in this term. Typically, free-range hens are debeaked at the hatchery, have only 1 to 2 square feet of floor space per bird, and—if the hens can go outside—must compete with many other hens for access to a small exit from the shed, leading to a muddy strip saturated with droppings. Although chickens can live up to 12 years, free-range hens are hauled to slaughter the same as battery-caged hens, after a year or two. Free-range male chicks are trashed at birth, just as they are in factory farms. Although free-range conditions may be an improvement over factory-farm conditions, they are by no means free of cruelty.

Won't the animals just die anyway? And if we don't eat the animals, won't they overrun the world?

We don't just happen to kill and eat animals to save them from dying a natural death. We breed more than 9 billion farm animals in the U.S. each year because of the consumer demand for animal products. If we stop buying animal products, animal industries will have no incentive to keep breeding these animals.

Plants feel pain too.

For plants to feel physical pain, they must have some sort of organized tissue which, upon stimulation, would activate a structure in the plant that is conscious and could perceive the stimulation as painful. There are no structures within plants that are analogous to the pain-perceiving systems of vertebrate animals. Animals, being mobile, benefit from their ability to sense pain; but plants simply have no biological or evolutionary need for the experience of pain. Even if, contrary to all evidence, plants did feel pain, it would still be preferable to be vegan. More plants are killed in non-vegan diets, as more plants must be harvested to feed animals.

If someone raises a pet hen do you think it's wrong to eat her eggs?

Raising a hen under humane conditions and eating her eggs is much different than eating eggs from a commercial farm. If the chicken is allowed to live out her life, then I would have little problem with it. I don't seek out such a situation because I have no need to eat eggs.

People are more important than animals. Why don't you do something to help them?

I don't harm people by caring about animals. Ending animal suffering will not hurt people, and I believe unnecessary suffering—whether endured by people or animals—should be prevented.

How do you feel about abortion?

Regardless of how anyone feels about abortion, they can reduce animal suffering by not consuming meat, dairy, or eggs. Would you like a pamphlet to learn more?

Do you believe in God?

I'm not interested in discussing my spiritual beliefs right now. However, regardless of anyone's religious background or beliefs, they can reduce animal suffering by not consuming meat, dairy, or eggs. Would you like a pamphlet that explains more about this?