

Compassionate Action

The Magazine of Compassion Over Killing

Winter/Spring 2007 • Issue 20



New COK Investigation Reveals Shocking Abuse Inside a Turkey Hatchery
COK's Ads on MTV Go National
Interview with Dr. Michael Greger
Demanding Truth in Labeling on Egg Cartons
Recipes from the COK Kitchen
And Much More...



Compassion Over Killing (COK) is a nonprofit 501(c)(3) animal advocacy organization based in Washington, D.C.

Working to end animal abuse since 1995, COK exposes cruelty to animals in agriculture and promotes vegetarian eating as a way to build a kinder world for all of us, both human and nonhuman.

Please join us in speaking out for animals.

Your generosity enables our programs and campaigns to help animals. Please use the enclosed envelope to send in a membership contribution or a donation toward our work. To make a secure online donation, visit COK.net. Your gift is tax-deductible. Thank you.

P.O. Box 9773 • Washington, DC 20016
cok.net • info@cok.net • 301-891-2458

When you contribute to COK, you can rest assured that your money is stretched as far as possible to help the greatest number of animals. With the assistance of many talented, committed volunteers, COK takes great pride in making the most out of every donation. Your support means so much to us, and, more importantly, to the animals.

Graphic Design, Lara Dalinsky
laratada@yahoo.com

Dear Friend,



Erica and friend at Poplar Spring Animal Sanctuary

Since our humble beginnings in 1995 as a small high school club, **Compassion Over Killing has grown into a powerful voice for farmed animals with a full-time staff of six, a half million dollar budget, and campaigns garnering national attention to the cruelties of factory farming.** We couldn't have come this far without all of your support. We also couldn't have come as far as we have without making important and significant changes enabling us to become stronger and more effective.

COK first started publishing *The Abolitionist* in 1996 as a way to expose animal abuse as well as reach out to our supporters with a message of thanks for helping us help animals. Now, 20 issues and eleven years later, we've changed the title to match the name of our online newsletter: *Compassionate Action!*

In this issue of *Compassionate Action*, you'll read about **COK's groundbreaking investigation inside a North Carolina turkey hatchery, our MTV pro-vegetarian commercial campaign going national, our federal rule-making petition mandating truth in labeling on egg cartons,** and so much more.

Our ability to make a difference for animals depends upon the kindness of our supporters, so please accept our heartfelt appreciation for helping us accomplish so much. But the battle is far from over, and your continued support is crucial to our efforts to stand up against the multibillion-dollar industries that relegate animals to the status of mere machines.

The voices of billions of factory-farmed animals must be heard, and with your help, they will be heard. Thank you for all you do to make this world a more compassionate place.

Sincerely,

Erica Meier
Executive Director

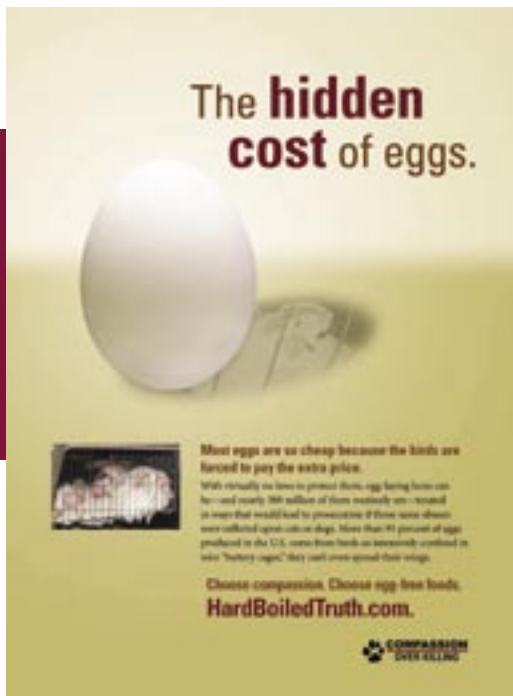
"The voices of billions of factory-farmed animals must be heard, and with your help, they will be heard."



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COK Launches Hard-Boiled Truth Ad Campaign

Millions of magazine readers discover the “Hidden Cost of Eggs”

In October 2006, COK launched our newest ad campaign—“Hard-Boiled Truth”—reaching out to millions of women with a message of compassion for egg-laying hens.

At just pennies per impression, our first ad in this series, “The Hidden Cost of Eggs,” premiered in *Bust* and *Ms.* magazines. This ad not only exposes the cruelties of battery cage egg production, but it also encourages readers to choose egg-free foods, and further directs them to our website, HardBoiledTruth.com, for more information.

The feedback generated by this ad has been tremendously positive! Here are just a couple of the responses:

The egg industry has got to be one of the most cruel and inhumane industries in existence.

Not only will I quit eating eggs, I'm going to pass this info on to all my friends and family who will be just as horrified as I am. And thanks for the egg-free recipes on your site!

After seeing your ad about the hidden cost of eggs, I went to your website and it really made me sad. It also makes me want to stop eating eggs and become vegan altogether. I had no idea such cruelty was going on. I'm so glad I found your site because it has opened my eyes. Thank you.

To see a larger version of this ad and to learn more about the painful reality of egg production, visit HardBoiledTruth.com. ■

Want to help others crack the egg habit?

Sponsor an ad! If you'd like to place this ad in your high school, college, or local newspaper or magazine, COK will provide you with a free high-resolution file. Contact info@cok.net to inquire about ad placement.



A New COK Investigation

INSIDE A TURKEY HATCHERY

COK's undercover video footage reveals shocking abuse at a North Carolina turkey hatchery that now supplies Butterball.



Every year in the United States, nearly 250 million turkeys are raised and killed for human consumption. While the abuses these birds endure on factory farms and in slaughterhouses have slowly been garnering the public's attention in recent years, the treatment of newly-hatched chicks has been kept hidden behind closed doors—until COK's groundbreaking investigation inside a hatchery.

For nearly three weeks during June and July of 2006, a COK investigator was employed at a turkey hatchery in North Carolina that now supplies Butterball. While there, the investigator witnessed and documented the hatchlings' suffering as they began their short lives in the turkey industry.

What the video footage reveals is shocking: from the moment they're hatched, these turkeys are submerged into a world of misery. Dumped out of metal trays and jostled onto conveyor belts after being mechanically separated from cracked egg shells, the newly-hatched turkeys are tossed around like inanimate objects—they are sorted, sexed, de-beaked, de-toed, and in some cases de-snooded before they are packed up and shipped off to a "grow out" confinement facility.

The video further shows that not all chicks survive this harsh process. Countless chicks become mangled from the machinery, are suffocated in plastic bags, or deemed "surplus" and dumped (along with injured chicks) into the same disposal system as the discarded egg shells they were separated from hours earlier.

Visit COK.net to watch this undercover video and learn more about the investigation. ■

THE TURKEY INDUSTRY

Of the nearly 250 million turkeys slaughtered for food in the U.S. each year, roughly 42.5 million of these birds are raised in North Carolina, making it the nation's second largest turkey producing state (Minnesota is the first). The turkey hatchery where COK's investigator worked for nearly three weeks is owned by Goldsboro Milling Company, a company that recently announced its acquisition of 51% of the shares of Butterball, LLC, the industry's most widely recognized brand name and now the nation's largest producer of turkey products.

TAKE A VIRTUAL TOUR INSIDE THIS TURKEY HATCHERY

The photos below are still images taken from the undercover video filmed by COK's investigator. To see more photos from this investigation as well as watch our 5-minute investigation video online, visit COK.net



1 Eggs are incubated on set schedules, and tens of thousands of chicks hatch per day.



2 After hatching, they are jostled around on machines that mechanically sort the birds from their cracked eggs.



3 Chicks are then sexed, sorted, debeaked (shown here), detoed, and sometimes desnooded, all within hours of hatching.



4 Some chicks, however, become injured on the machinery and are left on the floor to suffer.



5 Others are suffocated inside clear plastic bags.



6 At the end of each hatch day, sick, injured, or surplus chicks are dumped in the same trash bin as the cracked egg shells.



COK Petitions FDA to Mandate Full Disclosure on Egg Cartons

It's time for the egg industry to stop scrambling the truth.

When most people think about where eggs come from, they're likely to conjure up idyllic images of Old MacDonald's Farm. This should come as no surprise since such picturesque scenes adorn many egg cartons found on grocery store shelves across the United States. Consumers also face a barrage of assertions aiming to assuage their concern about animal cruelty. These images and claims on egg cartons, however, don't necessarily reflect how the hens who laid those eggs were actually treated. Nor do they legally have to.

While federal agencies have already taken on the task of regulating and mandating a variety of health and safety claims consumers see on egg cartons, the use of animal welfare labels is currently unregulated in the United States. This enables egg producers to advertise pictures of happy hens roaming around outside or stamp phrases like “animal-friendly” and “naturally raised” on cartons indiscriminately—even if those eggs were laid by hens intensively confined inside wire battery cages. In fact, the dismal reality is that more than 95% of eggs produced in the U.S. come from caged hens forced to spend their lives inside battery cages so restrictive, they can barely even move.

place to prevent deceptive animal welfare labeling, claims on egg cartons can—and commonly do—mislead consumers with false or exaggerated claims.

In other words, not only is the egg industry cruelly confining hens in cages, it's also deceiving consumers about that abuse.

TAKING ACTION

In September 2006, COK, along with Penn Law Animal Law Project* filed a rule-making petition with the Food and Drug Administration requesting that the agency address this rampant use of misrepresentations on egg cartons. The petition specifically outlines the dire need for mandatory labels on egg

LEND YOUR VOICE

The European Union has already implemented the mandatory use of production-method labels on egg cartons. Consumers—and hens—in the U.S. deserve the same. It's crucial that the FDA hears from you!

Please visit COK.net to submit a comment using the FDA's online form or send your letter* to:

Dockets Management Branch (HFA-305)
Food and Drug Administration
5630 Fishers Lane
Room 1061
Rockville, MD 20852

Not only is the egg industry cruelly confining hens in cages, it's also deceiving consumers about that abuse



Battery-caged hens are so intensively confined, they can barely even move.



Nearly 300 million laying hens are confined in wire battery cages in the U.S.

Common egg industry practices, however, enjoy little public support. Polls show that the overwhelming majority of consumers are opposed to the use of battery cages. Yet this cruel method of production, which has been banned in several countries in Europe based on welfare concerns, continues to dominate the U.S. egg industry. To make matters worse, with no federal regulations in

cartons clearly identifying production methods. If approved, battery cage egg producers would be required to stamp their cartons with the phrase: “Eggs from Caged Hens.” (The full text of our petition is available online at COK.net.)

* Penn Law Animal Law Project is a student-led pro-bono project at the University of Pennsylvania School of Law.

* Please be sure to include the petition's docket number on all correspondence with the FDA: Docket # 2006P - 0394.

Please take action now! The deadline for comments is March 27, 2007.

To read the full text of our petition and to learn more about how you can make a difference for egg-laying hens, please visit COK.net.■

COK Update: USDA Starts Regulating the Transport of Farmed Animals on Trucks

Reversing its decades-old policy, the USDA will now require food, water, and rest for farmed animals moved long distances on trucks.



This landmark announcement was made in October 2006—just one year after Compassion Over Killing, The Humane Society of the United States, Farm Sanctuary, and Animals' Angels co-filed a petition with the U.S. Department of Agriculture (USDA) requesting that it regulate the interstate trucking of farmed animals in accord with the limits set forth by the federal Twenty-Eight Hour Law of 1873.

The Twenty-Eight Hour Law is one of the nation's oldest animal protection laws and one of the few federal statutes that applies to farmed animals. It clearly states that, with limited exceptions, animals cannot be transported via "rail carrier, express carrier, or common carrier" for more than 28 consecutive hours without being unloaded for five hours for "feeding, water, and rest."

Until its recent announcement, the USDA, the agency responsible for enforcing this statute, has avoided applying it to trucks, claiming it was only applicable to animals shipped via rail carrier. At the time the law was written, most animals were transported on rail carrier, as trucks didn't even exist yet. Today, trucks comprise of more than 95% of all farmed animal transport.

In July 2005, a COK investigation revealed that, in many cases, farmed animals are overcrowded onto trucks and moved long distances—often exceeding 28 hours—without food, water, or a chance to rest. As a result of these hardships, an untold number of animals suffer in-transit injuries, illness, stress, and even death. To learn more about this investigation and watch the undercover video, please visit COK.net.

After reviewing the petition filed in October 2005, the USDA responded: "[W]e agree that the plain meaning of the statutory term 'vehicle' in the Twenty-Eight Hour Law includes trucks..." ■

COK's Pro-Vegetarian Commercial Campaign Goes National with “A Side of Truth”

What if fast food restaurants offered diners a side of truth with every meal—truth about where their meat, eggs, and dairy products really come from?

That's exactly what happens in COK's newest 30-second commercial—“A Side of Truth”—that blanketed the MTV airwaves during the fall 2006 academic semester, reaching more than 21 million household cable subscribers from coast to coast.

In this powerful ad, a young woman orders food at a drive-thru and ends up face to face with the painful and cruel reality of typical dietary choices. As she discovers the routine miseries endured by animals on factory farms, she speeds away in horror. Viewers are then directed to TryVeg.com where they can learn about the whys and hows of compassionate eating as well as order COK's free *Vegetarian Starter Guide* to help them transition to an animal-friendly diet.

In addition to airing on MTV stations nationwide, “A Side of Truth” has also been viewed more than 3,500 times through our profiles on the popular social networking sites MySpace, YouTube, and Facebook!



What Viewers are Saying:

I almost bought fried chicken for lunch today, then remembered your commercial I saw on TV last night. It made me cry and I watched it again just now to remind me of the animals' suffering. I can no longer condone my enjoyment of meat. If only all stations would show these commercials. It is truly heartbreaking and eye-opening.

Your commercial came on TV while I was eating a chicken sandwich with bacon. I couldn't finish it and am going to try real hard to become a true vegetarian now. And I'm going to tell my friends about this because I think they'll be just as freaked out as I am about how these animals are treated and go vegetarian, too.

Learn more about this campaign and watch all six of our MTV commercials at COK.net. ■



You can help us serve “A Side of Truth” by making a donation today to our MTV Commercial Campaign Fund!

Your support enables us to continue reaching out to MTV's youthful and receptive audience with a message of compassion. Visit COK.net to make a secure online donation or use the reply envelope found in this magazine. Thank you!



COK Talks with Michael Greger, M.D.

Dr. Michael Greger is an internationally recognized lecturer who has presented at the Conference on World Affairs, the National Institutes of Health, and the Bird Flu Summit, among countless other symposia and institutions. He was also invited as an expert witness in defense of Oprah Winfrey at the infamous “meat defamation” trial. Dr. Greger is a graduate of the Cornell University School of Agriculture and the Tufts University School of Medicine and is the director of public health and animal agriculture at The Humane Society of the United States.

Q. Bird flu is a common avian virus in nature that typically poses no significant threat to humans. Why is H5N1 so alarming to experts worldwide?

A. The last human pandemic triggered by a bird flu-like virus killed 50 million people around the world and became the worst plague in human history. The pandemic virus of 1918 killed less than 5% of its human victims; the current mutant strain of avian influenza spreading out of Asia—H5N1—has officially killed over 50%. Currently, with the unprecedented spread of this unprecedented virus, leading public health authorities understandably fear it could spark a global outbreak of disease that kills millions of people.

Q. In your new book, *Bird Flu: A Virus of Our Own Hatching*, you explain the role that factory farming plays in the mutation and spread of bird flu strains. Can you provide a brief overview?

A. Bird flu viruses have existed harmlessly for millions of years, harmless to both birds and people. Placed into extreme conditions, though, some of these viruses can mutate into a dangerous, so-called highly pathogenic forms. The trenches of WWI,

for example, may have led to the pandemic of 1918. Millions of soldiers were crowded together in stressful, unhygienic conditions. From the point of view of bird flu viruses, these same trench warfare conditions exist today in every industrial chicken

Cramming tens of thousands of chickens into filthy football-field sized sheds to lie beak to beak in their own waste sets up a veritable breeding ground for disease.

and egg operation—confined, crowded, stressed, but by the billions not just millions. Cramming tens of thousands of chickens into filthy football-field sized sheds to lie beak to beak in their own waste sets up a veritable breeding ground for disease.

Q. What is the U.S. government doing to address the health threats posed by factory farms?

A. The American Public Health Association has publicly called for a moratorium on building new animal factories in the United States to protect the health of

Sadly, it may take a pandemic before society wakes up to the true cost of cheap chicken.

local communities. With the emergence of viruses like H5N1, though, industrial animal agriculture has increasingly become a global public health menace. Unfortunately the level of undue agribusiness influ-

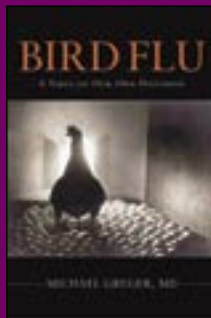
ence on public policy has made substantive changes difficult on a national level. Sadly, it may take a pandemic before society wakes up to the true cost of cheap chicken.

Q. What is the best step each of us can take to combat bird flu?

A. We need to heed the advice of the United Nations and to fight the role of what they call “factory farming” in the emergence and spread of dangerous bird flu viruses. It is not worth risking the lives of millions of people for the sake of inexpensive eggs and meat.

Q. Is there anything else you’d like to add?

A. The entire book is available for free, full-text online at BirdFluBook.org■



Bird Flu: A Virus of our Own Hatching

By Dr. Michael Greger

2006, Lantern Books

Visit BirdFluBook.org to order a copy or read the full-text online.

Excerpts from book:

The first ingredient in the recipe to potentially increase the virulence of bird flu is overcrowding. In modern broiler production, 20,000 to 30,000 day-old chicks are placed on the floor atop coarse wood shavings or other litter material in an otherwise barren shed. As they grow bigger, rapidly reaching slaughter-weight, the crowding grows more and more intensive.

In the United States, the average numbers of animals on chicken, pig, and cattle operations approximately doubled between 1978 and 1992. This increasing population density seems to be playing a key role in triggering emerging epidemics. In terms of disease control, according to the FAO, “[t]he critical issue is the keeping [of] more and more animals in smaller and smaller spaces....” The unnaturally high concentration of animals confined indoors in a limited airspace producing enormous quantities of manure provides, from a microbiologist’s perspective, “ideal conditions for infectious diseases.”



COK's 2006 Year in Review: A Look Back at Our Accomplishments for Animals

Thanks to the generosity and kindness of our many dedicated supporters, 2006 was a monumental year for COK. We grew to a full-time staff of six, our investigation inside a Pennsylvania egg factory farm led to precedent-setting case of criminal cruelty to animals, we exposed shocking cruelty inside a North Carolina turkey hatchery that now supplies Butterball, our MTV pro-vegetarian commercial campaign went national, and much more.

We're excited to share with you these 2006 highlights from our various outreach efforts and campaigns—advances for animals that your support allowed us to accomplish.

- COK's investigation inside one of Pennsylvania's largest egg farms leads to 70 counts of criminal animal cruelty and has received extensive media coverage each step of the way.



- COK's latest investigation inside a North Carolina turkey hatchery uncovers shocking abuse, as reported in the state's two largest newspapers (see page 4 for details).



- COK created and aired two new pro-vegetarian commercials on MTV: "Choices" and "A Side of Truth." The campaign went national in the fall of 2006 (see page 9 for details).
- March 31, 2006, marks the last day the egg industry's misleading "Animal Care Certified" logo could be advertised. That same week, COK releases **EggIndustry.com**, an online resource exposing the painful reality for hens on egg factory farms.
- COK co-files a rule-making petition with the FDA seeking to mandate production-method labeling on egg cartons, such as "Eggs from Caged Hens" (see page 6 for details).

- COK launches its first-ever National "Veggie" Hot Dog day with more than 30 feed-in and leafleting events hosted nationwide.



- The *Washington Post* features an article about vegan eating, highlighting COK's online resource **VegDC.com** as well as COK's top picks for vegan eats.
- COK places our new "Hidden Cost of Eggs" ad in two national women's magazines (see page 3 for details).
- In July 2006, COK launches a new online vegetarian dining resource: **VegPortland.com**.
- More than 100,000 copies of our *Vegetarian Starter Guide*, 20,000 copies of our *Vegetarian Guide to D.C. and Surrounding Areas*, and 30,000 copies of our *Easy Vegan Recipes* booklets are distributed!■

Compassionate Cuisine

Simply Souper!



Golden Mushroom Soup

Serves 6

2 onions, chopped
 1 pound mushrooms, sliced
 1 tablespoon paprika
 1½ teaspoons dill
 ¼ teaspoon black pepper
 3 tablespoons soy sauce
 1 cup water or vegetable stock
 1 tablespoon olive oil
 2 tablespoons unbleached flour
 2 cups soy or rice milk
 2 tablespoons lemon juice

1. In a large pot, cook onions in a ½ cup of water over high heat for 5 minutes, stirring often, until the water evaporates. Stir in another ¼ cup of water and cook for 3 more minutes.
2. Add the mushrooms and spices. Slightly lower the heat, cover, and cook 5 minutes, stirring frequently. Add the soy sauce and water or vegetable stock. Cover and simmer about 10 minutes.
3. In a separate pan, mix the olive oil and flour to form a thick paste. Over medium heat, stir constantly for 1 minute, then whisk in the soy/rice milk, stirring until slightly thickened.
4. Add the paste to the soup, and stir in the lemon juice just before serving.

Black Bean Soup

Serves 2

1 onion, chopped
 2 cloves garlic, minced
 2 15-ounce cans of black beans, rinsed
 1½ to 2 cups water
 ½ teaspoon chili powder
 ½ teaspoon paprika
 ½ teaspoon cayenne (optional)
 ½ teaspoon cumin

1. Sauté the onions and minced garlic in a ¼ cup of water in a nonstick saucepan.
2. Once the onions are translucent, place the onions and garlic in a large stockpot. Add the rinsed beans, water, and spices. Simmer over medium heat, stirring occasionally for about 20 minutes.
3. For a slightly different taste, add frozen or fresh vegetables such as chopped carrots, kale, or broccoli.

For more delicious recipes, visit [COK's VegRecipes.org](http://COK'sVegRecipes.org).

Potato-Leek-Onion Soup

Serves 8

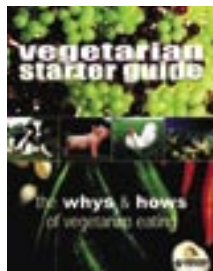
2 medium onions, chopped
 3 medium leeks (white part only), chopped
 1 clove garlic
 2 to 3 tablespoons of vegetable oil
 5 cups water
 6 medium potatoes, cut into small or medium pieces
 4 celery stalks, sliced
 1 stalk fresh lemongrass (or dried) to taste
 cayenne, salt, and dill or marjoram, to taste
 1 cup soy or rice milk
 1 tablespoon lemon juice

1. Sauté the onions, leeks, and garlic in vegetable oil in a large pot until soft. Then add the water, potatoes, celery, lemongrass, cayenne, salt, and dill.
2. Bring to a boil, reduce the heat, and simmer for 30-45 minutes until the potatoes are tender. Cover the pot for a thin broth or leave it uncovered for a thicker soup.
3. Once the potatoes are soft, remove the stalk of lemongrass (if using fresh) and purée about half the soup in a blender or food processor, then mix it back into the pot.
4. Add the lemon juice to the soy or rice milk and let it sit for 5 minutes. Then add it to the soup. Serve warm.

VEG OUTREACH

Bulk discounted rates are available. Contact us for details.

Vegetarian Starter Guide



Our 24-page guide to the whys and hows of vegetarian eating. Covers in detail factory farming, its environmental toll, and vegetarian health benefits. Resources, grocery lists, recipes, frequently asked questions, transition information, and more. **First copy free. \$1 shipping and handling for each additional copy.**

Easy Vegan Recipes

A tempting collection of our favorite recipes for breakfast, lunch, dinner, dessert, and even snacks! **First copy free. \$1 shipping and handling for each additional copy.**



Vegetarian Eating

A great introductory brochure on the benefits of an animal-free diet. Read how vegetarian eating helps our health, the earth, and animals. Perfect for leafleting! **First 50 copies free. \$2 shipping and handling for every additional 50 copies.**

Restaurant Manager Cards

Every time you dine out, take along one of COK's restaurant manager cards to leave with your bill. These pocket-sized cards thank the restaurant for serving vegan meals and encourage them to offer even more cruelty-free options. **First 10 cards free. \$1 shipping and handling for every additional 20 cards.**



TryVeg.com Bumper Sticker

Spread a message of compassion with COK's new TryVeg.com bumper sticker! Message reads "help end animal cruelty - one meal at a time." **First sticker is free. \$1 shipping and handling for each additional sticker.**

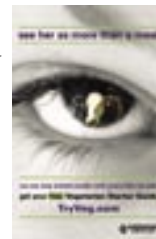
Vegetarian Guide to Washington, D.C. and Surrounding Areas (9th Edition)

This latest edition lists more than 400 D.C.-metropolitan area veg-friendly restaurants, groceries, bakeries, and caterers. **First copy free. \$1 shipping and handling for each additional copy.**



See Her as More Than a Meal

Encourage people to choose compassion at every meal, by displaying this poster on a bulletin board in your community, at your college, or in your high school. **Free posters available for a limited time.**



Farmed Animal Note Cards



Blank on the inside. Back reads: "Every time we sit down to eat, we can stand up for animals by choosing vegetarian foods. Help end animal cruelty—one meal at a time." A set of four includes one of each card pictured here. Envelopes included. **\$5 each set of four.**

VIDEOS



45 Days: The Life and Death of a Broiler Chicken

A gripping 12-minute documentary film on COK's week-by-week investigation into the U.S. broiler chicken industry, from hatching and factory-farm life to slaughter and packaging. Available in DVD and VHS formats. Please be sure to specify when ordering. **\$5.**



The Auction Block: An Inside Look at Farmed Animal Sales

With hidden cameras, COK investigators gathered shocking footage from three Maryland livestock auctions. This 19-minute video shows a relatively hidden side of animal agribusiness. Available in VHS format only. **\$5.**

Your Donations Help Us Help Animals!



All of our work for farmed animals is made possible only thanks to the generosity of our members. Your support means so much to us, and, more importantly to the animals.

There are so many ways you can support our work: **Visit COK.net** to make a secure online donation, sign up to become a monthly donor, give a gift membership, grant a COK wish, sponsor a COK employee, donate your old car, and much more!

Thank you.

APPAREL



Dog on a Plate T-Shirt*

Our popular “dog on a plate” design. Text reads: “Why Not? You eat other animals don’t you? Go Vegetarian.” COK logo on the back. USA-made 100% organic cotton t-shirt. Available in men’s S, M, L, and X-L and women’s S, M, and L. **\$15.**

*Now available in women’s sizes!



Logo T-Shirt*

COK logo on front. USA-made 100% organic cotton t-shirt. Available in cement gray in men’s S, M, L, and X-L and women’s S, M, and L. **\$15.**



Logo Hooded Sweatshirt

COK logo on front. 50/50 cotton/ polyester sweatshirt. Available in dark blue in S, M, L, and X-L. **\$25.**

ORDERING INFORMATION

Please make checks and money orders payable to: Compassion Over Killing.

All prices include shipping within the United States and applicable Maryland sales tax for items shipped in-state. Thank you!

OR PLACE AN ORDER ONLINE BY VISITING OUR MARKETPLACE ON COK.NET.


Please send payment and orders to: COK • P.O. Box 9773 • Washington, DC 20016
Questions? Contact COK at info@cok.net or 301-891-2458. Thanks for your support!

item description	size	men's/ women's	qty.	price
			total	

name _____

address _____

phone or email (to contact with order questions) _____



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