Update: Video Prompts Unprecedented Cruelty Convictions • 2017 Highlights: Looking Back, Moving Forward • Olympic-Level Compassion: Dotsie Bausch • DC VegFest: A Shining Success! “C” is for Compassion: Raising a Vegan Family • And much more...
Dear Friends,

As we march united in our mission to build a kinder world, we’re grateful to celebrate each step we take forward together – and with your continued dedication and support, we’re stronger than ever, accelerating our pace of progress for animals.

On our path towards truth and justice, we’re breaking new ground – shedding light on the darkest corners of Big Ag and exposing cruelties that are resulting in unprecedented charges and convictions in the courtrooms.

COK’s work is garnering breaking news headlines in major mainstream outlets including New York Times, Washington Post, Food & Wine, Variety, Huffington Post, and many more, reaching hundreds of millions of consumers worldwide with images and stories that capture the horrors forced upon animals raised in the meat, dairy, and egg industries.

As always, we’re also taking the next steps: empowering people to express their compassion by choosing to leave animals off their plates AND empowering businesses to respond to the growing consumer demand for vegan options.

Though each day may present new challenges for our movement, our society, and the animals we fight to protect, we are winning. The momentum of the many victories we are building upon together promises new hope for a kinder, more just world for all.

Sincerely,

Erica Meier, Executive Director

Cover photo taken by COK’s Jonathan Rosenberry at Poplar Spring Animal Sanctuary.

Photo of Erica above taken by Sylvia Elzafon. SylviaElzafon.com

Graphic Design, Lara Dalinsky. lara.dalinsky@gmail.com

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What’s all the buzz about? Thousands of compassionate consumers like you have joined Compassion Over Killing and Jane Velez-Mitchell in asking for vegan food at Starbucks — and the company is responding by dishing out new menu items, including a vegan dessert!

COK and Jane teamed up on a Change.org petition, now with tens of thousands of signatures, asking Starbucks to offer vegan foods nationwide. And the coffee chain confirmed to COK that it was working on new plant-based menu items to fuel its customers’ mornings.

Soon, the vegan victories started pouring in. In addition to having soy milk for coffee drinks, Starbucks added almond and coconut milks. These dairy-free options were followed by vegan snacks and a breakfast option.

This summer, Starbucks perked up its plant-based offerings with a protein-packed lentil bowl…which quickly sold out at some locations due to high demand.

On National Coffee Day in September, Jane teamed up with COK again in our Starbucks Cup Challenge video, featuring a quick and easy way to ask for vegan food. Most recently, a sweet success came in the form of a new dessert giving some Starbucks customers in South Florida a latte smile about: a passionfruit cupcake from Bunnie Cakes, now at Miami locations.

In response to growing consumer demand, vegan options are sprouting up everywhere!

COK campaigns have prompted options at mainstream chains and restaurants including Subway, Dunkin Donuts, Pita Pit, and more, and we will continue to pour the pressure on Starbucks to keep up the positive steps and offer hearty vegan foods at its stores across the country.

A Starbucks rep recently told Business Insider, “Plant-based beverages and alternatives are a big area of opportunity for us and our customers are asking for it.” As the nation’s largest coffee chain, Starbucks has the opportunity to make delicious, animal-friendly foods accessible to millions of consumers across the country. You can help make this a reality!

**TAKE ACTION!** Sign & share our petition, and find updates with more ways to help at: bit.ly/VeganStarbucks
COK VIDEO OF CRUELTY AT TYSON
PROMPTS UNPRECEDENTED CHARGES AND CONVICTIONS
Since the release of Compassion Over Killing’s gut-wrenching investigation of Tyson Foods, the nation’s largest chicken producer, our footage has been prompting groundbreaking firsts in the protection of broiler chickens.

COK’s video is the first-ever investigative look inside broiler breeder factory farms. Our investigator documented for the first time on hidden-camera the brutal practice of using “nose bones,” the painful stabbing of a plastic rod through the sensitive nostrils of male breeder birds to restrict the food intake of these birds bred to grow unnaturally fast. In response to our footage, Tyson immediately stopped using cruel nose bones, leading Perdue and Wayne Farms to follow suit.

COK has since confirmed more than half of the nation’s top 20 poultry producers are phasing out or don’t use nose bones. Thanks to the work of our investigator, a cruel practice exposed for the first time is soon to fly the coop throughout the entire industry…

Follow news at COK’s ChickenIndustry.com.

"These convictions send a clear, strong signal across the Commonwealth that my team and I take these crimes seriously, and that those who commit cruelty to animals will be held accountable for their actions.”

–Virginia Attorney General Mark Herring

JUSTICE FOR BIRDS: GROUNDBREAKING CHARGES AND CONVICTIONS

Nine former Tyson Foods have been convicted of 22 counts of animal cruelty in the first-ever convictions for cruelty to broiler breeder chickens.

COK’s investigative footage provided evidence that drove multiple trials, convictions and plea agreements over the course of several weeks — the first-ever trials for animal cruelty to chickens raised for meat.

The cases were prosecuted by the Virginia Office of the Attorney General, Assistant Attorney General Kelci Block, and Senior Assistant Attorney General Michelle Welch — who also prosecuted in the highly-publicized Michael Vick dogfighting case.

As Tyson, already the largest titan of the chicken industry, aims to grow with more factory farms and slaughter plants, its broiler birds continue to grow too...so fast that some aren’t even able to stand. Though Tyson has eliminated “nose boning,” the underlying issue of rapid growth remains. Sign our petition at bit.ly/EndTysonAbuse.

The best way we can protect chickens, and all animals, is to leave them off our plates! Browse free vegan recipes at TryVeg.

In the US, more than 8 billion chickens are killed for meat each year, most having spent their entire short lives on factory farms, often suffering from respiratory ailments and crippling leg deformities because they are genetically manipulated to grow unnaturally fast and large.
Meet Grey & Chef Nikki
A Plant-Based Dynamic Duo

Grey is an emcee and a rap sensation, whose “Vegan Thanksgiving” hit went viral. Nikki is a plant-based chef, dedicated animal activist, and fitness competitor.

In September, this compassionate couple joined COK at our DC VegFest 2017! Nikki hosted a booth for their Plant Based Drippin clothing line, a popular stop for VegFest-goers, and Grey pumped up the crowd as our main stage Emcee. *(Flip to page 10 for the full DC VegFest scoop.)*

We couldn’t wait to share more of the fun they bring to the world of vegan eating, so we asked Chef Nikki to share her favorite recipe to warm up in the cold winter months. Try it today!

**Chef Nikki’s Mac’ & Cheese**

**Ingredients:**
- 1 medium potato
- 2 small carrots
- 1 medium white onion
- ½ can white beans, rinsed
- ½ cup nutritional yeast
- 2 teaspoons salt (more if needed)
- 1 teaspoon garlic powder
- 2 tablespoons Braggs liquid aminos

**Preparation:**
1. Cut the medium potato, small carrot, and white onion into small cubes, boil in veggie stock until tender.
2. Add to blender, saving some of the boiled veggie stock water to add to the sauce to thin it out.
3. Cook the macaroni noodles per box instructions. Once the noodles have cooked, transfer to a strainer, rinse with cold water then add the noodles to the cheese sauce in a baking dish.
4. Top with Panko bread crumbs and vegan cheddar shredded cheese (Nikki uses Kelly croutons bread-crumbs, and Follow Your Heart vegan cheddar shreds). Broil just enough for the croutons to toast and the cheese to melt. Enjoy!

More from this plant-powered pair: Visit plantbaseddrippin.com and follow recipes from Nikki on Instagram @chefnikkiinthemix
Dotsie founded her organization, Compassion Champs, to promote “Olympic-Level Compassion” for animals, which is exactly what she’s brought to the table in her superstar support of COK’s vegan advocacy campaigns.

**Inspiring Thousands to Join us for VegWeek**

Dotsie first teamed up with COK for our VegWeek 2017 in April, as a celebrity Endorser inspiring many to try vegan eating for at least one week. Each year during the week of Earth Day, thousands commit to eating plant-based foods by taking our 7-Day VegPledge, and COK hears from many happy pledgers who continue to leave animal products off their plates after the campaign.

Dotsie empowered her fans and followers to take the VegPledge, saying, “To adopt a plant-based lifestyle is simply to acknowledge that compassion falls into your worldview, and to act accordingly. Join me and take the VegPledge!”

» Learn more and see the other compassionate celebs who signed on at VegWeek.com.

**Dotsie to Papa John’s: Stop the Cycle of Cruelty and Offer Vegan Cheese**

Knowing that cows endure a systematic cycle of cruelty in the dairy industry, as a heartbreaking 2017 COK investigation exposed, Dotsie urged one of the nation’s largest pizza chains to add a non-dairy cheese to its menu.

Personally penning a letter to Papa John’s CEO John Schnatter, Dotsie said to her fellow cyclist from her shared hometown of Louisville, “Everyone, hungry athletes included, craves a slice of cheesy, gooey pizza from time to time. But I—along with millions of other Americans—fuel my body with plant protein, and I hope you’ll consider adding vegan cheese to your menu.”

» Read more & take action at bit.ly/veganpizzas.

**WANT TO SEE MORE FROM DOTSIE BAUSCH AND HER AMAZING WORK FOR ANIMALS?** Read our exclusive Q&A with Dotsie at cok.net/blog and visit CompassionChamps.org.
WE ARE COMPASSION:
HIGHLIGHTS FROM 2017

COMPASSION

INNOVATION

Olympic Medalist and Animal Advocate Dotsie Bausch Asks Papa John to Make an Even “Better Pizza” by Offering Vegan Cheese

Lightlife
PLANT PROTEIN

USA Vegan Magazine

Vegan News
Standing united with you, our steadfast supporters and dedicated volunteers, Compassion Over Killing is creating groundbreaking change for farm animals.

COK's undercover investigations are exposing the horrors kept hidden behind the closed doors of factory farms. Our innovative legal advocacy is achieving unprecedented justice for farm animals. Our corporate campaigns are making vegan eating business as usual across the nation. And our effective pro-veg outreach is inspiring thousands to choose compassionate foods.

Together, we’re changing the world for animals!
THOUSANDS OF SMILES LIGHT UP DC!
On September 2, Compassion Over Killing’s DC VegFest 2017 was filled with up to 20,000 smiles, making DCs beautiful Yards Park shine all day!

An inspiring energy was felt throughout the festival, despite some rainy weather. Kicking things off was our talented Emcee, vegan rapper Grey, who kept the crowd pumped up with performances including his viral hit “Vegan Thanksgiving.”

The Main Stage tent was full all day long for inspiring talks by keynote speakers David Carter (former NFL player and “The 300-Pound Vegan”), Miyoko Schinner (founder/CEO of Miyoko’s Kitchen), Representative Jamie Raskin (US Congressman), Dr. Ruby Lathon (holistic nutritionist), Eddie Garza (Senior Mgr. of Food & Nutrition, HSUS; author of ¡Salud! Vegan Mexican Cookbook), Doron Petersan (owner of DC’s Sticky Fingers Sweets & Eats and Fare Well), and Kathy Stevens (founder/president of Catskill Animal Sanctuary).

Vendors and exhibitors offered festival-goers an endless opportunity to eat and explore, including Busboys and Poets, Roots Market, Treeline Treenut Cheese, MOM’s Organic Market, Dr. Bronner’s, The Stanford Inn by the Sea, Dr. Ruby’s Organics, Plant Based Drippin, A Well-Fed World, FARM, Veg Society of DC, Proveg International, Mothers Against Dairy, and many more. Bakers like Vegan Treats made VegFest even sweeter.

Crowds gathered under the music tent for live tunes by Buntopia, Norm Hogeland, and Steve Gellman as they enjoyed their meatless meals.

With your support, DC VegFest continues to grow each year, putting vegan eating on the map in the nation’s capital and sharing a compassionate message with thousands: We can stand up for animals, our health, and the planet at every meal…and it’s delicious!

In addition to generating interest in vegan eating, DC VegFest 2017 sparked extensive media coverage. Here are just a few highlights!

ATTENDEE FEEDBACK:

“I loved getting to try so many different vegan versions of foods I used to eat. It turns out they taste even better!”

“As someone new to vegan eating, I felt encouraged by the positive, welcoming atmosphere at DC VegFest, and inspired to enjoy more meatless meals.”

“I tend to choose veg foods, but cheese was a last step to going vegan. I found some great options at DC VegFest!”

“Last year we attended while I was pregnant and this year we brought our happy, healthy, vegan boy!”

“DC VegFest was the perfect opportunity to try new (or new to me) vegan products!”
In Compassion Over Killing’s inspiring video, you get to hear Daisy’s moo-ving rescue story and watch as this playful and affectionate cow runs through the grass at Pasado’s Safe Haven, her sanctuary home.

These days Daisy just gets to be herself, but life wasn’t always happy: Daisy once lived on an “educational” farm, where she was used to teach children how to milk cows. Like many dairy cows, Daisy developed mastitis — painful inflammation of the udders — every time she produced milk.

Because Daisy couldn’t easily produce milk, she was going to be sent to slaughter. Someone who grew to love sweet Daisy asked Pasado’s to take her in, but millions of other cows just like Daisy are not as lucky. Dairy cows are slaughtered when their exhausted bodies are no longer able to produce milk, making them unprofitable for the dairy industry.

As COK’s investigations have exposed time and again, these mother cows endure a continuous cycle of cruelty. They’re genetically manipulated (or given hormones) to boost milk production to unnatural levels — at Mason Dixon Dairy, where a COK investigator worked undercover, one cow produces up to 25 gallons a day (twice the amount on other dairy factory farms).

To keep producing milk, dairy cows are impregnated each year by artificial insemination, only to have their newborn calves taken away each time so their milk can be sold to humans. Grieving mothers, these loving animals have been known to cry out for their calves for days.

SHE LIKES BANANAS, HUGS, AND SPENDING TIME WITH FRIENDS!

“Daisy doesn’t like to be alone. She’s definitely a people cow, and a cow’s cow... She doesn’t realize how big she is. She’s very aware of how beautiful she is.”

—Stephanie Perciful, Sanctuary Director at Pasado’s Safe Haven

HELP BREAK THIS CYCLE. Be kind to cows like Daisy by leaving dairy and meat out of your shopping cart! Learn more & take action at COK.net/dairy.
"C" is for Compassion: Raising a Vegan Family

Mary Beth Olson, COK’s Public Relations Manager extraordinaire, is a powerhouse voice for animals. Shining a media spotlight on COK’s undercover investigations, she’s garnered coverage in the New York Times and USA Today.

She, her husband Nick, and their two young kids, are ALL happily and healthfully vegan! Here, Mary Beth shares with us the whys, hows...and joys!...of raising a vegan family.

Q. What inspired you to go vegan?
I knew from a very young age that something didn’t seem right about eating animals, and first went vegan in fifth grade. Sadly, our family pediatrician didn’t know much about vegan eating, and advised against it...I had lost the battle. A few years ago I watched a video of a cow headed to slaughter; heartbroken and moved to act, I decided to go vegan.

I soon shifted professional gears, from beauty and celebrity PR to PR for animal causes. I became inspired to work with COK after a friend introduced me to Erica Meier.

Q. What’s your advice for parents new to feeding their families vegan foods?
Hang in there, and have fun with it! Not every day will be perfect, but it’s about trying your best. I find it joyful and rewarding to be vegan, especially getting to do it together as a family.

Q. Are there obstacles you’ve faced?
Eating with family and friends seemed like a challenge at first, but I quickly found there are so many easy vegan options! If I go to a party, I like to bring a vegan dish and help others taste for themselves how delicious plant-based food really is.

Q. What is your typical family meal? How do you make meals fun for your kids?
As a working mom of a four-month-old and a two-year-old, I am very blessed to have a husband who loves to cook but delicious vegan meals can be fun and easy! A typical dinner at our house is a vegan version of spaghetti and meatballs: whole wheat penne pasta, Trader Joe’s “Meatless Meatballs” with extra marinara sauce, served with salad and sauteed veggies. We love to grill throughout the year which is perfect for veggie burgers or hot dogs, and other meatless foods.

I am a huge fan of Mexican cuisine and love veggie fajitas and chips with guacamole. For lunch, I’ll make my son George tuna-less salad or PB&J sandwiches, with dried mangoes, apples and peanut butter, popcorn, or veggies. For protein, we pack legumes, beans, and lentils into our meals. When it comes to desserts, frozen treats are always fun; especially Ben & Jerry’s Chunky Monkey and SO Delicious ice cream sandwiches.

Q. What is your goal as a vegan parent?
My goal as a vegan, and a parent in general, is to raise kind, generous, and compassionate children. I want them to be open-minded individuals who respect everyone. They may or may not choose to continue being vegan when they’re older – but for now, I want to raise a family that puts their love of animals into action by simply not eating them.

Follow Mary Beth on Twitter @PRForAnimals!
**VEG OUTREACH**

First copy is free, $1 for each additional copy unless otherwise noted. Please contact us at info@cok.net for bulk orders.

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**Vegetarian Starter Guide**
This guide explains the benefits of choosing vegetarian foods. Includes recipes and meal ideas. Free PDF download available on TryVeg.com.

**Easy Vegan Recipes**
A collection of our favorite easy recipes for breakfast, lunch, dinner, dessert and snacks. Free PDF download available on TryVeg.com.

**I Support COK Sticker or Magnet**
Show everyone just how much you support compassion with our new stickers! Stickers are free. Available as a magnet for $2 each.

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**TryVeg.com Bumper Sticker or Magnet**
One of the simplest ways to spread a message of compassion. Stickers are free. Available as a magnet for $2 each.

**Restaurant Manager Cards**
Use these pocket-sized cards to kindly encourage restaurants to add more vegan options. Set of 10 for $2 or 50 for $5.

**Veg Guide to DC**
This handy Guide lists dozens of the best veg-friendly restaurants in and around the nation’s capital. Free PDF download at VegDC.com.

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**Comida con Amigos**
This colorful 16-page guide celebrates the flavors of traditional Hispanic foods with a compassionate twist. You’ll find vegan versions of 20 delicious cultural recipes. Free copy can be requested online at COK.net.

**Eating Sustainably**
This brochure explains how animal agriculture is a leading cause of pollution and resource depletion, and that we can fight global warming—and animal abuse—with our forks. $4 per pack of 25 flyers.

**Compassion Goes A-Round Stickers**
It’s easier, and cuter, than ever to stick to compassion with this adorable COK and TryVeg.com sticker pack. Set of 20 (10 designs, each order includes two of each for a total of 20 stickers) for $5.

**TryVeg.com Canvas Bag**
This canvas bag is a handy way to carry your groceries (or other items) while encouraging others to choose vegetarian. $12 each.
## APPAREL

### COK Logo Tee
Made in the US from 50% organic cotton and 50% recycled polyester. Dark heather gray, in men’s and women’s sizes S-XL. $15.

### “Ask Me Why” Tee
Made in the US from 100% recycled materials. Light green, in men’s and women’s sizes S-XL. $15.

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

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**TOTAL**

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