



CHOOSE YOUR CHANGE:

ANIMALS AS FOOD

CHOOSE FREE-RANGE



Free-range animals have to be "provided access to the outdoors". They are not free to roam as some adverts would lead you to believe, but it's a step up from indoor or caged farming.

CHOOSE PASTURE-RAISED

The term "pastured" or "pasture-raised" is what many people think free-range means. These animals spend the day outside grazing, digging, rolling around - the things animals should be allowed to do.



MEAT FREE MONDAYS



Paul, Mary and Stella McCartney's campaign urges everyone to reduce their meat consumption by having a meat-free day once per week. Amazing recipes can be found at www.meatfreemondays.com

PICK YOUR -ARIAN

Vegetarians don't eat any meat of any form, pescatarians only eat fish, flexitarians lead mainly vegetarian lifestyles, but will occasionally eat meat or fish. Choose one that feels right to you.



GO VEGAN



Removing all animal products from your diet is the most obvious way to reduce the number of animals used as food. More information and advice can be found at www.vegansociety.com.



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