

It's as Easy as 1-2-3!

Becoming vegetarian is easier than ever!

Nearly every major grocery store features such meatless delights as vegetarian deli slices, creamy soy milks, zesty marinara sauces, and much more.

1 Start by going veg 3 days a week.

Becoming a vegetarian doesn't have to be all-or-nothing: for many it's a gradual process. An easy way to start is with veg alternatives. Love a good hamburger? Sink your teeth into one of the dozens of vegetarian burgers on the market. Many taste just like meat, but without the saturated fat, cholesterol, and animal cruelty. For nearly every animal product, there's a delicious vegetarian version. **Vegetarian doesn't mean giving up tastes you love... it just means eating cruelty-free versions of those tastes!**

2 Now try 5 days a week for two weeks.

Try "vegging up" meals you already eat, substituting a few ingredients in your favorite recipes. Make spaghetti with tomato sauce, or bean burritos. Many ethnic foods also offer worlds of vegetarian options to explore, like Israeli falafel, Chinese eggplant in garlic sauce, and Indian samosas.

3 You're a near-vegetarian for a month!

Round out your week with a few new recipes from countless recipe books available, or visit online sites like *VegRecipes.org*, *VeggieChef.com*, and *VeganCooking.com*. For vegetarian Jewish recipes—like cholent, kugel, knishes, blintzes, and more—try *JewishVeg.com*.

Congratulate yourself! You're living more consistently with Jewish teachings on your health, the animals, and the earth!

Do a mitzvah—start today.
By choosing vegetarian fare, committed Jews can best live up to important Jewish mandates, and help tikkum olam—improve the world.

Request a FREE Vegetarian Starter Guide!

With this guide, you'll make the transition to vegetarian eating with ease. Practical tips, delicious recipes, a vegetarian nutrition section, the best in cookbooks, frequently asked questions, & much more! Get it today!

Visit

JewishVeg.com/free
or call toll-free
1-866-MEAT-FREE

What about the Biblical sacrifices? Is kosher meat more humane?

For Jewish recipes, articles, and answers to these and all your other questions, visit

JewishVeg.com



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יהדות וצמחונות

Jewish Vegetarianism

Our diet as Kiddush Hashem



"Jews will move increasingly to vegetarianism out of their own deepening knowledge of what their tradition commands... A whole galaxy of central rabbinic and spiritual leaders...has been affirming vegetarianism as the ultimate meaning of Jewish moral teaching."

—*Rabbi Isaac ha-Levi Herzog*

Why have many Jewish religious leaders—like Chief Rabbis Shlomo Goren, David Rosen, & Shear Yashuv Cohen—chosen to be vegetarian?

for G-d's will

Torah commentators agree that G-d's original plan was a vegetarian world (Genesis 1:29). Only after the flood was permission given to eat meat, and even then it was never required. According to Rav Abraham Kook, Chief Rabbi of pre-state Israel and advocate of vegetarianism, Isaiah's prophecy suggests a vegetarian Messianic period, as "the wolf shall dwell with the lamb... and the lion shall eat straw like the ox... They shall not hurt nor destroy in all My holy mountain."

for your health

Judaism mandates that people be very careful about their health, yet numerous studies link animal-based diets to numerous diseases, including cancer, obesity, and Americans' biggest killer, heart disease.

Be extremely protective of your lives. —Deuteronomy 4:15

Vegetarians have the best diet. They have the lowest rates of coronary disease of any group in the country. [T]hey have a fraction of our heart attack rate and they have only 40% of our cancer rate.

—William Castelli, M.D., Director, Framingham Heart Study

"As long as people will shed the blood of innocent creatures, there can be no peace, no liberty, no harmony between people. Slaughter and justice cannot dwell together."
—Isaac Bashevis Singer, Nobel Prize Winning Yiddish Author

for the animals

Judaism strongly opposes unnecessarily causing suffering to animals (*tsa'ar ba'alei chayim*), yet the animals we eat—**kosher or not**—are treated so abusively, that similar treatment of dogs or cats would land a person in jail.

The righteous person regards the life of his animal. —Proverbs 12:10

[T]he current treatment of animals in the livestock trade definitely renders the consumption of meat as halachically unacceptable as the product of illegitimate means. —Rabbi David Rosen, former Chief Rabbi Ireland

Raised in modern factory farms, these animals are denied nearly every basic need. They are largely confined so intensively that many cannot even turn around or stretch a limb. They suffer horrible mutilations, such as castration, branding, and beak and tail amputations, all without painkillers. Most must live in their own filth, never going outside to breathe fresh air or feel grass or sun.



Their beaks seared off, egg-laying hens are crowded intensively in rows of tiny cages, never able to see sunlight, touch solid ground, or even stretch a wing.

for the earth

Judaism teaches that we are to be "partners of G-d in the work of creation" (Shabbat 10a), yet modern factory farming is a leading cause of soil, air, and water pollution. U.S. farms produce 130 times as much manure as the entire human population of the country, none of which receives waste treatment.

The earth is the L-rd's and the fullness thereof. —Psalm 24:10

Roughly 70% of grain and 50% of water consumed in the U.S. are used by the meat industry. —Audubon Society

The Torah also mandates that we not waste or destroy unnecessarily anything of value (*bal tashchit*), yet every pound of feedlot steak comes at the cost of 5 pounds of grain, 2500 gallons of water, the energy equivalent of a gallon of gasoline, and about 25 pounds of eroded topsoil. Clearing land for grazing is a major cause of rainforest destruction.

Each year factory farms produce 5 tons of manure for every man, woman, and child in the U.S., dumped in acres of untreated manure "lagoons," which can contaminate rivers and groundwater.

