TZAAR BAALEI CHAYIM

PROHIBITION OF CAUSING AN ANIMAL TO SUFFER

BASED ON MULTIPLE TORAH VERSES

G-D chose MOSES FOR LEADERSHIP because as a SHEPHERD HE HAD SHOWN COMPASSION FOR A LAMB

MIDRASH: EXODUS RABBAH 2:2

THE TORAH REQUIRES PEOPLE TO HELP A TIRED DONKEY, EVEN IF THE ANIMAL BELONGS TO YOUR ENEMY.

EXODUS 23:5

CHICKENS ARE BRED TO GROW SO LARGE & SO FAST, MILLIONS DIE FROM HEART ATTACKS AND BILLIONS SUFFER PAINFUL AILMENTS.

ALMOST ALL KOSHER-MEAT COMPANIES

 Russo

TODAYS INDUSTRIAL PRODUCTION CROWDS ANIMALS IN SPACES SO SMALL THEY CAN'T TURN AROUND.

FOR DAIRY, BABY CALVES ARE TAKEN FROM THEIR MOTHERS ALMOST IMMEDIATELY AFTER BIRTH.

WHAT'S JEWISH ABOUT VEG?

PLANT-BASED EATING IS ROOTED IN JUDAISM.

ALMOST ALL KOSHER-MEAT COMPANIES

BUY THEIR ANIMALS FROM FACTORY FARMS.

KOSHER ≠ HUMANE

"IN THE KILLING OF ANIMALS, THERE IS CRUELTY, RAGE, AND HABITUATION TO THE EVIL OF SHEDDING INNOCENT BLOOD. EATING MEAT MAKES THE SOUL THICK, MURKY AND OCCLUDED."

- RABBI JOSEPH ALBO, AUTHOR OF THE CLASSIC BOOK ON JEWISH PRINCIPLES "SEFER YEKARIM" ("BOOK OF THE JUST")

GET STARTED WITH PLANT-BASED FOODS AT JewishVeg.org/Recipe

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