



10 Ways to Live Humanely

Take a first step to make the world a better place for animals with these simple ideas.

1 Choose a Humane Diet

Look for grocery labels that identify Certified Humane, pasture-raised, grass-fed, free-range, or uncaged animal products and dolphin-safe tuna. Buy locally produced foods at your local farmer's market rather than factory farmed products. And try the delicious meat-free alternatives to animal products now carried in most supermarkets.

2 Spay or Neuter Your Pet

Spaying or neutering pets improves their health and behavior while helping to prevent pet overpopulation. Many convenient, low-cost clinics are available—just ask your local animal shelter staff for a recommendation. And spread the word!

3 Buy Cruelty-Free Products

Choose cleaning, household, and personal care products manufactured without testing on animals. Visit www.leapingbunny.org for a list of cruelty-free products and to order a *Compassionate Shopping Guide* to carry with you in stores.

4 Be Fur Free

You can look like a million bucks without the cruelty of fur. Don't buy fur or fur-lined or trimmed garments.

5 Don't Trash Wildlife

Protect wild habitats by recycling and disposing of trash properly. Cut up six-pack rings and clean food containers—they can be deadly traps for animals. And never throw trash from your car—it can attract animals into the road.

6 Provide Responsible Pet Care

If you're ready for a new pet, adopt one from your local animal shelter or a breed rescue group. Make sure your pet is always wearing a collar and ID tag—and consider a microchip, too. Keep cats safely confined. Take your pet for routine checkups every year. And ask your veterinarian or animal shelter staff about any pet behavior problems.

7 Live Humanely with Wildlife

No matter where you live, you can help your wild neighbors. Make a brush pile to provide shelter in your backyard, hang a bird feeder on your apartment balcony, or provide a water source in your garden. And make your property an official HSUS Urban Wildlife Sanctuary by visiting www.hsus.org/sanctuary.

8 Fight Animal Cruelty

Urge officials to prosecute local animal cruelty cases to the fullest extent of the law. If you see a violent act against an animal—or animal neglect—call the police or your local animal shelter. Start a Neighborhood Watch for Animals™ in your neighborhood by visiting www.neighborhoodwatchforanimals.org.

9 Protect Wildlife

It's fun to watch wild animals in their natural habitats, but never disturb them. Don't go to swim-with-dolphin programs or marine parks, which confine marine mammals under often stressful conditions. Visit animal-free circuses and cutting-edge museum exhibits for family entertainment.

10 Lobby for Animals

Make your voice heard for animals and be a part of government by the people! Urge your elected officials to support animal-friendly legislation. Visit www.hsus.org/legislation to stay informed about measures in your state capital and on Capitol Hill that affect animals.

FOLLOW THESE IDEAS to do something everyday to help animals. And please share this information with your friends and family. Together, we can make the world a better place for us all!

Promoting the protection of all animals

**THE HUMANE SOCIETY
OF THE UNITED STATES**

2100 L Street, NW, Washington, DC 20037
202-452-1100 • www.hsus.org