



all creatures great and small

We have vast power over animals, and with such power comes great responsibility. We can choose to be kind and merciful or cruel and abusive.

Kindness and mercy exemplify the best of the human spirit. Take a pledge to spread compassion at humansociety.org/allcreatures



THE HUMANE SOCIETY
OF THE UNITED STATES

Celebrating Animals | Confronting Cruelty

Protecting Animals, Caring for Creation

Eating is an activity that has moral and spiritual significance, allowing us to translate our faith into meaningful action through love, justice, mercy, and proper stewardship.

Even the simplest decisions we make in the market can make a huge difference for animals. Purchasing eggs from hens confined in cages too small for them to even stretch their wings, for example, supports a cruel system that impacts nearly 280 million animals.

Take a pledge to make more humane food choices, as we honor all creatures great and small and acknowledge our responsibilities as faithful stewards.

Learn more and sign up online at
humanesociety.org/allcreatures

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2100 L Street, NW Washington, DC 20037

Five Ways to Practice Compassionate Eating

SWITCH to cage-free or free-range eggs.

REDUCE animal products in your diet by eating more fruits, vegetables, and legumes.

SAVE money (and animals!) by using an egg substitute. One 16-ounce box of egg replacer costs about \$6 and equals about 100 eggs.

ADOPT a "Meat-Free Sunday" or another tradition to incorporate humane eating at your dinner table.

KNOW your egg carton labels. Caged, cage-free, free-range, organic? Check out **humanesociety.org/egglabels**.

