Peaceful Eating 101:
Frequently Asked Questions and Resources for Exploring Potential Answers
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Though the prospect of living more compassionately toward animals may initially seem daunting, there is an enormous and ever-burgeoning body of credible research to suggest that the benefits far outweigh the costs (for human beings, animals, and the environment). But don’t take my word for it; get educated and make your OWN informed decisions!

Is there a single book that could get me up to speed on the big issues surrounding compassionate eating?

Is there good reason to think that compassion for animals should be an important issue for Christians?
- Matthew C. Halteman, *Compassionate Eating as Care of Creation* (2010)

Is it plausible to believe that non-human animals are capable of thinking, feeling, and valuing their lives?

What is life in a confined animal feeding operation (CAFO) really like for the animals who live there?
- Peter Singer, *Animal Liberation* (Reprinted, 2001)

How does industrial animal agriculture affect the environment?

How does industrial agriculture affect the lives and livelihoods of the world’s poorest people?
- Doris Janzen Longacre, *The More With Less Cookbook; Extending the Table*

Is a diet free of animal products really a healthier option for human beings?
If the moral, environmental, and nutritional drawbacks of factory farmed animal products are so bad, why haven’t I heard about these problems before?


Aren’t animal rights activists generally violent, anti-social misanthropes?


Isn’t compassionate eating just a newfangled fad for self-righteous hippies and pretentious, sentimental yuppies?

- Howard Williams, *The Ethics of Diet: A Catena of Authorities Deprecatory of the Practice of Eating Flesh* (2003; originally published in 1883)

Isn’t compassionate eating just another instance of “white privilege” that further entrenches social and racial injustice against people from other cultural, racial, and socio-economic backgrounds?


If I commit to eating more compassionately, do I have to resign myself to a life of steamed vegetables?

- Crescent Dragonwagon, *The Passionate Vegetarian*
- Tanya Barnard and Sarah Kramer, *The Garden of Vegan*
- Doris Janzen Longacre, *The More With Less Cookbook; Extending the Table; Simply in Season*
- Isa Chandra Moskowitz, *Vegan With A Vengeance*
- Isa Chandra Moskowitz and Terry Hope Romero, *Vegan Cupcakes Take Over the World; Vegan Brunch*
- Lorna Sass, *The Complete Vegetarian Kitchen*
- Terry Hope Romero, *Viva Vegan: 200 Authentic and Fabulous Recipes for Latin Food Lovers*
- Bryant Terry, *Vegan Soul Kitchen: Fresh, Healthy, and Creative African-American Cuisine*

* Some recipes in these books include animal ingredients; if you choose to use these ingredients, please consider purchasing them only from farmers you know and trust.

What is the difference between vegetarianism and veganism, and is one preferable to the other?


Where can I find out how to become a more informed and compassionate consumer?


Internet Resources

Animal Advocacy Organizations
Humane Society of the United States [http://www.hsus.org](http://www.hsus.org)
Christian Vegetarian Association  http://www.all-creatures.org/cva
Farm Sanctuary  http://www.farmsanctuary.org
Mercy For Animals  http://www.mercyforanimals.org
Compassionate Consumers  http://www.compassionateconsumers.org

Vegetarian and Vegan Recipes
Compassionate Cooks  http://www.compassionatecooks.com
ChooseVeg  http://www.choosveg.com

Health and Nutrition Links
Physicians Committee For Responsible Medicine  http://www.pcrm.org
The Cancer Project  http://www.cancerproject.org
Dr. McDougall’s Health and Medical Center  http://www.drmcdougall.com

Animal Rights
Tom Regan Animal Rights Archive  http://www.lib.ncsu.edu/animalrights/index.html
The Philosophy of Animal Rights  http://www.cultureandanimals.org/animalrights.htm

Contact Information
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For a digest of resources for compassionate living (and some photos of sumptuous looking vegan food), visit ExtraVEGANza!—a blog that I host with several friends.  http://www.g-rad.org/vegan