

The Facts



Farmed Animals:

- Chickens experience empathy; mother hens show emotional distress when her chicks are upset.
- Pigs are highly social; they naturally live in matriarchal herds. Even while sleeping, the herd remains close, always in physical contact.
- Sheep experience a full range of complex emotions similar to humans, such as fear, anger, rage, despair, boredom, disgust, and happiness.



Animal Agriculture:

- Around the world, 8 million land animals are killed for food every hour.
- Factory farming harms communities who live near the farms through noxious production and waste facilities.
- The nearly 812,000 hogs on factory farms in Bladen County, NC, produce as much untreated manure as the sewage from the Chicago and Atlanta metro areas combined.
- Over 15,000 people die every year from air-quality related deaths as a result of food production processes in the US.



The Environment:

- Adopting a plant-based diet will reduce your water footprint by 60%.
- The primary cause behind global deforestation is beef production, accounting for approximately 41% of deforestation, equivalent to roughly half the size of the Netherlands. This equates to over 16.4 million trees lost each day as a result of animal agriculture.
- Animal agriculture is a major producer of greenhouse gas emissions, equivalent to 14.5% of global emissions, which is approximately the same size as the transportation sector.
- According to the UN, the single most effective action you can take for the environment is to adopt a plant-based diet.



Your Health:

- Reducing the amount of meat in your diet can improve your mood!
- Excessive use of antibiotics to control disease on overcrowded pig farms could lead to antibiotic-resistant superbugs. 50% of antibiotics used for livestock will end up in freshwater sources.
- Plant based diets reduce your risk of heart disease, high blood pressure, diabetes, and obesity.

Take Action



Together we can create a more compassionate world!

Your circle of influence is bigger than you think.

- Host a screening of Forever Home
- Share the film on social media and tag @foreverhomethefilm
- Gift the film or related books to friends and family

Every plant-based meal is a vote for a kinder food system.

- Try one plant-based meal a day, or start with Meatless Mondays
- Find a plant-based mentor.

Laws shape what's possible. Your voice matters.

- Vote for candidates and measures that support animal welfare
- Advocate for public access to plant-based foods in schools and institutions
- Advocate for wildlife corridors, green spaces, and animal-inclusive urban design

Engage in cultural shifts.

- Say "farmed animals" instead of "livestock"
- Use animals' names and genders when you know them instead of "it"
- Support and amplify films, books and art that inspire empathy and celebrate animals

Resources



Want to learn more? Check out these websites!

Animal Agriculture and the Environment:

- Ecowatch.com
- TheLastPig.com/Facts
- AWFW.org/Climate

Eating Meat + Your Health:

- Forksoverknives.com
- Vegansociety.com

Animal Welfare:

- Humanesociety.org
- Mercyforanimals.org
- Thehumaneleague.org

Take Action:

- Newrootsinstitute.org
- Animalcharityevaluators.org
- Awellfedworld.org



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