

The Meatless Alternative

We all know from our Lenten fasts (and especially from the outstanding soups at SJV on Soup Nights) that meatless meals do not have to be dull and flavorless. We can look at abstaining from meat one, two or more days a week as a form of fast that helps us to draw closer to God and to his creation. It is not necessary to become vegetarians (although that it is an option to consider), but rather to reduce our dependence on factory farms. Sound choices to replace meat include:

- ◆ Eggplant. Rich in antioxidants and other nutrients, eggplant is a versatile vegetable featured in many world cuisines.
- ◆ Beans, peas, and lentils, which are rich sources of fiber, vitamins, minerals, and protein.
- ◆ Tofu, which is rich in protein and amino acids.
- ◆ Plant-based meat. Many of these plant-based alternatives to meat rival or exceed meat in taste while providing sound nutritional value.

At our meatless barbeque, you can feast on some of these meatless alternatives for yourselves:

- Tofu sauteed in sesame oil as an appetizer.
- Meatless beef crumbles, which are used in the meatless chili.
- Meatless hot dogs.
- Meatless Italian sausage.
- Meatless hamburgers.



St. John Mary Vianney Catholic Church

A Light of Christ on Finn Hill for All Peoples

12600 84th Avenue N.E.

Kirkland, WA 98034



Meatless Barbeque

Emphasizing Alternatives

to Factory Farming

Saturday, August 26, 2023

after 5:00 PM Mass

Sponsored by:

SJV Social Justice Commission

We are grateful to Trader Joe's for their generous contribution to support our meatless barbeque.

Factory Farming and the Environment

A *factory farm*, also known as an industrial livestock operation or a concentrated animal feeding operation, houses large numbers of animals year-round in very close proximity to one another. Anywhere from 67% to 99% of meat, dairy, and eggs are produced in factory farms. Animals on factory farms experience extreme deprivation and suffering.



In addition to issues about ethical animal treatment, factory farms have an extremely adverse impact on our environment, including:

- ◆ Deforestation and loss of biodiversity. Factory farms

have expanded enormously in the past two decades, and the result has often been a loss of critical forest land (such as the Amazon rainforest) to either housing animals or growing crops (particularly soy and corn) to feed them.

- ◆ Greenhouse gas emission. A 2006 study found that livestock overall accounts for 18% of greenhouse gas emissions, more than the transportation industry. A disproportionate share consists of gases, such as methane and nitrous oxide, with a significantly greater global warming potential than carbon dioxide.
- ◆ Increased demand for water (primarily used for irrigation of food crops for livestock) and increased water pollution (from animal waste and use of herbicides and pesticides).
- ◆ Threats to the quality of our water. Human sewage is treated before being released into waterways, animal waste is not.

Factory Farming and Your Health

Factory farms not only contribute to climate change but also directly affects the health of those who work on factory farms, live in surrounding areas, and consume factory farm products.



- Impact on factory farm workers and the surrounding community. Very loose requirements for the handling of manure and urine on factory farms can contribute to air pollution as

animal waste is sprayed over fields, which in turn leads to higher incidents of respiratory and other diseases among both workers and inhabitants of surrounding areas. Similarly, animal waste can seep into the soil, contaminating the drinking water of surrounding communities.

- Impact on the health of those consuming factory farm products. Factory farm animals are fed hormones so that they grow faster and mature more quickly. (A rough equivalent of a hormone-fed pig is a year-old human baby weighing 300 pounds.) They are also fed antibiotics not because they need them, but as a preventative measure. This dosing practice creates antibiotic-resistant pathogens. According to 2019 data from the CDC, there are about 2.8 million antibiotic-resistant infections and more than 35,000 deaths annually in the U.S.. In the world as a whole, it is estimated that there are approximately 5 million deaths per year caused by anti-biotic resistant diseases. Factory farming contributes to disease and death.