

This Thanksgiving as you sit down to your family dinner, squeezing in between uncles, aunts, cousins and rest of your family (you either don't know, or know too well), Please! Please! Please! Consider what choosing a simple, healthy, and compassionate meat alternative could mean.

According to a recent report by Compassion Over Killing, "the average American consumes an average of 17lbs of Turkey meat per year. To satisfy this appetite, 252 million turkeys are killed in the US annually. More than 45 million of these turkeys are killed for Thanksgiving alone and over 20 million are killed for Christmas."

Besides giving millions of turkeys nothing—not even a pre-execution anesthetic—to be thankful for, Thanksgiving resembles a much different, much darker reality than the romanticized story we were told as eager eared elementary school children. Today's Thanksgiving story is one where most American Indians no longer have a home, our vegetables are soaked with pesticides, our breads are filled with chemicals and where animals, living, feeling, sentient beings are treated as tools, machines and yet another commodity to be mass produced and exploited for profit.

Today's turkeys find their homes not in the wild or any outside space with an ounce of fresh air, but confined to windowless warehouses that hold from 10,000 to 25,000 birds. This claustrophobic captivity gives each bird an average of 1 to 4 square feet. With such close quarters, these warehouses become breeding grounds for diseased, weak, stressed out, and aggravated birds.

By the time turkeys, if their still alive, get to the slaughterhouse, they are sure to expect a terrifying and painful death. In the US there are no legal requirements to ensure that turkeys, or any other birds, be treated 'humanely.'

All of this amounts to a very simple argument for the use of common sense. An argument not solely for 'humane' treatment of animals (because we treat humans like shit too), but for a compassionate, respectful, and empathetic relationship with everything on Earth.

When humans, non-human animals, and the earth are exploited for profit, when murder and rape are justified through economics, and when a structure has been built around the idea that sentient beings are nothing more than a product to be bred, slaughtered, and profited from, then that structure must be torn down, thrown aside and never built again.

This Thanksgiving, instead of falling in line and joining the callous and depraved masses, surprise your family with some scrumptious and responsible vegan alternatives!