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Don't forget to join us this coming Monday 11/16 for some HamBINGO fun!

Dear Friends,

This edition of FACT Sheets highlights a busy and productive time for FACT. I am excited to bring you up-to-date! Have a bountiful and healthful holiday season.

Don't forget to become a [member](#) of FACT's Facebook today and invite others to join. As always, please visit our [website](#) for more information. Our secure [Donate](#) page makes it easier than ever to give to FACT. Thank you for your support!

Sincerely,

Richard Wood

Executive Director

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A Time to Give Thanks

The holiday season is a good time to reflect on and give thanks for all that we have, including the food that graces our tables. The holidays are filled with many food-related traditions. As we prepare for these festivities, we also need to consider steps we can take to support humane farming.

During these coming weeks remember that all animals deserve care and respect. Farm animals in particular should be free from hunger, thirst, discomfort, pain, disease, fear and distress. They should also be able to express their own natural behaviors, such as dust-bathing for hens or nest- building for sows.

Unfortunately, life for most farm animals is not humane. In order to maximize profits, turkeys and chickens have been bred to grow huge and fast. There are better options in which farm animals are not forced to live in crowded barns and pumped full of antibiotics to hasten their growth. They do not have to be denied adequate space or natural light.

Express your appreciation for these animals this season by supporting farmers who use humane methods and by making humane choices at the grocery store. For example, consider purchasing a free-range turkey - look for brands such Bell & Evans



and Eberly's at your local store. You can also visit the [Eat Wild](#) website dedicated to grass-based farming, [Local Harvest](#) or [Eat Well Guide](#) to locate sustainable options. For more information about humane choices please contact [Larissa McKenna](#).

FACT, Consumers Union and more than 37,000 individuals ask the FDA to stop feeding poultry waste to cows.

On October 31, FACT's Filthy Feed Campaign was covered in the [Los Angeles Times](#). FACT, along with Consumers Union, nonprofit publisher of Consumer Reports, filed petitions signed by more than 37,000 individual consumers with the Food and Drug Administration (FDA). The petitions register opposition to the use of poultry waste as cattle feed out of concerns for human and animal health. If you have not done so yet, please [sign our petition NOW](#) as we continue to pressure the FDA to end this dangerous and disgusting practice.



FACT has also been reaching out to college students and health professionals. Recently at Loyola University, our Filthy Feed campus organizer spoke with students about our campaign at a screening of Food, Inc. FACT staff members Larissa McKenna and Lisa Isenhardt also presented at the National Environmental Public Health Conference and the annual meeting of the American Public Health Association, the premiere public health conference in the country.

Don't forget to join us this coming Monday 11/16 for some HamBINGO fun!

On Monday, November 16, from 8 - 10 pm, FACT will be throwing a "HamBINGO" night at [Hamburger Mary's](#) in Chicago, hosted by their drag diva Velicity Metropolis. Come out for an evening of laughter, fun AND bingo as you help support FACT in improving the welfare of farm animals. 100% of the donations collected from the sale of bingo cards will benefit FACT. You can play as many cards as you like and the cards will be good all night long. Hamburger Mary's is located at 5400 N Clark Street, Chicago, IL 60640.



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