



Simple Steps to Help Farm Animals

- **Meatless Mondays** : Go Vegan on Mondays. Here is a sample Breakfast, Lunch & Dinner (dessert included):

Breakfast: Your favorite cereal with almond or coconut milk.

Lunch: Peanut butter and banana wrap. Carrots and hummus.

Dinner: Mexican baked potato stuffed with black beans, veggies and avocado. Want some butter? Try Earth Balance (all vegan spread)

Dessert: Ben & Jerry's Non-Dairy Almond Milk Ice Cream. YUM!!!

- **Choose a Plant-Based Diet: Go Vegan!** It is easy and very healthy to eat vegan! Click on the link to read more about veganism & step up!

Link: [GO VEGAN!!!](#) (And help animals)

- **Support [Catskill Animal Sanctuary](#) & [The Gentle Barn](#)**

These are two of my FAVORITE rescue organizations. One is in New York and the other is in California. [Click their names to learn more!](#)