

YOU CAN HELP!

* Don't buy foie gras and let people know why. To learn more visit www.stopforcefeeding.com.

* Educate local restaurants and grocery stores about animals suffering and ask them to take foie gras off their menus and shelves.

* Even if you do not eat foie gras, also be sure not to patronize establishments that serve it. Let market and restaurant managers know that you won't support businesses that endorse foie gras.

* Eat plant-based (vegan) foods. We don't need to consume animal products to be healthy. Physicians,

scientists, and organizations such as the American Dietetic Association have clearly stated that a well-planned vegan diet is appropriate for all life stages.

* Spread the truth! Many people don't know the cruelties behind foie gras. One easy way to do this is to share this brochure with others.

* Support the Animal Rights Coalition and get involved locally to help rid Minnesota of this gourmet cruelty. Support the vital work we're doing to make the world a better place for ducks, geese, and all animals. Working together, we can create a more peaceful and sustainable world.

**FOREGO
FOIE GRAS**



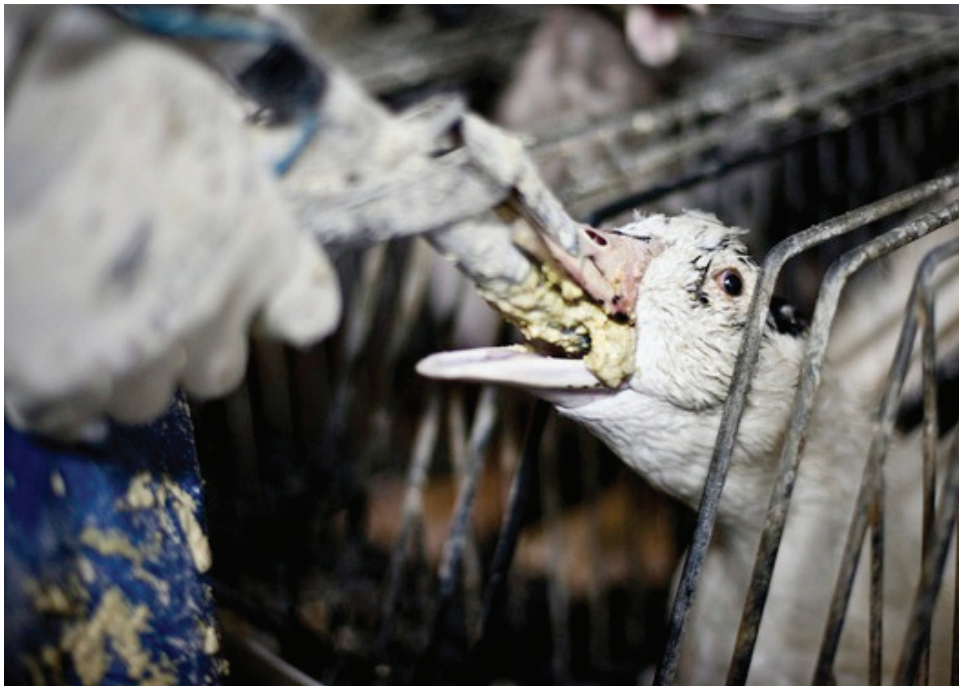
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THE FACE OF FOIE GRAS





FORCED FEEDING is a process so cruel it is outlawed in countries across the globe, and in the state of California.

FOIE GRAS – French for “fatty liver” – is the grossly enlarged liver of a duck or goose. Medically known as hepatic lipidosis, foie gras is a disease marketed as a delicacy. Birds raised for this gourmet cruelty are force-fed enormous quantities of food through a long metal pipe three times a day.

This process of deliberate and painful overfeeding continues for up to a month, by which time the birds' livers have swelled up to twelve times their healthy size.

The process of forced feeding is so traumatic, and the confinement and conditions on foie gras farms so debilitating, that the pre-slaughter mortality rate for foie gras production is up to 20 times the average rate on other duck farms.

FOIE GRAS FACTS

- Every year in the United States up to half a million ducks are crammed into tiny cages and overcrowded pens and forced until their bodies succumb to fatty liver disease. The feeding cycle on these farms is carefully timed, since by the time of slaughter, animals raised for foie gras have been fattened and sickened to the point where they can no longer walk, stand, or in many cases, even lift their heads.
- Birds raised for foie gras often choke to death on their own vomit, have their windpipes punctured with the long metal pipes used to pump large quantities of feed down their throats, and succumb to slow suffocation as their own blood pools in their lungs.
- California has become the first state to ban the production or sale of foie gras, recognizing its inherent cruelty. Many local governments have been working on similar legislation, prohibiting the torture of ducks and geese for foie gras, and the sale of these diseased livers.
- A recent survey of Twin Cities diners shows widespread support for a ban on foie gras in Minnesota, and some of the state and country's premier chefs have made a pledge to ban foie gras from their restaurants.



A SIDE BY SIDE COMPARISON of a healthy liver and the diseased organ sold as foie gras.



SITTING DUCKS: In a filthy pen, scared birds huddle between feedings.