PLEDGE CARD

1. EATTING HABITS

	Have no meat for one meal.
	Have no meat for one day.
	Have no meat for a week.
	Try a mock meat; your local health food store will have many questions.
	Eat only responsibly raised meat!!!!
	Support your local farmers and growers!!!!
	Eat healthier!!!!
2.	BECOME MORE INFORMED
	Watch a documentary on food sourcing, like Food Inc.
	Learn more about GMOs. (Those are just nasty)
	Read a book on our nations farming practices.
	Read your labels!
3.	GET INVOLVED
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We are not trying to make anyone go vegetarian or vegan.

We think that it trying or little experiment for a day or two helps you
to become a little bit more aware of where your food comes from and what you are eating.

We thank you for doing this in our honor! Love, Briar & Baby Banks!