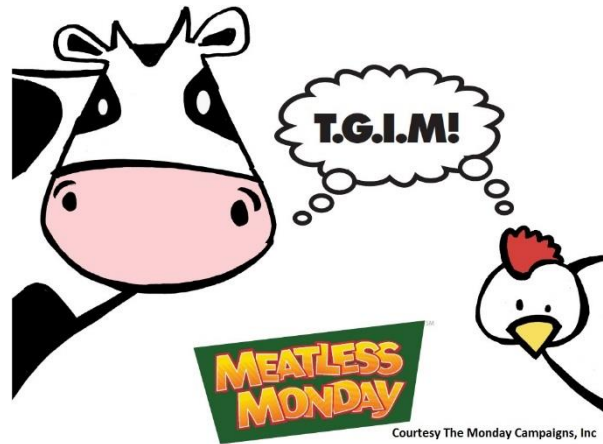


Animal Welfare Ministry

Meatless Monday Challenge



Join our Meatless Monday challenge!

Not ready to go 100% Vegetarian or Vegan?
Then start with just one day a week.

Visit <http://www.meatlessmonday.com/> for recipes and other resources to help you cut down on meat.

It's good for you, good the environment,
but most of all it's good for God's creatures!

Click here to download a pdf "Meatless Monday" guide:

http://www.meatlessmonday.com/images/photos/2010/08/mm_general_kit.pdf