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## About Us

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We are an independent not-for-profit animal advocacy organisation based in Tasmania. We formed in 2003 as Against Animal Cruelty Tasmania and became Animals Tasmania in 2015. Our broad aim is to eliminate exploitation, cruelty, and suffering of all non-human animals within our state and beyond.

We work to facilitate change through peaceful action, education and political lobbying on issues affecting all species. Our focus is on improving the relationship between humans and non-humans. We aim to foster a greater awareness and understanding of the way human choices impact on non-human animals.

At all times, Animals Tasmania aims to respect the diverse views of its members and supporters through its actions. We encourage involvement by the wider community in our animal advocacy work.

Animals Tasmania works with relevant groups and organisations to achieve these objectives:

- > Encouraging and supporting a cruelty-free (vegan) lifestyle
- > Campaigning against the exploitation of all non-human animals within Tasmania
- > Supporting the work of other organisations on national and international animal issues

**Animals Tasmania advocates for an end to exploitation of all non-human animals, no exceptions.**

Cover images courtesy Kate de Salis

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## Philosophy

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It is wrong to inflict needless suffering and death on non-human animals. Worldwide, most use of animals is for food and therefore unnecessary. Humans can easily meet all nutritional needs from plant foods.

The process of turning living, breathing, feeling animals into 'products' for humans is horrifically violent. Yet this is the destiny faced by around 110 billion animals every year who are killed, mostly for food.

Typically, people think the way to respect animals is to adopt a vegetarian diet (without animal flesh). The reality is that there is just as much suffering and death in eggs and dairy products, whether they are 'free-range', 'humane', 'caged' or otherwise.

We can live healthy and happy lives without exploiting either human or non-animals. It is not only possible, but easy and gratifying.

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**ANIMALS**  
*Tasmania*

all animals, no exceptions.

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March 2015



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## Food

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The use of non-human animals for food is morally wrong because it inflicts needless suffering on billion of animals every year.

Animal-derived food products also cause a range of serious human health problems, and they contribute significantly to global environmental degradation.

Well-balanced plant-based (vegan) nutrition is healthy, if done right, and provides flavour, texture and variety. Adopting a vegan diet can open up a world of culinary possibilities you may never have considered before.

Vegans DO eat:

- > Vegetables
- > Legumes (beans, lentils, etc)
- > Fruits
- > Grains (rice, oats, wheat, etc)
- > Nuts
- > Seeds

Vegans DO NOT eat:

- > Dairy
- > Eggs
- > Flesh of animals (including fish)
- > Honey
- > Other animal ingredients/by-products

The American Dietetics Association states that "...vegan diets are healthful and nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases."

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## Lifestyle

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The avoidance of all animal exploitation is the next logical step towards embracing a fully ethical lifestyle. This will help end the unnecessary suffering of non-animals.

Feathers (duck and goose down), animal fibres (wool, angora, cashmere, silk, etc), and other animal products (fur, leather, skins, etc) are all products of violence and suffering. Choose instead natural plant fibres (hemp, linen, cotton) or synthetic fibres.

Entertainment based on the exploitation of animals is also unnecessary and should be avoided. Boycott and voice your opposition to: rodeos, circuses (with animals), horse racing, greyhound racing, zoos, theme parks (with animals), etc.

Speak out against recreational killing 'seasons' on native species, and oppose 'game hunting' (on land and on water).

Avoid all products that involve animal testing and support companies that produce ethical cruelty-free products.

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## Get Active

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Get active by joining the Animals Tasmania Action Team to drive the process of making change happen. Become an advocate for all non-human animals, no exceptions.

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## Join Us

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Yes, I would like to join Animals Tasmania and help to end the suffering of non-animals

Name: .....

Address: .....

Phone (H): .....

(M): .....

Email: .....

Membership: Full \$25/yr

Concession \$12.50/yr

Key areas of interest: .....

Signature: .....

Date: .....

Newsletters are emailed by default. If you would like a copy posted please tick this box

Please make payment direct to:

BSB no: 633 000

Account no: 122060924

Make a secure online payment at:  
animalstasmania.org.au

Or forward cheque/money order to:

Animals Tasmania

PO Bo 4691, Bathurst St PO

Hobart, Tasmania 7000

(For direct deposit, ensure your name is entered as the transaction reference then post or email this form to us)

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