

**VEGETARIAN ORGANIZATIONS WHO SHOULD BENEFIT  
FROM MCDONALD'S SETTLEMENT**

1. Vegetarian Legal Action Network (VLAN)  
P.O. Box. 50510  
Washington, DC 20091-0510  
(703) 587-6474  
jpizziru@aol.com  
[www.veggielawyers.org](http://www.veggielawyers.org)

VLAN is a group of lawyers and law students committed to the principles of vegetarianism who are willing to promote cases that will establish vegetarian rights. VLAN is primarily a legal-oriented, non-profit organization working on civil suits against food manufacturers and restaurants, vegetarian prisoners' rights cases, complaints to the Federal Trade Commission, and petitions for rulemaking with the Food and Drug Administration. VLAN also connects potential clients with vegetarian attorneys in their area that would be willing to take their case.

2. Farm Sanctuary  
P.O. Box 150  
Watkins Glen, NY 14891  
607-583-2225  
[www.farmsanctuary.org](http://www.farmsanctuary.org)

Farm Sanctuary is a non-profit organization dedicated to ending the exploitation of animals used for food production and promoting vegetarianism. Farm Sanctuary established the first shelters in the USA for victims of "food animal" production. Farm Sanctuary's unique New York and California farm shelters rescue, rehabilitate, and provide life-long care for hundreds of animals rescued from factory farms, stockyards, and slaughterhouses. Additionally, they provide educational programs about vegetarianism and tours to school groups.

3. Poplar Spring Animal Sanctuary  
P.O. Box 507  
Poolesville, Maryland 20837  
Phone: 301-428-8128  
[info@animalsanctuary.org](mailto:info@animalsanctuary.org)  
[www.animalsanctuary.org](http://www.animalsanctuary.org)

Poplar Spring Animal Sanctuary is a 400 acre non-profit refuge for farm animals located in Poolesville, Maryland. Poplar Spring's mission is to: offer care, rehabilitation, and permanent sanctuary for neglected, abandoned or unwanted farm animals; provide protected habitat for wildlife; furnish information to the public regarding farm animal; and promote compassion and humane treatment for all animals. Poplar Springs promotes vegetarianism through educational program to the public school groups.

4. Physicians Committee for Responsible Medicine (PCRM)  
5100 Wisconsin Ave., Suite 400  
Washington, D.C. 20016  
202-686-2210  
pcrm@pcrm.org  
www.pcrm.org

PCRM is a non-profit group of doctors and laypersons working together for compassionate and effective medical practice, research, and health promotion. Their health promotion efforts include preventative medicine, nutrition and the promotion of a vegetarian diet.

5. EarthSave International  
1509 Seabright Avenue, Suite B1  
Santa Cruz, CA 95062  
(831) 423-0293  
information@earthsave.org  
www.earthsave.org

EarthSave, a non-profit organization, leads a global movement of people from all walks of life who are taking concrete steps to promote healthy and life-sustaining food choices. EarthSave supplies information, support and practical programs to those who have learned that their food choices impact environmental and human health. Earthsave supports individuals in making food choices that promote health, reduce health care costs, and provide greater independence from the medical system. They also raise awareness of the ecological destruction linked to the production of “food animals.” Earthsave advocates and promotes a planet-friendly, vegetarian diet.

6. Farm Animal Reform Movement (FARM)  
P.O. Box 30654  
Bethesda, MD 20824  
1-888-ASK-FARM  
www.farmusa.org

FARM (Farm Animal Reform Movement) is a national, tax-exempt, educational organization advocating a plant-based diet and humane treatment of farmed animals through eight grassroots programs. It operates from the nation's capital with a staff of eight, through a grass-roots network of more than one thousand activists in all 50 states and several Canadian provinces. Two of FARM's national campaigns include the World Farm Animal Awareness Day and the Great American Meat-Out.

7. Vegetarian Resource Group (VRG)  
PO Box 1463  
Baltimore, MD 21203  
(410) 366-8343  
vrg@vrg.org  
www.vrg.org

The Vegetarian Resource Group (VRG) is a non-profit organization dedicated to educating the public on vegetarianism and the interrelated issues of health, nutrition, ecology, ethics, and world hunger. In addition to publishing the Vegetarian Journal, VRG produces and sells cookbooks, other books, pamphlets, and article reprints. VRG health professionals, activists, and educators work with businesses and individuals to bring about healthy changes in your school, workplace, and community. Registered dietitians and physicians aid in the development of nutrition related publications and answer member or media questions about the vegetarian diet.

8. Vegan Outreach  
211 Indian Dr  
Pittsburgh, PA 15238  
(412) 968-0268  
vegan@veganoutreach.org  
www.veganoutreach.org

Vegan Outreach (VO) is a non-profit organization dedicated to furthering awareness and understanding in order to bring about fundamental change in our physical well-being, our treatment of others, and our interaction with our environment. VO is working to promote veganism through the widespread distribution of our illustrated booklets, Why Vegan and Vegetarian Living. These have been distributed by many different people -- from middle school students to veteran vegetarian and animal advocacy organizations.

9. Vegan Action  
Vegan Action  
PO Box 4288 Richmond VA 23220  
804.254.8346  
info@vegan.org  
www.vegan.org

Vegan action is a nonprofit grassroots organization dedicated to educating people about the many benefits of a vegan lifestyle. Vegan action campaigns have brought vegan food into schools nationwide, introduced a program to certify vegan products, and through chapters and events, brought the compelling ideas behind veganism to thousands of people.