

June 2012

ANIMALVOICE

Official mouthpiece in South Africa for Compassion in World Farming



**Archbishop Emeritus Desmond Tutu
becomes the first World Leader to include
farmed animals in a new vision for the future**

Increasing Our Compassionate Footprint

COMPASSION
in world farming 

Postal Address
Animal Voice PO Box 825 Somerset West 7129 RSA
International: +27 21 852 8160
Tel: 021 852 8160
Fax: 021-413-1297

Websites
<http://www.animal-voice.org>
<http://www.humane-education.org.za>
Email: avoice@yebo.co.za
Email: Tozie.Zokufa@ciwf.co.za

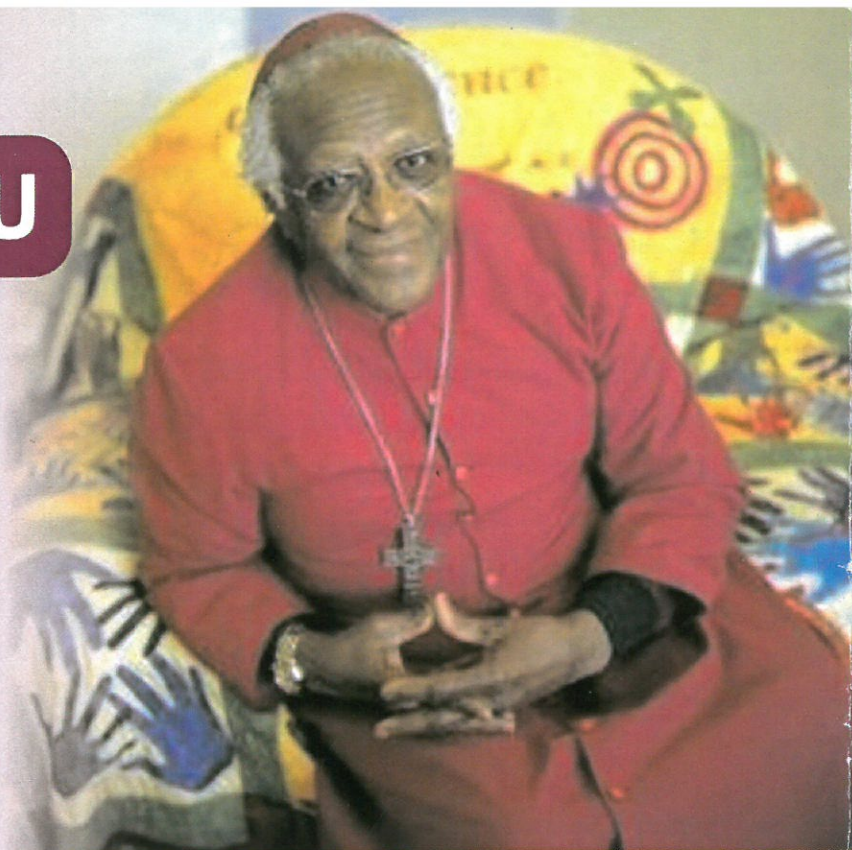
Compassion in World Farming HQ
<http://www.ciwf.org>

ARCHBISHOP

DESMOND TUTU

takes the lead for farmed animals

South Africa's **Archbishop Emeritus Desmond Tutu** (80), revered around the world for his life-long fight against the oppression of people, became the first world leader this year to include farmed animals in a new vision for the future.



By signing *Compassion in World Farming's Vision for Fair Food and Farming* at his Cape Town office on 15th March, **Archbishop Tutu** took the lead towards a new era of sustainable, humane, and environmentally-responsible farming methods.

Said Archbishop Tutu: "I support this *Vision for Fair Food and Farming*, being so aware as I am of the cruelty that we mete out to animals whether to fatten them just in order to slaughter them, or whether we pile up chickens and not care really for their suffering in order to increase our profits.

"I hope we will learn that we are related to the animals and to Nature and if we destroy the balance, we are ultimately going to suffer and pay the price.

"I hope we can make many of our people support this initiative by *Compassion in World Farming*."

Tozie Zokufa, *Compassion's* South African Representative, commented afterwards: "Tata's signature today is a triumph for the Earth, all its people, as well as for farmed animals."

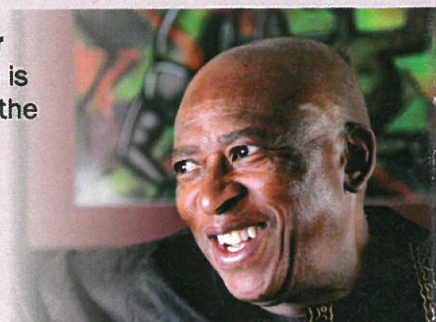
In its vision for *Fair Food and Farming*, *Compassion* calls for the global adoption of food and agricultural policies, including incentives, which deliver all the following elements:

- Good health by ensuring universal access to sufficient and nutritious food
- Sustainable farming methods which support rural livelihoods and relieve poverty
- Protection for the planet and its precious resources: soil, water, forest and biodiversity
- Reduced emissions of greenhouse gases and other pollutants from agriculture
- Humane farming methods which promote the health and natural behaviour of sentient animals and avoid causing them pain and suffering
- Reduced consumption of animal products in high-consuming populations to meet environmental, health and sustainability goals.

To see **Archbishop Tutu** signing *Compassion's* Vision document, please go to our website: www.animal-voice.org

South Africa's multi-award winning novelist, poet and playwright **Zakes Mda** has become the second high profile South African to sign *Compassion in World Farming's Vision for Fair Food and Farming*. Mda is the winner, *inter alia*, of the *Amstel Playwright of the Year Award*, the *M-Net Book Prize*, the *Commonwealth Writers Prize* and the *Sunday Times Fiction Prize*.

ZAKES MDA signs the Vision



Factory Farmed meat, eggs and milk are contributing to the incidence of human diseases says Professor Tim Noakes

Professor Tim Noakes, Director of the UCT/MRC Research Unit for Exercise Science and Sports Medicine at the *Sports Science Institute of South Africa*, says we should all be eating more like *Mrs Ples* used to eat 2 million years ago. Here he holds a replica of the famous *Mrs Ples* fossil skull found at the Sterkfontein Caves near Krugersdorp.



**For grass fed
meat and eggs,
contact Spier's
biodynamic farmer,
Angus McIntosh on
angusm@spier.co.za**



Factory farming has changed the nutrient content in our diets and we need to return farmed animals to the fields where they can eat grass, says **Professor Tim Noakes**, South Africa's foremost expert on exercise and sports science.

Speaking about his new eating plan which promotes cutting out carbohydrates and eating more meat and animal fat, **Professor Noakes** told *Compassion's* **Tozie Zokufa**: "The cause of ill-health is said to be the cholesterol in eggs and the saturated fat in meat. This is not true. It is the high content of omega 6 polyunsaturated oil in the products of industrialised farming that is bad for our health.

"When people used to eat free ranging animals, they did not consume the quantities of omega 6 they are currently consuming. Because we keep animals in sheds these days, they are fed on grains and corn. This completely changes the composition of fats in their bodies, increasing

the polyunsaturated omega 6 content - at a significant cost to our health.

"But grass fed animals produce meat, eggs and milk with a high omega 3 content and this is what *we*, as humans, need and thrive upon. So essentially we are the beneficiaries, in terms of health, when animals are set free to graze on grass."

Professor Noakes said Norwegians were way ahead in their awareness of the benefits of eating products from grass-fed animals - so much so that they were prepared to pay twice the price for Namibian biltong from free ranging animals. Diseases like obesity, cancers, diabetes - and probably neurological diseases like Alzheimer's too - are diet related and preventable, he said.

When he appeared on Dr Michael Mol's television show 'Hello Doctor' earlier this year, Professor Noakes said free range eggs were the only eggs to eat!

USA: *Burger King* - the world's second-biggest fast-food chain operator has committed itself to use only eggs and pork from cage-free chickens and pigs by 2017.

UK: Two abattoir workers have been jailed for stubbing out their cigarettes on the faces of pigs.

South Africa: *Woolworths* became the first retailer to ban battery eggs from its stores nationwide in 2004. By March this year, half of all its ready-made meals were also made with free-range eggs. In addition *Woolworths* offers organic milk and milk products and guarantees the humane rearing of all boy calves born into its *Ayrshire* dairies.



End of the road

On 4th April 2012, Western Cape Premier Helen Zille held her second Animal Welfare Summit – this time for Wildlife – but friction between delegates has delayed the formation of a working group.

Premier Zille said: “I ask for us to work together in some kind of partnership. Let us agree on the main problems facing wildlife and develop a plan to address them.

“We need to seek common ground as far as possible and act with as much integrity as possible. This is the ethos in which we must enter into our discussions.

“In the face of plummeting agricultural production figures, it is imperative that South Africa remains a food exporting country. Farmers are a very precious resource in the Western Cape. They are critical to our economy. At the same time, we want to protect our Biodiversity. We need to find a way forward as we have done with the domestic animals issue.”



Parked outside the 'Slaghuis' in Calvinia (Western Cape), these sheep are about to be off-loaded for slaughter. The 'by-catch' of our appetite for mutton and lamb, is jackal, caracal and 'non-target' animals.

The Summit was attended by hunters, farmers, wildlife activists, research scientists and nature conservation officials. The Premier, as well as Anton Bredell, MEC of *Environmental Affairs and Development Planning*, hosted the meeting. The hunting of black-backed jackal and caracal and the use of gin traps to catch them soon became the main focus.

Wool, meat and mohair farmers claimed that the loss of sheep and lambs to jackal and caracal cost R1.4 billion a year.

Wildlife activists claimed that a mass extermination of wildlife in the Western Cape was taking place with the support of conservation authorities.

For information on the Premier's Summit on domestic pets, please go to www.animal-voice.org

An unidentified farmer, among the delegates, stood up and said he was a member of the *Small Stock Farmers Association in the Western Cape*. He thanked Premier Zille for the support of the farming community. "In the past we did not get the feeling that we were valued," he said.



Mr Anton Bredell, MEC of Environmental Affairs and Development Planning, said that 400 permits, valid for six months, had been issued between July and December 2011, each allowing for the killing of up to five predators a day.



Professor of Zoology at the University of Cape Town, Justin O'Riain, said any attempt to arrive at a productive forum on human-wildlife conflict issues would be still born as long as participants failed to get the first point of engagement right – namely respect. He said, UCT researchers, would

begin by establishing the numbers of jackal and caracal in the Western Cape.



Nikki Botha, representing the *Darwin Primate Group*, asked for Minister Bredell's resignation. She said that Mr Bredell admitted to allocating government resources to deal with so-called 'problem' animals. "But we hear not a single word on what resources

are being employed to deal with the backlash these lethal 'solutions' have on the environment. This backlash (like the imbalance created in eco-systems and the rescue and rehabilitation of injured animals) is always solely dealt with by non-government organizations relying on private funding to clean up the mess", she said. Web site: www.primates.org.za



Adv. Chris Mercer who heads the *Campaign Against Canned Hunting (CACH)*, called for an immediate, outright ban on gin traps. "It amazes me the lengths and expense farmers will go to, to avoid having to employ herders. There is no such thing as a

problem animal, there are only problem farmers," he said. Web site: www.cannedlion.org

MUST READ: *Kalahari Dream* www.kalahari-dream.com

Retired vet living in Hermanus, **Dr Pierre le Roux** said that under current law a permit was required in order to hunt 38 of South Africa's mammal species including cheetah, lion and leopard. This left 258 wild South African mammals unprotected and available for hunting. Dr le Roux suggested that damage-causing animals such as black-backed jackal and caracal were killed off in ways that contravened Regulation 14 of the *National Environmental Management: Biodiversity Act of 2004 (NEMBA)* and the aim was extinction of the species. (Gin traps are specifically excluded by the Act, as a means of controlling damage-causing animals.) Dr le Roux said that 100 species needed urgent protection from hunting.

He added that the Western Cape Province used unconstitutional ordinances to drive *ad hoc* decisions on conservation. Gin traps, dogs, poison, helicopters and spotlights for killing pests were blessed by Ministerial decree when farmers pleaded food insecurity. Hunters callously joined them for sport and biltong.

NEMBA 2004 demands permits nationally for hunting TOPS protected species, he said, thereby blocking Provincial ordinances. (TOPS species are species listed as protected under Section 56). Attacks by farmers and hunters reduced TOPS to 38 mammals, thereby exposing 258 unprotected mammals to hunting on provincial licences or *ad hoc* extermination decrees.

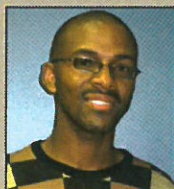
He said the following amendment to *NEMBA sec 56* would extend full protection to 100 mammals nationwide: all species subjected to restricted activities (hunting) must automatically be listed.



Dr Bool Smuts, head of the *Landmark Foundation* and vociferous in his condemnation

of gin traps, has instituted a court action against *Cape Nature* for the recent killing of a leopard in the Ceres mountains. Premier Zille said her lawyers had advised that the pending court action precluded Dr Smuts from attending the summit. Please go to <http://www.landmarkfoundation.org.za/> to see Dr Smuts' campaign.

Said Dr Smuts: "Thousands of animals die each year in gin traps and other predator eradication practices on South African farms. The commonly used methods (e.g. gin traps, killer traps, dog hunting and poisons) are ethically unacceptable and ecologically damaging. New legislation proposes to keep them legal and even rename gin traps as 'soft traps'."



Compassion in World Farming's South African Representative **Tozie Zokufa**, said: "This Summit is a step in the right direction. If we can get the different role-players and stakeholders around the table, we can begin to start addressing the suffering of wildlife.

The missing people at the Summit were the major food retailers. They are part of the solution because they are the buyers of the meat from these farmers. The farmers use gin traps to protect the sheep that provide the meat that is sold in supermarkets."

Cape Nature has confirmed that Tozie Zokufa will be included in the Wildlife Summit task team which is to be led by Dr Kas Hamman, Executive Director: Biodiversity Support, Cape Nature.



Dead caracal
Pic: Landmark Foundation



Pic: Landmark Foundation

CIWF (SA) has asked Premier Zille for a third Animal Welfare Summit, this time dealing with farmed animals.

Compassion has submitted the following request: "As the South African branch of Compassion in World Farming, we are looking for phase-outs of the worst cruelties of factory farming, including battery cages for laying hens, sow stalls for breeding pigs, and the often inhumane treatment of boy-calves in the dairy industry. We suggest that delegates to a Summit for Farmed Animals should include representatives from the four major supermarket chains."

COMPASSION  **SA**
in world farming

"I can readily imagine a future in which ordinary citizens, moved by respect for animals and fear that we dehumanize ourselves by accepting widespread cruelty, look back with horror on the ways in which we now treat some of these noble creatures... That day may come more quickly than some might expect." - Professor Laurence Tribe, Harvard Law School.

OPINION:

The way we treat farmed animals is indefensible

When the first issue of *Animal Voice* came out in June 1994, its purpose was to fill a huge void!

At that time, it was virtually impossible to get the main stream Press to feature any issue about farmed animals at all.

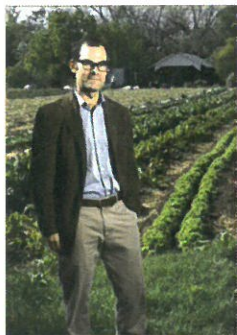
Nearly two decades later, influential opinion-makers like the *New York Times* give regular high profile coverage to farmed animal issues.



On April 11, columnist **Nicholas D. Kristof** gave a voice to laying hens trapped in factory farms under the

heading: **'Is an Egg for Breakfast Worth this?'**

Speaking of the suffocating ammonia fumes, mountainous manure pits and hens jam-packed into tiny cages, he asked: "The police would stop wayward boys who were torturing a stray dog, so should we allow industrialists to abuse millions of hens?"



On April 12, **James E. McWilliams'** op-ed article, also in the *New York Times*, suggested that eating animal products was environmentally unsustainable.

"Opponents of industrialized agriculture (factory farming) have been declaring for over a decade that how humans produce animal products is one of the most important environmental questions we face. We need a bolder declaration. After all, it's not how we produce animal products that ultimately matters. It's whether we produce them at all."



Just a month earlier, *The Washington Post* featured renowned animal behaviourist and author, **Dr Jonathan Balcombe.**

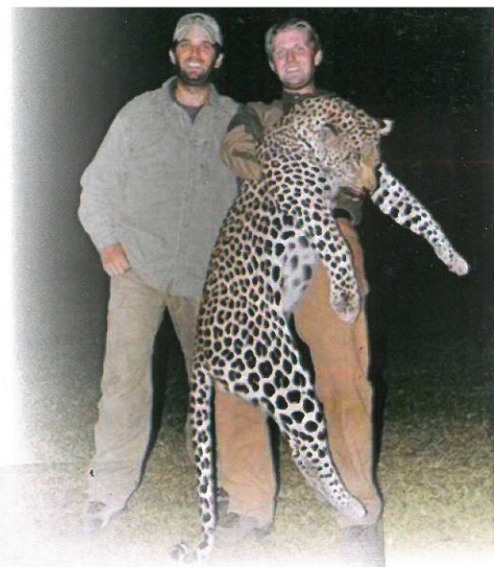
He said: "One often sees the term 'extremism' applied to certain acts of animal activism, but never is it used in reference to the extreme cruelties routinely carried out by the animal industries themselves."

"To list just a few: We take newborn calves from their mothers so that the latter may be milked, crowd hens into tiny cages for egg production, sear off the sensitive beak tips of female chicks, toss the male chicks into meat-grinders or into bins to suffocate, and consign pregnant sows to metal-and-concrete stalls in which they can barely move for weeks."

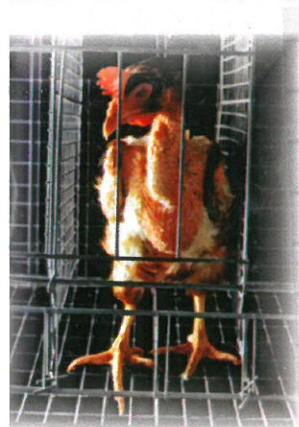
"That these practices remain legal makes them no less cruel. Fortunately, consumers can make the non-extreme decision to refrain from funding factory farming by choosing to purchase alternative products."

● **Note** from Ed

Whether the USA, South Africa or Timbuktu, factory farming is the same the world over.



By Animal Voice Editor **Louise van der Merwe**



Dear Ms Ackerman-Berman,

Your widely publicised condemnation of Donald Trump's sons' hunting spree in Africa is laudable. I suggest, however, that as Ethics and Transformation Director of Pick n Pay, you extend the circle of your compassion to your own 'back yard', so to speak, as a matter of urgency, and commit *Pick n Pay* to real reforms in the animal industries that contribute so massively to its coffers.

Tozie Zokufa and I thank you for agreeing to meet us, as co-representatives of *Compassion in World Farming*, on 9th March this year, to put forward Compassion's case for reforms in industrialised farming. We left the meeting hopeful that our appeal that Pick n Pay commits itself to a phase-out of battery eggs, may have resonated with you and your team (although, in good humour, you threatened to "debeak" me for being too intense in my antagonism towards factory farming).

In your follow-up email to Tozie Zokufa, you say that the "desired change of practices and conduct towards chickens will not happen overnight. I believe we could be in for a lengthy education process that we are happy to partner you on."

So, it seems that *Pick n Pay* will not be phasing out battery eggs any time soon. Why not? *Woolworths* has done it.

Your outrage at the slaughter of wildlife by the Trump brothers is right but what makes the relentless suffering of 26 million mutilated laying hens trapped in battery cages in South Africa less objectionable?

Just as you, in your open letter to the Press, have urged the Trump boys to give consideration to the 'responsibility' that comes with 'wealth', we request you to lead by example and take responsibility for the horrendous suffering of the animals that have helped to provide PnP's wealth.

Sincerely,

Louise van der Merwe

Why are people cruel?

Multi-award winning Cambridge psychologist, **Professor Simon Baron-Cohen** suggests that Empathy – or rather, lack of Empathy – is at the root of all evil.

Simon Baron-Cohen is *Professor of Developmental Psychopathology* in the *Departments of Experimental Psychology and Psychiatry at the University of Cambridge*. In his latest book, *The Science of Evil*, he offers a new theory on what causes people to behave with extreme cruelty, pointing out that there is no shortage of horrific examples.

"As a scientist, I want to understand what causes people to treat others as if they were mere objects," says Cohen.

"The challenge is to explain how people are capable of causing extreme hurt, by moving the debate into the realm of science."

To do this, he puts empathy - and the lack of it - under the microscope and suggests that it is quite probable that science will eventually be able to address the problem.

"Let's start," he says, "by substituting the concept of 'evil', with the term '*empathy erosion*', a condition that arises when we objectify others. This has the effect of devaluing them, and erosion of empathy is a state of mind that can be found in any culture."

Empathy, he says, is like 'a dimmer switch' with a spectrum from low to medium to high. When empathy is dimmed, it causes us to think only of our own interests. When we are *solely* in the 'I' mode, our empathy is switched off.

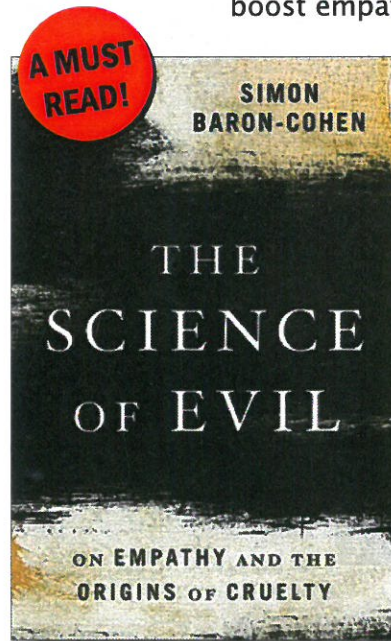
Professor Baron-Cohen has developed a scale from 0 - 6 to measure the differing degrees of empathy among people. Level Zero is when an individual has no empathy at all. At Level 6, an individual displays remarkable empathy. The majority of people fall between Level 2 - 4 on the scale.

Research is in its infancy, but "there is growing evidence for the argument that instead of using the term 'evil', we should talk about reduced (or even absent) empathy," says Cohen.

The existence of an 'empathy circuit' in the brain is now established, he says, and indications are that genetic, hormonal, neural and environmental factors all contribute to the activity or under-activity of this circuit. Already there are promising developments - like, for instance, the fact that oxytocin nasal inhalation spray has been shown to boost empathy in some cases.

But, he says, the critical role of empathy in our society has been overlooked.

"Empathy is the most valuable social resource in our world... It is puzzling that in school or parenting curricula empathy figures hardly at all, and in politics, business, the courts, or policing, it is rarely, if ever, on the agenda. The erosion of empathy is a critical global issue of our time," says Cohen.



"It relates to the health of our communities, be they small (like families) or big (like nations)... Without empathy we risk the breakdown of relationships, become capable of hurting others, and cause conflict. With empathy, we have a resource to resolve conflict, increase community cohesion, and dissolve another person's pain."

Professor Baron-Cohen is passionate about what he calls 'the internal pot of gold' - a crucible that nurtures and supports the development of empathy.

"What a parent can give his or her child by way of filling the child up with positive emotions is a gift more precious than anything material. That internal pot of gold is something the child can carry inside him or her throughout their life.... This internal pot of gold is what gives the individual the strength to deal with challenges, the ability to bounce back from setbacks, and the ability to show affection and enjoy intimacy with others, in other relationships," he says.

Is there a scientific explanation?

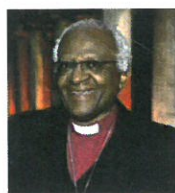
"When we fail to nurture young children with parental affection, we deprive them of the most valuable birthright we can give them and damage them almost irreversibly. Such effects are not always evident in childhood or even adolescence and young adulthood, but they can come back to bite the individual in midlife."

Professor Baron-Cohen says he believes we have taken empathy for granted and thus overlooked its critical value to us. "Psychology as a science virtually ignored it for a century. Educators focusing on literacy and mathematics have also largely ignored it. We just assume empathy will develop in every child, come what may. We put little time, effort or money into nurturing it. Our politicians almost never mention it..."

"This book," he says, "puts empathy back on the agenda. We need to realise what a powerful resource we as a species have, at our very fingertips, if only we prioritize it."

"Empathy is a universal solvent. Any problem immersed in empathy becomes soluble."

The alternative, he says, is too horrific to contemplate and he refers to Cambridge historian Ian Kershaw's chilling phrase: "*The path to Auschwitz was paved with indifference.*"



Professor Baron-Cohen says **Archbishop Desmond Tutu** is a candidate for someone with super-empathy.

Professor Baron-Cohen says **Nelson Mandela** and **FW de Klerk** showed us the value of empathy.



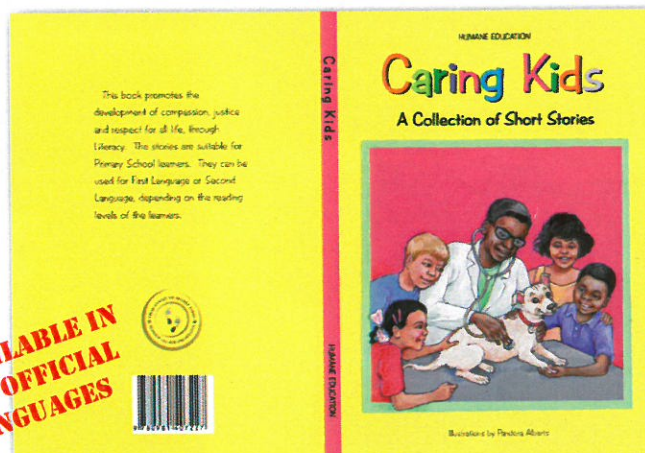
APPEAL

Please help us fill our learners each with that pot of gold called Empathy.

HUMANE EDUCATION is the only subject in the school curricula that nurtures, develops, encourages, sustains and even resuscitates the emotion of Empathy. Please support our endeavours to put Humane Education into every school. Our resources, all of which have been passed by the Education authorities and are ready and available for learners throughout South Africa, can be viewed at www.humane-education.org.za. This website also shows how Humane Education fulfills the requirements of Life Skills and Life Orientation.

To sponsor a class of 40 children with the Reader **Caring Kids**, costs R1800. You name the school to receive this donation, we will deliver. Let us know: avoice@yebo.co.za

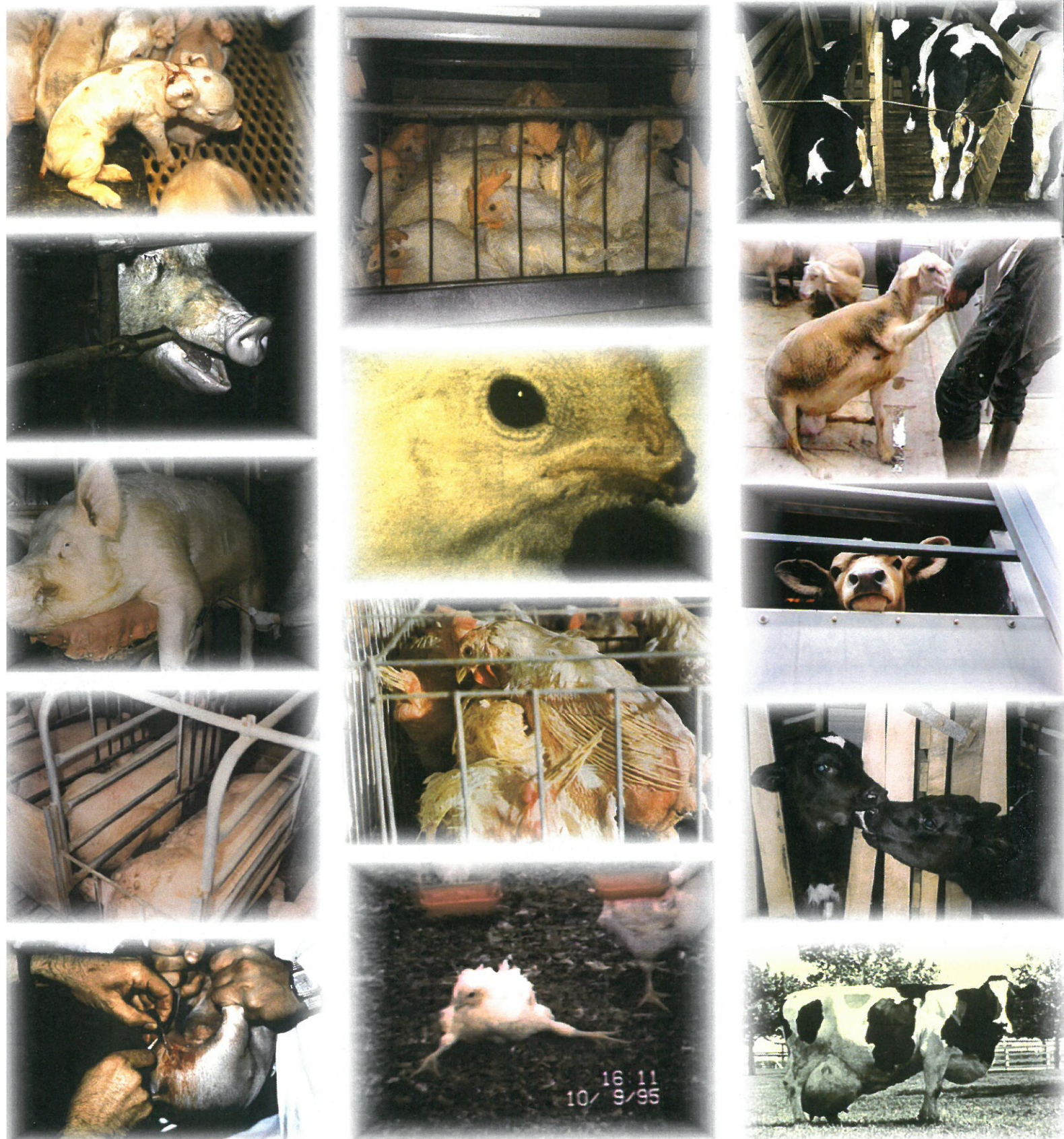
Account Name **The Humane Education Trust**
Account No. **9094070046**
ABSA Somerset West
Branch Code **632 005**
Type of Account **Savings**



HOW EMPATHIC ARE YOU?

In his questionnaire to establish an individual's Empathy Quotient, **Professor Baron-Cohen** asks whether seeing an animal in pain is upsetting?

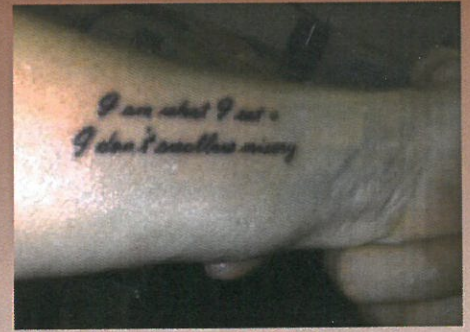
These pictures are clear examples of our Empathy Level for farmed animals registering Zero...



Tattoo speaks up for farmed animals



A Cape Town woman is using a tattoo to speak up for farmed animals. The tattoo on **Lizette Johnstone's** arm is *Compassion in World Farming's* slogan: ***I am what I eat and I don't swallow misery.***



"It is a great conversation piece! Wherever I go, I'm asked what it means," says **Lizette**. "It provides me with dozens of invitations to preach against factory farming and all the horrors it entails. Really, it is an excellent way to educate people."

NOTE FROM ED : **Bravo Lizette!**

Editorial

Dear Readers,

So far this year I have attended two 'summits' on animal welfare hosted by Western Cape Premier Helen Zille. The first was about the welfare of companion animals (dogs and cats), the second about the plight of wildlife. Hopefully a third summit will take place – this one for farmed animals, and maybe a fourth one looking at working animals, animals in sport and animals in the laboratories.

At the companion animal and wildlife summits, my African brothers and sisters were "conspicuous by their absence". In isiXhosa, we say: *Abazimasanga abakuthi or Ibicace nakubani na ukuba bebengekho.*

Where are you all? Please write and tell me why you are not there? Caring about animals is not a white prerogative! Many of us can well remember that as children we were not allowed to eat supper until we had fed the dogs first. When Charles Darwin arrived in Africa, he found a continent teeming with wildlife. The Khoi San people were not the only ones to consider animals as sacred.

Today, Africa – like most of the rest of the world - has lost its sense of 'sacred'. In our fight for equality and basic human rights, we forget to fight for the well-being of the animals on this planet.

In not doing so, we dehumanise ourselves and tarnish our triumph as a people.

Please join me in the fight to end the persecution and misery meted against all beings, especially that of farmed animals who suffer most in terms of sheer numbers. As sentient beings they deserve life's basic gifts of sunshine, soil and the ability to express themselves.

Write to me at tozie.zokufa@ciwf.co.za and share your thoughts as to how we lost our sense of 'sacred' and how we can begin to discover it all over again – for the sake of the animals as much as for ourselves. I will publish your letters in the next Animal Voice.

This is an invitation to my black brothers and sisters to rise up and give Africa's animals a voice.
Mayibe sithi abahlahlel'indlela.

Sincerely,
Tozie Zokufa

Chairman: *Pan African Animal Welfare Alliance*
Representative: *Compassion in World Farming*



City of Cape Town supports
one Meat-Free day per week

The Great Debate!

Should Cape Town City retain its endorsement of one meat-free day a week?



On 29th July 2010, Cape Town became the first city in Africa to officially endorse one meat-free day a week. This followed a unanimous vote taken by the city's Health Portfolio Committee led by **Dr Ivan Bromfield, Executive Director for City Health**. "This is a global initiative, not just a Cape Town initiative and I think we are very proud to be the first city in Africa to take up this challenge," he said at the launch of the initiative. The Vice Mayor of Ghent in Belgium and the Supervisor of the City of San Francisco in the USA sent their congratulations via video.



"Fighting global warming, disease, poverty and animal cruelty with our knives and forks is something we can each do with little effort, one day a week," said *Compassion's* **Tozie Zokufa** at the time.

See: <http://www.youtube.com/user/ciwfsa>

Then the mayoral administration changed. Now, Mayor Patricia de Lille's Mayco Member for Health, **Councillor Lungiswa James** has stated that she will not support the City's meat-free-day initiative. Too many poor people have little or no access to meat five days a week, let alone one day a week, she told Tozie Zokufa and added that only when poor people benefited from the initiative would she support it.

Compassion in World Farming's two South African representatives **Tozie Zokufa** and **Louise van der Merwe** put their heads together and thought of a possible way in which to meet Councillor James's criterion. For instance, what if every person who went meat-free on a Monday, put the equivalent cost of one burger into a school feeding scheme? We are investigating this option further.

Other suggestions from our readers would be welcomed. Please send your suggestion to Tozie on Tozie.Zokufa@ciwf.co.za or Louise on avoice@yebo.co.za



In 2010, **Alderman Dan Plato, Mayor of Cape Town**, endorsed one meat-free day a week. At the time, he said:

"People, including myself, eat far too much meat these days. I can still remember the times when eating meat was something we used to really appreciate.

"Things have changed. In our townships there are many more butcheries than there are fresh vegetable stores and when people are not eating properly, it becomes a serious problem. It is difficult to get people to change their habits, but Cape Town must be a city that leads the way."



Professor Thandi Puoane of the UWC School of Public Health also endorsed the call by Cape Town City for one meat-free day a week.

"My work is with the poor. I support one meat-free day especially for them. The poor cannot afford to buy healthy meat.

"They end up buying cheap fatty meat, and chicken skin and fat, and this puts them at risk of vascular heart disease.

"For the sake of their health, they need to cut down on meat and replace it with dried beans and lentils."

But now...



Councillor Lungiswa James, the City of Cape Town's current Mayco Member for Health, said she would support the one-meat-free-

day initiative only if she finds a benefit in it for the poor.

If every South African were to go meat-free one day a week, 11 200 cattle, 2 million chickens, 10 000 pigs, and 22 300 sheep would be saved from slaughter on a weekly basis, thus reducing the need to import chickens, for example, from Brazil. Last year, more than 265 000 tons of frozen chicken was imported into South Africa from Brazil.