The Sierra Club’s “Corporate Hogs at the Public Trough” describes how our tax dollars bring pollution from massive hog, chicken, and egg factories into America’s neighborhoods. These disease-spawning, crowded concentrated animal feeding operations have largely supplanted the family farm. They produce most of the animals and eggs that end up on America’s dinner tables.

Few taxpayers realize that generous subsidies are bestowed on animal factory polluters by local, state, and federal officials in the form of tax and fee exemptions, grants for infrastructure development, access roads, donated land, subsidies, discounted utility rates, interest-free loans, and cash outlays for worker training programs and equipment.

We can help the Sierra Club end factory farm pollution by taking two easy steps. First we can resolve not to purchase the products of animal factories. “If we don’t buy it, they won’t produce it” must be emblazoned at the top of our shopping lists.

Second, we can use recipes from the many 100% plant-based cookbooks available today and purchase plant-based convenience foods. The ingredients for healthful and satisfying plant-based meals include nutritious starches (such as rice, pasta, potatoes, breads); fresh or frozen vegetables of all kinds; beans; and fruits. In addition, nuts and seeds can provide flavor, texture, and important nutrients. Those who like sweet endings will find recipes for luscious cakes, pies, puddings, and easy fruit crisps in a good plant-based cookbook. It’s also helpful to take some vegetarian cooking classes.

By means of our daily food choices we can replace the destructive meat, egg, and dairy habit that is so prevalent in American culture. Eating green is one of the most significant steps that we can take for ourselves and the environment.

*Some suggested cookbooks:
  - The Peaceful Palate by Jennifer Raymond
  - 20 minutes to dinner by Bryanna Clark Grogan
  - Lorna Sass’ Short-Cut Vegetarian by Lorna Sass
  - Vegan Vittles by Joanne Stepaniak