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Poultry Press

Promoting the compassionate and respectful treatment of domestic fowl

Celebrating 36 years of dedicated activism for domestic fowl

United Poultry Concerns

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www.upc-online.org



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*Bright-eyed and curious, UPC sanctuary hen Brenda is a vision of loveliness.
Photo by Liqin Cao, August 30, 2026.*

Chicken for Dinner? It's *Still* Enough to Make You Sick

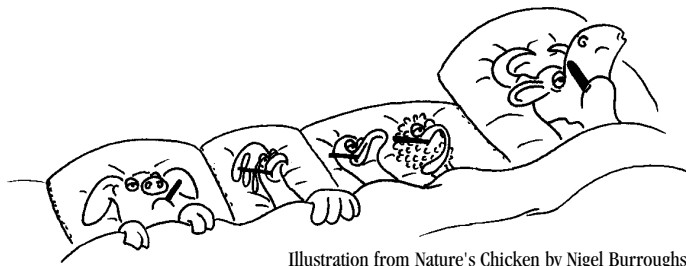


Illustration from Nature's Chicken by Nigel Burroughs

For decades, United Poultry Concerns has written about the health consequences of raising and killing chickens for food. In 2016, Karen Davis updated her 1998 article, *Chicken for Dinner? It's Enough to Make You Sick*, and noted that the health hazards associated with eating chickens and eggs had barely changed. This information is still relevant and now even more urgent.

In July 2026, the Centers for Disease Control and Prevention (CDC), the U.S. Food and Drug Administration (FDA), and state public health officials investigated a multistate outbreak of *Salmonella* Enteritidis infections linked to recalled shell eggs. According to the CDC, 98 people in 17 states became ill, and 26 were hospitalized. The outbreak was linked to eggs from a commercial producer. (CDC, 2026)

Salmonella outbreaks have also been linked to direct contact with chickens and other birds. The CDC also investigated a multistate outbreak associated with backyard chickens and ducks. As of August 2026, the outbreak had sickened 1,061 people across 46 states and one U.S. territory, with 234 hospitalizations and two

deaths reported. "Almost a quarter of the sick people in these outbreaks are children under 5 years old." (CDC, 2026)

Campylobacter is another major cause of foodborne illness worldwide. A new study, published on July 27, 2026 in *Proceedings of the National Academy of Sciences*, found that industrial chicken farming has accelerated the evolution and spread of *Campylobacter*. Researchers analyzed 2,747 *Campylobacter* genomes from farmed chickens and wild birds across 30 countries. They found "an estimated 100-fold increase in chicken-to-wild-bird host transitions since 1900..." The expansion of industrial chicken farming has created conditions that allow *Campylobacter* to spread, adapt, and develop traits associated with antimicrobial resistance that can make infections harder to treat. (Kyne et al., 2026, PNAS)

What Can I Do?

Chickens are intelligent, curious, and socially complex individuals. Learn more about chickens and the lives they lead. Show kindness and respect to birds and other animals by not eating them or their eggs or drinking their milk. Instead, discover the variety of animal-free, vegan foods and cooking ideas.

For recipes and cookbooks, go to www.upc-online.org/recipes. For animal-free and healthy food options worldwide, visit HappyCow at HappyCow.net.

Egg White Protein Without Hens

A new animal-free egg white protein has recently become available, representing an important development in food technology. Using a process called precision fermentation, yeast produces ovalbumin—the primary protein found in egg whites. The yeast is grown in fermentation tanks, where it produces the protein, which is then purified into a powder. No hens are used to produce it. One such product is the Animal-Free Egg White Protein Powder from Healthier Comforts, which uses OvoPro, a precision-fermented (*vegan*) egg white protein developed by The EVERY Company.

Illustration from Nature's Chicken by Nigel Burroughs



In the hope that chickens will be better understood and respected by future generations.

OvoPro is certified vegan by The Vegan Society. It is the same egg white protein, produced without hens. As a result, it offers the same functional properties as conventional egg whites, including the ability to whip, foam, and bind ingredients in baking and cooking. Many vegan bakers are using this product to make desserts such as vegan macarons and angel food cake.



Because it is the same protein found in egg whites, people with egg allergies should avoid it.

Although currently more expensive than conventional egg white protein and plant-based protein powders, animal-free egg protein is beginning to move beyond the laboratory and into commercial food production. For food manufacturers, its appeal extends beyond animal welfare, and commercial interest is growing. Because it is produced through precision fermentation rather than by hens, it offers manufacturers a more predictable supply that is not vulnerable to disruptions such as avian influenza outbreaks. It also has a long shelf life, does not require refrigerated shipping or storage, and provides the same functional properties manufacturers rely on for commercial food applications. As production expands and costs decline, it could become an increasingly attractive alternative for food manufacturers.

Animal-free egg protein is not a complete solution to the exploitation of hens, but it demonstrates that the unique properties of egg whites no longer have to depend on hens producing eggs. As more food manufacturers adopt compassionate alternatives, we move closer to a future in which millions of hens are no longer bred and confined simply to produce eggs for human consumption.

Poultry Press

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UNITED POULTRY CONCERNS, INC.

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President and Founder

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Urge Congress to Support the No Flight, No Fight Act



Cockfighting thrives in full view in Philippines by Nikkei Asia

The **No Flight, No Fight Act** (H.R. 7371) is a bipartisan bill introduced to restrict the commercial air transport of adult roosters, a key loophole used in international cockfighting and wildlife smuggling. United Poultry Concerns joins Animal Wellness Action in support of this bill.

Cockfighting is a brutal practice in which birds are bred and forced to fight—often to the death—for human entertainment and profit. The rapid shipment of roosters by air has helped sustain these operations. Restricting this transport will help reduce the movement of birds used in cockfighting across state and international lines.

Even though it exempts large-scale commercial transport of other birds, including millions of day-old chicks shipped through the mail and air cargo each year, it is a step toward disrupting the cruel and illegal trafficking of roosters for cockfighting.

What Can I Do?

H.R. 7371 has substantial bipartisan support and has gained 10 additional cosponsors since our June 2026 internet action alert. The bill now has 31 cosponsors (<https://www.congress.gov/bill/119th-congress/house-bill/7371/cosponsors>) but remains in the House Transportation and Infrastructure Committee's Aviation Subcommittee, with no vote yet. If your representative has not yet cosponsored H.R. 7371, urge them to cosponsor it. If they have already cosponsored it, thank them and urge the House Transportation and Infrastructure Committee to advance the bill for a vote.

To learn the name of your U.S. House Representative, call the Capital Switchboard at 202-224-3121. Or visit www.house.gov. Where it says Find Your Representative, enter your zip code and the information you need to contact your U.S. Representative will pop up.

Sample Letter:

[Date]

The Honorable [Representative's First and Last Name]
U.S. House of Representatives
Washington, DC 20515

RE: Cosponsor H.R. 7371, the No Flight, No Fight Act of 2026

Dear Representative [Representative's Last Name],

As a constituent residing in [Your City, State], I am writing to respectfully urge you to cosponsor and support H.R. 7371, the *No Flight, No Fight Act of 2026*.

Cockfighting causes severe and intentional suffering to chickens, who are intelligent, social, and sentient beings. Roosters used in these operations are often transported long distances under stressful and harmful conditions as part of illegal fighting networks. The *No Flight, No Fight Act* addresses a critical enforcement gap by prohibiting the commercial air transport of adult roosters intended for cockfighting.

Please cosponsor and support H.R. 7371. I look forward to hearing from you. Thank you for your attention.

Sincerely,

[Your Name]
[Your Street Address]
[Your City, State, ZIP Code]
[Your Email Address]
[Your Phone Number]

UPC Summer Activities Gallery



Peaceful Demo in Olney, MD



Philadelphia VegFest, PA



Phoenixville Vegfest, PA



Walmart in Carlsbad, CA



Lancaster Vegfest, PA



UPC Sanctuary

Life and Death on Pheasant Breeding Farms



“Dead Week”: The Birds Who Are Used Up

Each year, millions of pheasants are bred and released for “recreational” shooting. A recent undercover investigation by Protect the Wild, in the United Kingdom, has drawn attention to the breeding farms that supply pheasants for shooting estates. Footage aired by ITV News shows breeding pheasants confined in wire cages alongside dead and injured birds. Protect the Wild also documents pheasants wearing beak guards and “spectacles” that inhibit their natural behavior. According to workers interviewed during the investigation, some farms experience a recurring period of increased mortality among breeding hens during the peak egg-laying season, informally referred to as “dead week.”

The May 6, 2026, ITV News article reports:

An undercover worker said: “I saw shocking things. A bird had a damaged leg and when this was brought to the attention of one of the workers, he literally just said, ‘well, you know, as long as she can still lay an egg, don’t worry about it.’”

“It’s literally a case of breeding as many birds as possible to survive for as long as possible to be sold and then shot.”

In the wild, a hen pheasant lays a clutch of eggs in a carefully chosen nest and then stops laying while she incubates the eggs and raises her chicks. If the nest is destroyed, she may lay again, but her reproductive cycle normally alternates between laying and caring for offspring.

On game farms, eggs are collected daily and transferred to artificial incubators, preventing hens from completing the natural cycle of incubation and chick-rearing. Because of this, hens continue laying for many weeks, producing about 4–6 times more eggs than the 10–14 eggs in a typical wild clutch. A study of breeding pheasants housed in commercial-style cages found significant physiological changes throughout the laying season, including metabolic stress, reductions in red blood cell measures, changes in blood proteins, and other biochemical changes. Combined with confinement and crowding, this prolonged laying period pushes breeding hens far beyond what they would naturally experience.



Undercover Investigation by Protect the Wild

In the sadistic “sport” of pheasant hunting, the suffering of pheasants begins on the breeding farms where the birds are intentionally bred and captive-raised for the sole purpose of being released into fields to satisfy people who take pleasure in pursuing, injuring, and killing them for “recreation.”



Pinned Down and Terrified—Beak Guard Fitting: The Procedure The Industry Doesn’t Want You To See

What Can I Do?

✶ In the United States, many pheasants used for hunting are intentionally bred and captive-raised by state wildlife agencies and private game farms before being released for shooting programs and hunts. The Committee to Abolish Sport Hunting (C.A.S.H.) has been calling for action to oppose the New York Department of Environmental Conservation's proposed 2026–2035 pheasant stocking plan, which states that its goal is to **increase hunter recruitment, retention, and reactivation through pheasant stocking**. Unfortunately, DEC officials claim overall public response has been supportive of those changes, and now the agency is looking at the next step. Please continue to send feedback opposing the proposed pheasant stocking plan:

NYSDEC Bureau of Wildlife

Game Management Section
625 Broadway, 5th Floor
Albany, NY 12233-4754

Phone: (518) 402-8883

Email: wildlife@dec.ny.gov with subject "Attn: Game Management Section - Disapproval of Pheasant Stocking Plan."

✶ In the United Kingdom, Protect the Wild (<https://protectthewild.org.uk>) has investigated pheasant breeding farms and is campaigning to end bird shooting through public education, investigations, and advocacy. Please join them and share their investigations at <https://endbirdshooting.substack.com>: "Dead Week": The Birds Who Are Used Up and Pinned Down and Terrified—Beak Guard Fitting: The Procedure The Industry Doesn't Want You To See.

Learn more: www.upc-online.org/pheasants

Photo by Kelly Preheim, South Dakota, July 22, 2017



The family of birds known as pheasants includes chickens, quails, peafowl, pheasants and other ground-nesting birds.

A LEGACY OF COMPASSION FOR THE BIRDS

Please remember United Poultry Concerns through a provision in your will.
Please consider an enduring gift of behalf of the birds.

A legal bequest may be worded as follows:

I give, devise and bequeath to United Poultry Concerns, Inc., a not-for-profit corporation incorporated in the state of Maryland and located in the state of Virginia, the sum of \$_____ and/or (specifically designated property and/or stock contribution).

We welcome inquiries.

United Poultry Concerns, Inc.
P.O. Box 150 • Machipongo, Virginia 23405-0150
(757) 678-7875



Karen & Mr. Frizzle ©2008 Davida G. Breier

United Poultry Concerns Annual Report for 2025



UPC outdoor aviary photo by Richard Cundari

Federal ID: 52-1705678

A Financial Statement is available upon written request to: Officer of Consumer Affairs, PO Box 1163, Richmond, VA 23218.

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Franklin Wade, Vice President-Director

Deborah Prue, Secretary Treasurer-Director

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& Graphic Designer

Bill Ferguson, Web Assistant & Podcast Administrator

Ronnie Steinau, Database Manager & Correspondent

Deborah Prue, Bookkeeper

Wayne Wills, Sanctuary Infrastructure Manager

Frank Hughlett, Sanctuary Assistant

James Armentrout, Sanctuary Assistant

United Poultry Concerns holds that the treatment of chickens, turkeys, ducks and other domestic fowl in the areas of food production, science, education, entertainment, and human companionship situations has a significant effect upon human, animal, and environmental welfare. We seek to make the public aware of the ways poultry are used, and to promote the compassionate and respectful treatment of these birds and the benefits of a vegan diet and lifestyle. UPC conducts full-time educational programs and campaigns through our quarterly magazine *Poultry Press*,

our Website at www.UPC-online.org, and our chicken sanctuary in Machipongo, Virginia.

United Poultry Concerns maintains a permanent office, sanctuary and education center at our headquarters at 12325 Seaside Road, Machipongo, Virginia 23405. We respond daily to requests received by internet and telephone for help with bird-care problems, student projects, alternatives to classroom chick-hatching projects, and numerous other communications concerning the care, treatment, and abuse of domestic fowl. We are grateful to all of our members and supporters for enabling us to fulfill our mission in 2025. From all of us at United Poultry Concerns, thank you for support!

Highlights of Our Activities and Accomplishments in 2025

For a complete listing of UPC's action alerts, news, photos & activities in 2025, please visit News Archives 2025 at www.upc-online.org/whatsnew/2025.html.

UPC Sanctuary - 2025

Adopted 16 wonderful chickens in need of a loving home into our 12,000 square foot predator-proof outdoor aviary for the total safety of our rescued birds!



UPC photo of Mini Pearl by Liqin Cao, November 29, 2025.

**International Respect for Chickens Day May 4/
Month of May - Celebrating the Life and Dignity
of Chickens & Protesting Their Abuse in Farming
Operations. For a full view of our 2025 campaign
and wide-ranging activities, see [www.upc-online.org/
respect](http://www.upc-online.org/respect).**

- ❖ Leafleting at the White House for International Respect for Chickens Day, May 3.
- ❖ Our "What Wings Are For! Give a Cluck. Go Vegan!" ads ran on a truck for 3 days driving around DC for 8 hours a day, concluding on International Respect for Chickens Day, May 4th.
- ❖ Our "What Wings Are For! Give a Cluck. Go Vegan!" ad ran on 45 Los Angeles bus shelters during the month of May.
- ❖ Peaceful Demo for International Respect for Chickens Day, Olney, MD, May 4.
- ❖ Leafleting at Sprouts Farmers Market for International Respect for Chickens Day, Encinitas, CA, May 10.
- ❖ Vegan Nation with Marlene Narrow: Int'l Respect for Chickens Day/Month on WCUW 91.3 FM, May 6 & 13.
- ❖ International Respect for Chickens Day posters on display at Medford Wisconsin Public Library and Healthmart Pharmacy on Main St, May 2.

Further Actions, Investigations & Outreach Campaigns - 2025

- ❖ Urge New York Governor Hochul to Permanently Shut Down Live Bird Markets, Feb. 11.
- ❖ Hundreds of Birds in NYC Infected by Bird Flu after Poultry Markets Allowed to Reopen, Mar. 7.
- ❖ UPC Letter Re: Chick Hatching Project at Roberts Elementary School, Mar. 18.
- ❖ Halt the Unjustified Slaughter of Canada Geese & Mute Swans by Michigan DNR in 2025, Mar. 28.
- ❖ Please Remove the Film "Cockfighter" from Tubi Apr. 2.
- ❖ Michigan Residents: Prevent Geese from Being Gassed, Apr. 7.
- ❖ Stop Petco Chick Sales, Apr. 29.
- ❖ Letter from Nedim C. Buyukmihci, VMD to Petco: Selling Baby Chicks Is Extremely Cruel, Apr. 30.

- ❖ Trader Joe's Should Trade for Vegan Eggs, June 16.
- ❖ Pennsylvania Bill to Ban Live Pigeon Shoots: Please Contact the House Judiciary Committee, Aug. 12.

Alliance to End Chicken Kaporos Campaign - 2025

The Alliance to End Chickens as Kaporos is a project of United Poultry Concerns launched in 2010 to expose and eliminate the ritual of Kaporos in which chickens are abused and killed for "atonement" in many ultraorthodox Hasidic communities. Our legal and other actions and reports, 2010-2025, can be viewed on the Alliance website at www.EndChickensAsKaporos.com. Here are a few highlights from 2025.

- ❖ Through open rescue and separate efforts by the Official Rescue Team, we rescued 202 birds.
- ❖ The week before Kaporos, we did outreach every day in different areas of Williamsburg and Crown Heights.

Fabulous Kiosks & Bus Posters for Chickens and Turkeys! – 2025



- ❖ Our Beautiful Posters Celebrate International Respect for Chickens Day/Month in DC and LA.
- ❖ We ran our "Don't Gobble Me!" ads on 50 Las Vegas bus shelters through the month of November and on a truck from Nov. 15-17 driving around Washington, DC for 8 hours each day.



New UPC Website Articles and Print Publications – 2025

- ❖ Bird Flu: A Crisis with No End in Sight, Feb. 4.
- ❖ Discover a New Easter Tradition Without Hen's Eggs, Mar. 27.
- ❖ Ask Restaurants to Switch to Vegan Faux Gras (*handout*), June 16.
- ❖ The "Human" Nature of Pigeons, Sep. 26.
- ❖ Rethinking the Thanksgiving Turkey, Nov. 17.



Additional Community Outreach - Exhibits & Demonstrations - 2025

- ❖ Planet Virginia, Fairfax, VA, Apr. 27.
- ❖ Greenbelt Green Man Festival, MD, May 10-11.
- ❖ Lancaster VegFest, PA, June 7-8.
- ❖ Planet Maryland, Bethesda, MD, June 22.
- ❖ Phoenixville VegFest, Phoenixville, PA, Aug. 2.
- ❖ Pittsburgh Vegfest, PA, Aug. 16.
- ❖ Greenbelt Labor Day Festival's Information Day, MD, Aug. 30.
- ❖ Cville Vegfest, Charlottesville, VA, Sep. 14.
- ❖ Maryland Vegan Fest, Clarksville, MD, Sep. 27.
- ❖ Richmond Vegfest, VA, Sep. 28.
- ❖ Speaking up for Turkeys at Vegan Demo in Olney, MD, Oct. 26.
- ❖ Leafleting for Turkeys at the White House, Nov. 16.
- ❖ Peaceful Demo for Turkeys, Amherst, MA, Nov. 16.
- ❖ Peaceful Demo for Turkeys, Olney, MD, Nov. 16.

- ❖ Leafleting for Turkeys with UPC Pavos leaflets, El Nopalito Market, Encinitas, CA, Nov. 19.
- ❖ Peaceful Demonstration for Turkeys with Animal Defenders Greater Lehigh Valley, Allentown, PA, Nov. 22.
- ❖ Leafleting for Turkeys at Target, Irvine, CA, Dec. 19.

Financial Report - 2025

United Poultry Concerns Fiscal Year: January 1 - December 31, 2025

Revenues.....	\$367,866
Public Support.....	329,244
Expenses.....	\$258,100
Programs and Education.....	232,544
Organizational Management.....	25,556
Net Assets/Fund Balance at End of Year.....	\$1,468,412

United Poultry Concerns gratefully acknowledges the kind assistance of:

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 Charityvest Inc.
 James Fremont Trust
 Christine Rosner Trust
 Adam Tarshis

Thank you for your support!



*In memory of Karen Davis, PhD,
 President & Founder (1944-2023)*

Freddaflower Memorial & Appreciation Fund

The pain of losing them is the price we pay for the privilege of knowing them and sharing their lives . . .

We thank those people who have contributed to our work with recent donations *In Loving Memory and in Honor and Appreciation* of the following beloved family members and friends, both those who have passed away and those who are with us.



Freddaflower

In memory of Kimberly Rene DeWester.
– Vicki Carey

In honor of my wife, Jamie Kordack's birthday.
– Vincent Kordack

In memory of Lucy and Abigail, the two roaming elderly hens. – Vincent Kordack

In memory of Karen Davis. – Joel Freedman

In memory of tireless activist Karen Davis and for the wonderful people at UPC who carry out her hopes and dreams. – Sheila Schwartz

In memory of Karen Davis. – Esther Friedman



Chickens: To Know Them is to Love Them

PLEASE, JOIN US TODAY!

We NEED Your Strong and Continuing Financial Support

☐ New Membership **\$35** ☐ 2027 Membership Renewal **\$30**

Membership includes our quarterly *Poultry Press* Magazine to keep you informed on current issues, and how you can get involved in many other ways. If you would like to support us by credit card, please go to our website at www.upc-online.org and click on DONATE to make your donation. It's that easy!

Additional Tax-deductible Contribution:

☐ \$20 ☐ \$35 ☐ \$50 ☐ \$100 ☐ \$500 ☐ Other \$ _____

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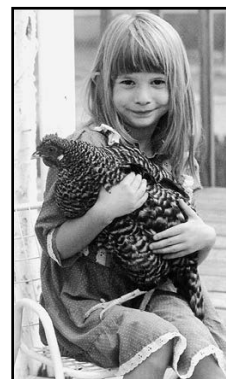
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Do you want to be removed from our mailing list? Please tell us now. The U.S. Postal Service charges UPC for every returned mailing. Remailing the magazine costs UPC an additional sum. Due to the enormous cost of remailing, we can no longer provide this service. Thank you for your consideration. Please keep up your membership. We need your continuing financial support.



United Poultry Concerns

PO Box 150 • Machipongo, VA 23405-0150

Help End the Use of Chickens in Cruel Kaporos Rituals



Photo by Unparalleled Suffering Photography

United Poultry Concerns has worked for decades to urge members of the Jewish community who observe the ritual of atonement known as Kaporos (also spelled Kapparot) to use money instead of chickens.

This effort is prompted by the horrific cruelty to chickens at Kaporos sites year after year in New York City, Los Angeles, New Jersey, and everywhere the ritual is conducted. Thousands of chickens are trucked onto city streets from factory farms. They are crammed in transport crates without food or water for as long as four days. They are deprived of shelter from rain, heat and cold. Often their toes and feet are ripped off during the neglectful handling of the transport crates where they sit miserably immobilized in their own feces. Many die in the crates of starvation, dehydration, heat stress, and fear. The ritual takes place the week before Yom Kippur, which falls on September 21st this year.

What is Kaporos?

Kaporos (“atonements”) is a ritual preceding Yom Kippur - the Jewish Day of Atonement - in which chickens are “swung” and slaughtered by certain ultra-orthodox Jewish communities. Practitioners wave the chickens over their heads by the legs or by pinning the bird’s wings backward while reciting a chant about transferring their sins and punishment symbolically onto the bird. The chickens are slaughtered in the open air and claimed to be given to “the poor.”

The mistreatment of the chickens before, during and after the Kaporos ritual, when many are left alive,

writhing and crying on the ground, violates the New York State animal cruelty law and desecrates the Torah mandate of *Tza’ar Ba’alei Chayim*, which forbids causing unnecessary pain and suffering to animals. It violates the Talmudic mandate that one must feed one’s animals before feeding oneself.

Veterinary Assessment of the Welfare of Chickens Used in Kapparot

Excerpt from the August 2026 report written by Nedim Buyukmihci, VMD, which can be read in full, including references, at www.upc-online.org/kaporos:

Chickens are so-called prey animals. They instinctively fear being handled by those who they would consider predators, including humans. With kapparot, the chickens must endure capture for transportation, the transportation itself, capture again for the kapparot, being swung around in the air and more. Being swung through the air is completely foreign to the chicken and this adds further stress.

Like all prey animals, survivability is enhanced by being able to avoid notice by predators. One of the means by which this is accomplished is by not displaying signs of disability where possible (Hansen et al. 1993), *even while enduring situations known to cause substantial pain*. As a result, chickens subjected to kapparot may not show outward signs of being in distress. One cannot assume, however, that this means they are not enduring pain (Gentle et al. 1987) or experiencing extreme fear as indicated by tonic immobility (Hansen et al. 1993).

Handling chickens by their legs—particularly for so-called broilers (Gentle et al. 2000; Riddell 1983)—or wings alone or by pulling back the wings to an extreme position above their backs would be painful in itself, but can also lead to injuries which exacerbate the pain. For example, pulling back the wings can lead to stretching and tearing of ligaments and other soft tissue; this is compounded when the chickens are held in this position for long periods or when they are subjected to added forces caused by being swung through the air.



Photo by Unparalleled Suffering Photography

Mobile Billboard Campaign Urges a Kind Kaporos: Use Money, Not Chickens

In the days before Kaporos, a mobile LED billboard truck drove through the Brooklyn neighborhoods of Williamsburg, Crown Heights, and Borough Park. For eight hours each day, September 8–10, we displayed our messages of compassion.



What Can I Do?

Many rabbis have come out against the use of chickens for Kaporos including some who once used chickens but now use money. This year, we have written to the Rabbinical Council of America, the Central Rabbinical Congress of the USA & Canada and 25 other Jewish organizations in New York, California, Florida, New Jersey, and Maryland, urging their leadership to promote compassion by encouraging community members to use money instead of live chickens for Kaporos.

- 🐔 Please ask the following rabbinical leaders to advocate that Kaporos be carried out with money instead of chickens.

Rabbi Etan Tokayer, President
 Rabbi Menachem Penner, Executive Vice President
 Rabbinical Council of America
 305 Seventh Avenue, 12th Floor
 New York, NY 10001
 Phone: (212) 807-9000
 Email: office@rabbis.org, president@rabbis.org,
mpenner@rabbis.org

Central Rabbinical Congress of the USA & Canada
 85 Division Avenue
 Brooklyn, NY 11249
 Phone: (718) 384-6765
 Email: info@crckashrus.org

- 🐔 Please order our brochure, *A Wing & A Prayer - The Kaporos Chicken-Swinging Ritual* and distribute copies to your local news media and to anyone else who may be able to help bring an end to the use of chickens in Kaporos.



*Vegan Recipe Corner***Ms. Ticklefeather's Pumpkin Spice Cookies**

Makes 36 cookies

Preheat oven to 350 degrees

These delicious soft cookies are made with a flaxseed & water puree to replace eggs. Flaxseeds can be bought at most grocery stores.

Ingredients

- 3 cups pastry flour (*or all-purpose flour*)
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- 1 ½ cups sugar or other sweetener
- 4 tablespoons flaxseeds
- 1 cup water
- ⅓ cup vegetable oil
- 1 ½ cups solid-packed canned pumpkin
- ½ cup water (*or plant-based milk*)
- 1 cup raisins
- Pecans for topping (optional)

Instructions

Mix dry ingredients together and set aside. Blend flaxseeds and water in a blender for 1 to 2 minutes until mixture has the consistency of a whipped-up raw egg. Add oil to flaxseed mixture, and blend to mix. Add to the dry ingredients, along with the pumpkin, additional water and raisins. Mix until just combined and no dry flour is left. Drop by tablespoons onto an oiled baking sheet, muffin tin and/or donut pan. Top with pecans if desired. Bake 15 minutes until lightly browned. Remove from baking sheet with a spatula, and place on a rack to cool. Store in an airtight container.

From *Instead of Chicken, Instead of Turkey* (\$14.95) and *Replacing Eggs - 16 great recipes*. \$1.50 from United Poultry Concerns. www.upc-online.org

For more great recipes, go to
www.upc-online.org/recipes/



Photo by Liqin Cao

POSTCARDS

20 for \$4.00, 40 for \$7.50



"Love is Best"



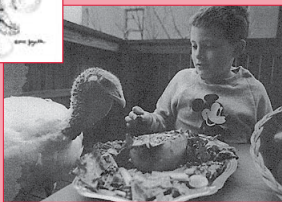
"Peaceable Kingdom"

"Chickens - To Know Them is to Love Them"



"Researching the Heart"

"Friends"



Life Can Be Beautiful - Go Vegan! Brochure



24 full-color
5.5" x 8.5" pages.

\$1.00 each.
20 for \$5.00.
50 for \$10.00.
100 for \$15.00.
200 for \$25.00.

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All Prices Include Postage

To order indicated items send check
or money order to:

United Poultry Concerns
P.O. Box 150
Machipongo, VA 23405-0150

Or order online at upc-online.org

FACT SHEETS

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- "Viva, the Chicken Hen / Chickens Raised for Meat"
- "Jane-one tiny chicken foot"
- "Poultry Slaughter: The Need for Legislation"
- "The Rougher They Look, The Better They Lay" (free-range egg production)
- "Intensive Poultry Production: Fouling the Environment"
- "Philosophic Vegetarianism: Acting Affirmatively for Peace"
- "The Rhetoric of Apology in Animal Rights"
- "Providing a Good Home for Chickens"
- "Chicken Talk: The Language of Chickens"
- "Celebrate Easter Without Eggs"
- "Chicken for Dinner: It's Enough To Make You Sick"
- "Damn Dairy"
- "Henny's New Friends"
- "Avoiding Burnout"
- "The Life of One Battery Hen"
- "Bird Flu - What You Need to Know"
- "Peeper the Turkey, a Story of Unending Love"

"How I Learned the Truth About Eggs"
"Factory Farming vs. Alternative Farming: The Humane Hoax"

BROCHURES

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- "A Wing & A Prayer" (Kapparot ritual)
- "Don't Plants Have Feelings Too?"
- "Chickens"
- "The Battery Hen"
- "Turkeys"
- "Ostriches & Emus: Nowhere To Hide"
- "Japanese Quail"
- "The Use of Birds In Agricultural and Biomedical Research"
- "Free-Range' Poultry and Eggs: Not All They're Cracked Up to Be" - New & Revised!
- "Live Bird (Poultry) Markets"
- "Chicken-Flying Contests"

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- "Chicken for Dinner?"
- "The 'Human' Nature of Pigeons"
- "The Truth about Feather Hair Extensions"
- "Birds Suffer Horribly for Pillows & Coats"

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T-shirts Too Neat to Eat (Hen & Egg or Rooster) •

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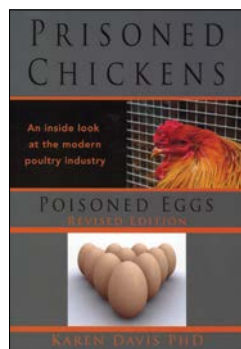


BOOKS

**Prisoned Chickens, Poisoned Eggs:
An Inside Look at the Modern
Poultry Industry**

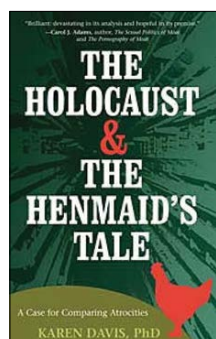
By Karen Davis

This newly revised edition of *Prisoned Chickens, Poisoned Eggs* looks at avian influenza, food poisoning, chicken suffering, genetic engineering, and the growth of chicken rights activism since the 1990s. Presents a compelling argument for a compassionate plant-based cuisine. "Riveting . . . Brilliant." – *Choice magazine, American Library Association* \$14.95.

**The Holocaust and the Henmaid's
Tale: A Case for Comparing Atrocities**

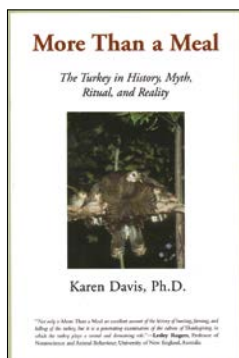
By Karen Davis

In this thoughtful and thought-provoking contribution to the study of animals and the Holocaust, Karen Davis makes the case that significant parallels can – and must – be drawn between the Holocaust and the institutionalized abuse of billions of animals on factory farms. "Compelling and convincing . . . this bold, brave book." – Charles Patterson, author of *Eternal Treblinka* \$14.95

**More Than a Meal: The Turkey in History,
Myth, Ritual, and Reality**

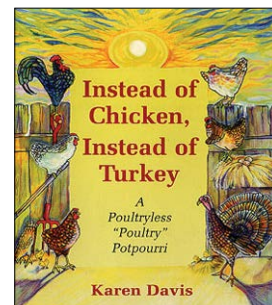
By Karen Davis

Karen Davis shows how turkeys in the wild have complex lives and family units, and how they were an integral part of Native American and continental cultures and landscape before the Europeans arrived, while drawing larger conclusions about our paradoxical relationship with turkeys, all birds and other animals including other human beings. "The turkey's historical disfigurement is starkly depicted by Karen Davis in 'More Than a Meal.'" – *The New Yorker* \$14.95

**Instead of Chicken, Instead of Turkey:
A Poultryless "Poultry" Potpourri**

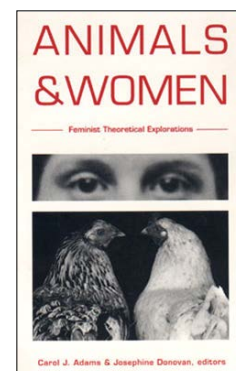
By Karen Davis

This delightful vegan cookbook by United Poultry Concerns features homestyle, ethnic, and exotic recipes that duplicate and convert a variety of poultry and egg dishes. Includes artwork, poems, and illuminating passages showing chickens and turkeys in an appreciative light. \$14.95

**Animals and Women:****Feminist Theoretical
Explorations** Edited by Carol J.

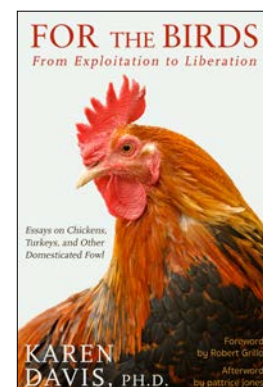
Adams & Josephine Donovan

"Karen Davis's brilliant essay [Thinking Like a Chicken: Farm Animals and The Feminine Connection] brings together the book's central concepts, leading to conclusions that rightly should disturb feminists and animal advocates alike." – Review by Deborah Tanzer, Ph.D. in *The Animals' Agenda*. \$16.95

**For the Birds:
From Exploitation
to Liberation**

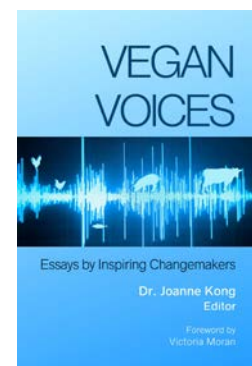
Essays by Karen Davis

FOR THE BIRDS "Can Only Be Described with Superlatives" – *Animal Culture Magazine*. \$20

**Vegan Voices:
Essays by Inspiring
Changemakers**

Edited by Dr. Joanne Kong

This inspiring book includes the essay "With Heart and Voice: Will Birds Sing Or Will They Be Silent?" by Karen Davis. \$20



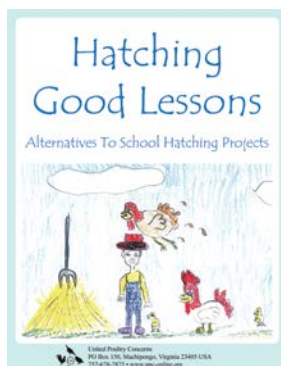
CHILDREN'S BOOKS & EDUCATIONAL MATERIALS

Hatching Good Lessons: Alternatives To School Hatching Projects

By United Poultry Concerns

A guide booklet for elementary school teachers and other educators including parents. 16 pages of information, storytelling, classroom activities & color photos. Grades K-6 (some activities are designed for K-12). \$2.50 per booklet. 5 for \$5. It can be viewed and printed out at

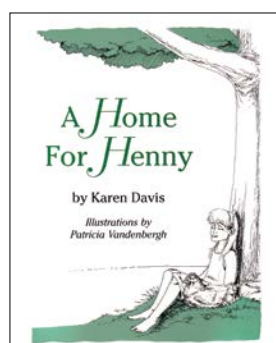
www.upc-online.org/hatching.



A Boy, A Chicken and The Lion of Judah – How Ari Became a Vegetarian

By Roberta Kalechofsky

This wonderfully gifted children's story, set in modern Israel, is about a young boy's quest for moral independence. An intelligent book for all ages. Winner of the Fund for Animals "Kind Writers Make Kind Readers Award." \$10

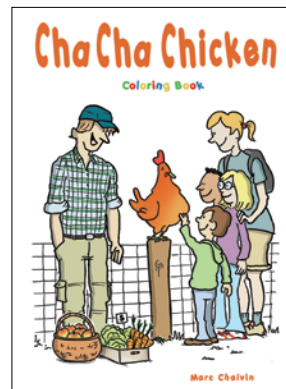


A Home for Henny

By Karen Davis

Melanie is a 3rd grader who is excited about a chick hatching project in her class at school. The project seemed like a good idea at first, but unexpected problems arise and the whole class learns a lesson in compassion. When the project is over, Melanie adopts one of the chicks she names Henny. *A Home for Henny*

explores the challenges and concerns with school hatching projects while evoking the lively personality of Henny and her loving relationship with Melanie. \$6.99



Cha Cha Chicken Coloring Book

By Marc Chalvin

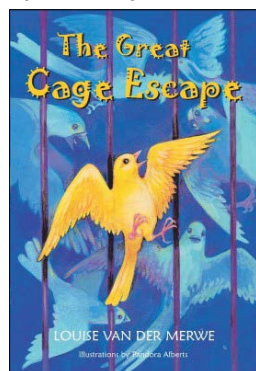
Narrated by Cha Cha the hen, this book invites children to visit Green Farm sanctuary and learn about the happy animals who live there. Written by Marian Hailey-Moss and illustrated by Marc Chalvin, Cha Cha shows children that chickens are people too and invites them to

color their world beautiful! *Cha Cha Chicken Coloring Book* is a delightful gift for children K-3. \$10

The Great Cage Escape

Grades 4-7. By Louise Van Der Merwe

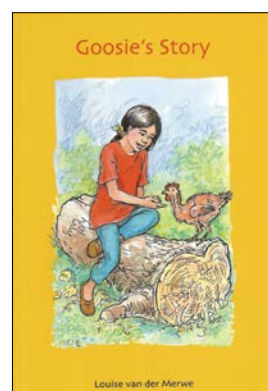
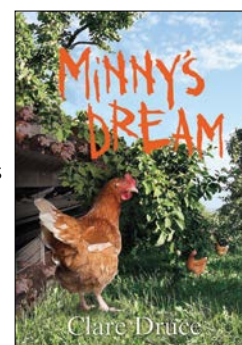
The birds in a pet shop think they are happy until a brown box punched full of air holes is left overnight on their front door step. The creature inside looks very weird at first. But as his feathers begin to grow, his true identity becomes apparent, and the stories he tells inspire the pet shop birds to pull off a Great Cage Escape. This is a story that encourages respect for all forms of life and helps learners realize that heaven can be right here on earth if we choose to make it so. \$4.95



Minnie's Dream

By Clare Druce

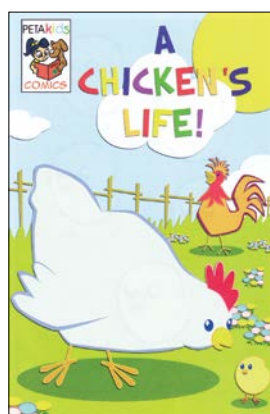
What happens when a young girl from the city discovers a battery-hen operation in the country? What happens when a "battery hen" named Minny speaks to her? What must she do when her friend Minny is going to be killed? This book is a must for the young person(s) in your life, age 8-14. \$10



Goosie's Story

By Louise Van Der Merwe

A touching story about a "battery" hen who is given a chance to lead a normal life – a happy life. This moving book will be warmly welcomed and shared by children, parents and teachers, highlighting as it does the concern and compassion we ought to feel for all our feathered friends on this earth. \$4.95



A Chicken's Life!

Grades 4-6. *PETAkids Comics*

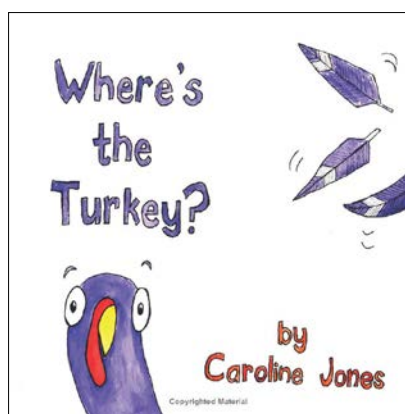
This cute comic book illustrates a group of children visiting an animal sanctuary where they meet a flock of chickens and learn all about them including the differences between Nature's Way and The Factory Farm Way. "Are these chickens really your friends?" they ask. "I've never met a chicken before." *A Chicken's Life* includes a puzzle for elementary school students to unscramble words

including barn, beak, cluck, feathers, grass, hatch, peck, peep, wings, and lots more. \$1.50 each. 10 for \$10.

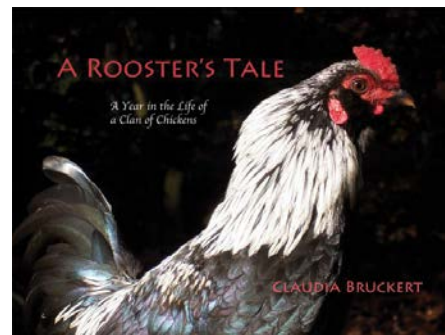
More Books, plus Videos available at
upc-online.org/merchandise

(continued) CHILDREN'S BOOKS & EDUCATIONAL MATERIALS

Where's the Turkey?, by Caroline Jones, is a charming and adorable book for young children. The child is engaged in a journey, with visual clues in the illustrations, toward discovering where the turkey is, which is not on the table. Young children love the "look-and-find" challenge page by page. I recommend this book most highly. It illustrates a Happy Thanksgiving with the whole family and a delicious Thanksgiving feast for which the turkeys themselves can give thanks for enjoying the day in their own happy "turkey" way. \$10

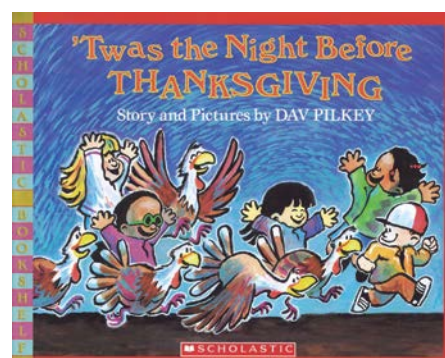


A Rooster's Tale: A Year in the Life of a Clan of Chickens by Claudia Bruckert, transports readers to the fascinating world of Change, who tells the real life story of his chicken family during his first year of life. Enchanting experiences and intriguing facts, chronicled and photographed beautifully over the course of one year, convey deep insights into the daily life of chickens. Grades 3-12 and a reading joy for all ages. \$20

**'Twas the Night Before THANKSGIVING**

Story and Pictures by Dav Pilkey,
Scholastic Book Shelf

Turkeys don't usually celebrate Thanksgiving. And they wish we wouldn't either! Here is a tale of eight children who meet eight turkeys who are in big trouble. Only the kids can keep the turkeys from meeting their Thanksgiving fate. But how will they save the turkeys? \$10

**Plus These Great Gifts from UPC!****Cruel: Bearing Witness To Animal Exploitation** By Sue Coe, OR Books, 2012

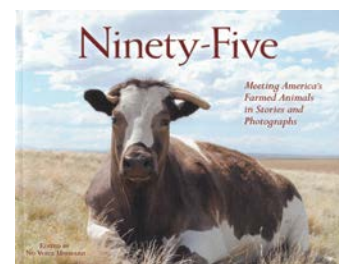
Renowned visual artist Sue Coe, pioneer champion of animal rights and author of *Dead Meat*, has produced this mesmerizing new book documenting the experiences of animals raised and slaughtered for human consumption. Through its written account and haunting visual images, *Cruel* is a surpassingly passionate testimony to the waste, sorrow and violence perpetrated by our species against others. \$20

**Sanctuary: Portraits of Rescued Farm Animals** By Sharon Lee Hart, Charta Books, 2012

Sharon Lee Hart's photography project SANCTUARY takes you on an intimate journey to meet wonderful animals and the courageous rescuers who become their companions. Sanctuary caregivers evoke individual animals in short, handwritten stories accompanying Hart's starkly beautiful black & white photography. \$20

**Ninety-Five: Meeting America's Farmed Animals in Stories and Photographs**

An anthology of photos and stories by No Voice Unheard Editors: Marilee Geyer, Diane Leigh and Windi Wojdak. \$20



More books and videos available at upc-online.org/merchandise

Stickers Send a message with your mail! Order our eye-catching color stickers! 2" x 2 3/4", 100 stickers for \$10.



"Dying for Dinner" Cards
Place in stores, mail, etc.!
3" x 4", 25 for \$2.50



POSTERS



International Respect for Chickens Day

Celebrate 12.5" x 17" Wings 12" x 16"



A Heart Beats in Us the Same as in You

Photo by PeTA

Full-color poster vividly captures the truth about factory chickens for the public. Vegetarian message. 18"x22".



Today's chickens are forced to grow too big too fast. They're forced to live in filth. They go to slaughter with yellow pus, harmful bacteria, heart and lung disease, tumors, crippled legs, sick immune systems, and more. Millions of dollars are spent hiding these facts.

Friends, Not Food

Photo by Franklin Wade

Liqin Cao & FreddaFlower.

Full color 19"x27" poster.



WHAT WINGS ARE FOR



CHICKS NEED THEIR MOTHERS

Photos by Jim Robertson & Karen Davis

Great educational tool. Full color

11-1/2"x16" poster.

Walking to Freedom After a Year in Cages

Photo by Dave Clegg. Full color, 18"x22" poster.



"Battery" Hens

Roosting in Branches After Rotting in Cages

Photo by Susan Rayfield

This beautiful color poster shows the rescued Cypress hens at UPC. Perfect for your office, your home, your school. 11.5"x16".



Great Turkeys Poster!

Photos by Barbara Davidson & Susan Rayfield

The posters are in color, and come in two sizes: 11.5" x 16", and 18" x 27".

**UPC posters in any mix:
One for \$4. Two for \$5.
Three for \$7.**

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INSIDE

Chicken for Dinner?
Egg White Protein Without Hens
No Flight, No Fight Act
Summer Activities Gallery
Life and Death on Pheasant Breeding Farms
2025 Annual Report
End the Use of Chickens in Kaporos
Freddaflower Fund
Vegan Recipe Corner & *More!*

Wishing You a Fabulous Fall!
Please renew your membership for 2027



Liqin Cao & Jessica Fomalont tabling at Greenbelt (MD) Labor Day Festival's Information Day. Photo by Franklin Wade.