



**VEGAN**  
SOCIETY OF IRELAND



**THE VEGAN SOCIETY OF IRELAND**  
**ANIMAL LIVES & ANIMAL RIGHTS**

# HOW OUR CHOICES IMPACT ANIMAL LIVES AND ANIMAL RIGHTS

## OUR CHOICES CAN:

- **REDUCE ANIMAL SUFFERING**

Veganism directly reduces demand for industries that exploit animals, such as factory farming, where animals are often kept in inhumane conditions. For example, the practice of using “farrowing crates” is common in Ireland, where pigs are confined to cages barely bigger than their own bodies—for up to five weeks at a time, several times a year.

- **ELIMINATE CRUEL PRACTICES**

Ireland’s egg industry involves cruel practices such as culling male chicks with gas or maceration machines at birth, while the dairy industry separates calves from their mothers, causing a great deal of stress. Even free-range and organic farming involves the slaughter and exploitation of animals, which veganism avoids altogether.

- **END SLAUGHTER**

Over 100 million land animals and hundreds of millions of marine animals are killed annually for food in Ireland. Veganism helps reduce this slaughter and challenges the normalisation of killing animals.

- **PROMOTE ANIMAL RIGHTS**

Veganism supports the idea that animals have a right to live free from human use, shifting society towards greater respect for all sentient beings.

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