

BE A HERO FOR ANIMALS

15+ ways to
make a positive
impact from the
comforts of
home



Val Silver



Introduction

The world needs heroes. Animals need heroes who will speak up for them and help change their world for the better. You can be that hero. Perhaps you already are. Being a hero doesn't have to take a lot of time or cost money. What it does take is a caring heart, some knowhow, a commitment to help, and taking consistent action. How much you choose to help, how big a hero you choose to be, is up to you. Sometimes the smallest action, the smallest gift given from a loving heart reaps the biggest result. Every positive action is important.

In this Be a Hero guide, you will learn more than 15 ways to help animals (and people) in need right from the comfort of your home. Why focus on helping from home when there's so much to do away from home? Because many of us (including me) are well-intentioned, we say we care, but do not help as much as we would like because we get busy, distracted, or too exhausted to leave the house. The truth is there is much you can do without getting out of your pajamas. When there are quick, easy and free ways to make a positive impact, it makes it easier for you to be a hero in your own ways. And that feels good.

I honor your inner hero. Thank you for caring about animals and taking action on their behalf.

The Be a Hero E-book and Video Series

This series is divided into 8 topics related to animal welfare. While the emphasis of this guide is on helping shelter and rescue animals, you will also learn ways to make a difference for all animals (and people, too.) For your convenience, you can [watch the videos on the download page](#) or on youtube.

You will learn the hero and superhero actions you can take to get your voice heard for the voiceless and how to maximize the benefits of your donations of time, money and goods. Hero actions are quick and easy. The superhero moves require an additional level of commitment, time and/or resources. Both categories include ideas that are free or easy on the budget. Let the ideas presented here inspire you to discover other ways to be a hero for animals. Let them be stepping stones on your path.

Let's begin...

Click to Give at the Greater Good Site

This action is first on the list because the opportunities on this site make an impact quickly, easily and for free. The Animal Rescue Site is a part of the [Greater Good network](#), a website divided into signature programs that make it easy for you to support a multitude of causes from stamping out hunger to promoting literacy, to saving the rainforest, fighting diseases, and providing food for animals in rescues and sanctuaries.

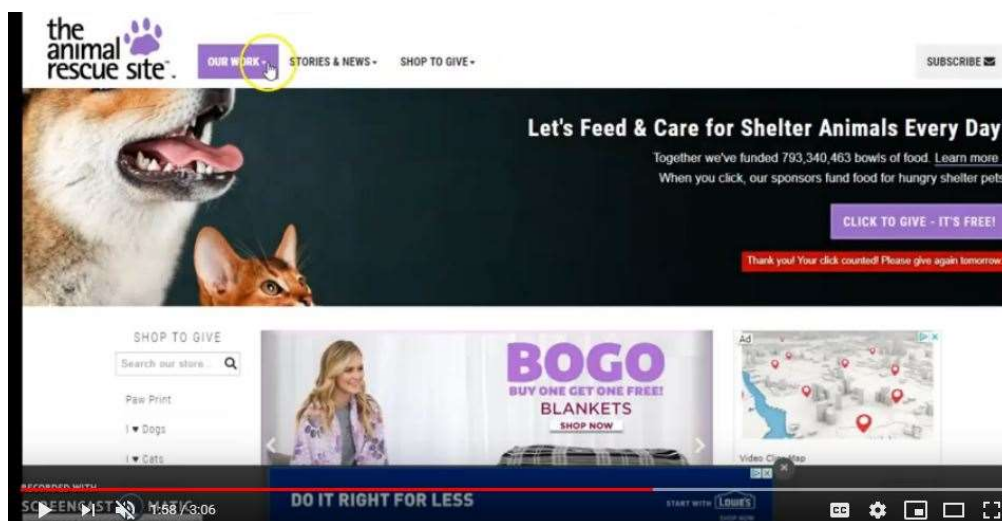
Clicking the program links donates sponsorship money to each of these causes without you spending a cent. That's right, a few clicks allow you to make that impact every day for free. You can also sign petitions, shop to give, and more – all for the good of animals and people in need.

Each click on the Animal Rescue Site generates 0.66 bowls of food, about five ounces, for shelters and rescues. By clicking every day, you provide more than 100 pounds of food per year. If you've priced decent pet food lately you know that's worth over \$200. In 2018, visitor clicks funded more than 33 million bowls of food. Purchases on the site funded an addition 61.2 million bowls. That's a lot of food going to hungry dogs, cat, rabbits and other needy animals, and savings for the non-profits that care for them. Best of all, you donated for free!

This is how it works. Pet food manufacturers often have overages, something is wrong with the packaging, or food is nearing the “sell-by” date. They donate millions of pounds of this food for distribution to animal non-profits through the Rescue Bank. Sponsor advertising fees pay for deliveries to smaller, less visible non-profits that need the help.

Following is a short video demonstration showing how easy and rewarding it is to click-to-give.

[Click here or on the image to watch the video.](#)



Hero Move: When you arrive on the Greater Good site you will see a big purple button with the words “Click to help...”. These causes change every few days. Then click on the “animals” button to go to that site and click to donate food to animal shelters and sanctuaries.

Hero Move: Click the FREE ACTIONS link (blue arrow) or the new YOUR VOICE MATTERS to find other ways you can help for free. Sign petitions and more.

Superhero Moves: Fill in your email address under “Remind me to visit daily” (green arrow). When you submit your email, you will be sent a daily reminder to click and gain access to an easy-to-navigate panel. Once a week, take an extra free action or make a donation to one of their other causes, such as Rescue Rebuild or disaster relief.

To see the cumulative results of visitor clicks, click on the “OUR WORK” button on each page.

The following video demonstrates freakibble.com. This site was created by an 11-year-old child to feed homeless pets. It is now affiliated with Greater Good. Answer questions (right or wrong) to donate kibble and scratch the kitty to donate kitty litter. Pre-teens and teens may especially enjoy doing this, and it gets them involved. Fun! [Click here to watch the video.](#)



Be a Voice for the Voiceless

Never underestimate the power of your voice. Especially when you join with other voices, you will be amazed at what can be accomplished. Social media, petition sites, and animal welfare sites provide ready-made venues for advocating for animals and other causes you care about, right from the comfort of your home.

Animals cannot speak for themselves; they need you to be their voice. Some are horribly abused, neglected and abandoned while their victimizers face light punishment, if any. Animals in laboratories are subjected to painful, damaging, and sometimes deadly unnecessary testing. Many 'owned' animals live in horrible conditions. Millions of healthy, friendly dogs and cats are killed yearly without a fair chance to get adopted. In some countries they are stolen from their homes and sold to be eaten. Wildlife have their habitat destroyed at alarming rates, are stolen from their parents, or face illegal poaching to the point of near extinction.

Many petitions addressing animal issues are in circulation. Don't buy into the myth or excuse that signing petitions doesn't do any good. It does. Your voice, added to thousands of others, has power, especially when combined with action. Every win is important, especially when it has a ripple effect. Seeing an abuser get a stiff sentence instead of a hand slap sends a message. So does thousands of names on a petition about cruel farming practices. Every animal you help to save or have a better life is one less suffering animal. That makes you their hero. Here are just a few recent wins for animal welfare advocates:

- After more than 61,000 MoveOn members signed a petition, the NMFS elected to maintain ESA protections for endangered Northwest orcas. The use of deafening high-frequency underwater Navy sonar testing was not allowed thanks to the help of 500,000 petition signers. That saved the hearing of more than 15,900 whales and dolphins and the lives of 1,800 more over the next five years.
- Cruel pig gestation crates, so small that the animals cannot even turn around for most of their lives are being phased out thanks to the pressure of petitioners and consumer demand for humane agricultural practices.
- Mega-markets are selling free range eggs and certified "cruelty-free" animal products. This only happens because of consumer demand.

Hero Move: Be a voice for the voiceless by signing petitions. Signing on-line petitions is easy and only takes a minute. If the option is available, click that you want updates. It feels good to know you made a positive impact for someone with no voice. Find viable petitions created by well-known and respected animal advocacy groups on [Greater Good](#) under OUR WORKS and YOUR VOICE MATTERS or at [LadyFreeThinker.org](#).

Superhero Moves:

- Get political. Call, email, and/or write letters to the editor and local and state politicians about animal welfare issues in your area.
- Create a blog and/or social media posts that addresses animal welfare in your locale. Be a watchdog over sheltering issues, police mistreatment, and other concerns in your community.
- Ask your grocery store manager where their meat comes from. Tell them you want humanely-sourced animal products and that you will not buy pork from gestation crate pigs or eggs from battery cage hens. Write a letter explaining your purchasing decisions to the corporate office.
- Boycott circuses and other venues that use wild animals such as performing elephants and tigers. Boycott zoos and petting farms that do not provide proper care for the animals and meet their social and habitat needs. A primate in a small cage is like a human in solitary confinement. That is cruel and unusual punishment of an innocent animal. Be sure to make it known that animals do not exist for our entertainment and that you will not support inhumane treatment.
- Vote for animal welfare with your wallet. Yes, this will usually cost more. Choose eggs from humanely raised cage free chickens. Refuse to buy meat from animals not raised humanely and let the store higher-ups know why. They listen when dollars are at stake. Thanks to thousands of people taking a stand, they are beginning to phase out cruel practices in response to public pressure. An increasingly aware public is demanding that animals be treated humanely.

“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.”

~Margaret Meade

Get Involved on Social Media

Social Media is immensely popular, making it a convenient and effective venue for animal advocacy and for helping shelters and rescues. You can spend as much, or as little time, as you wish helping out in this way.

As of this writing, Facebook is by far the most active site for shelters, rescues and networkers sharing about animals and their needs.

Hero Moves: Here's how you can help – from the least to most involvement.

1. Visit the pages of one or more animal advocacy groups. This may be your local shelter or rescues, or groups that advocate for animals in general. Read their About page and peruse their posts. If their mission and messages resonate with you, give the page a “Like”. Then like and comment on a post or two in order to let Facebook know you want their posts to show up on your feed. Now that Facebook limits who sees what pages and when, you have to interact with posts every so often or they become “no-shows”. Your regular engagement is important because it boosts their visibility to other followers, too.

2. Likes are nice but sharing and commenting increase exposure. Make supportive comments. SHARE posts from shelters, rescues, and advocacy groups with your friends and invite them to like the pages, too. Make supportive comments. Share posts asking for help, as well as those featuring animals up for adoption, an invitation to a fundraising event, or a circulating petition. Don't assume your friends won't be interested. Also pass along quote posts and photo graphics. Powerful quotes and touching photos raise awareness and encourage more concern about animal welfare and pet guardianship.

Superhero Move: Join an advocacy group or two that you like. Network and cross-post regularly. Thousands of cross-posters and networkers across the globe actively share animals of all kinds in need of help. They post about:

- dogs and cats needing to get out of kill shelters and into foster and rescue fast
- fundraisers for urgent medical care and adoption
- abandoned animals
- sick, abused, emaciated, ill, stolen animals living in horrible conditions.
- important notices about recalled food, pet care, petitions, fundraising, and more.

It is not uncommon for networkers to spend hours a day making connections in order to help animals (and people, too). You can help by sharing their posts or becoming a networker.

Many, but not all, networkers are active rescuers. They desperately need help pulling animals from kill shelters, providing temporary foster care, and transporting animals to safety. If you are willing to help in any of these areas, contact your local shelter or rescue group. (Read about a

successful rescue spanning several states and many volunteers including networkers and fosters in the [Rescue Me story, “Biscuit the Do-Over Dog”](#).)

A word of caution: Certain advocacy groups and individuals post graphic photos and videos. They do this to wake people up to what is really going on and to spur them to action. Speaking for myself, sometimes these images are so horrific they traumatize and haunt me. When this happens, I remind myself that the horror I feel is nothing compared to the suffering endured by animals at the hands of humans. It is a call to action. Share the videos and sign the petitions, but once you have seen a few, it isn't necessary for you to watch more horrid ones.

If seeing these images turns you away from helping, stick to local shelter and rescue pages that are not likely to show graphic images. Do expect to see photos of emaciated, abused and neglected animals from time to time. This is the reality of things. Unfortunately, out of sight is often out of mind. We don't want that to happen because it means the animals will get less help. It is these horrors we are working to change.

Find many links to groups and resources for helping animals at [No Kill Now](#).

Volunteer Your Time and Expertise

You can be a big help to shelters and rescues even when you are volunteering from home. Shelters, rescues and animal welfare groups need a lot of help. Paid staff, if there is any, are often stretched and stressed to the breaking point. Your donations of time and expertise are priceless gifts.

A sampling of possible ways to help a shelter, rescue, or advocacy group from home include:

- Help keep their website current by uploading photos of new animals and deleting those that got adopted, updating events or posting articles.
- Make phone calls.
- Validate adopter references.
- Stuff and address envelopes for mailings.
- Post on their social media.
- Do bookkeeping.
- Write a grant.
- Help plan and track fundraising efforts.
- Foster animals and/or be in contact with foster families.
- Write press releases.
- Circulate a petition.
- Collect needed goods, such as towels and blankets, from neighbors and friends.
- Make toys and beds for the animals (more about that coming up in the next section).

Some groups don't allow volunteers because of legal issues or because volunteers have proven to be "too much trouble". Please be a responsible and reliable team member. Show that you are trustworthy and capable. It's okay to sample jobs until you find the right fit for you, but always follow through on what you say you will do or give a heads up in advance if you have to back out. Be clear about what duties you are committing to and for how long. It is better to take a short time job and 're-up' than to commit long term and leave them hanging.

Hero Move: Contact a local organization and ask how you can volunteer your time and expertise from home. Some organizations must operate within specific guidelines pertaining to volunteers. First, offer help with a one-time job. If things don't work out, don't give up. Try another job or another group until you find the right fit.

Superhero Move: When you find a home volunteer position that suits you, keep at it for an extended, agreed upon period of time, and do it well. Once you have proven yourself as a valued member of the team they may let you take over that job completely or allow you to take on a different job that you wanted, but were not permitted to do. If you can donate on-site time for other jobs such as dog walking or playing with the kitties, go for it!

Make Financial and Material Donations

Money to pay for staff, utilities, goods, veterinary care, transportation, property upkeep and more is the life blood of shelters, rescues and advocacy groups. Many smaller organizations operate on a shoestring budget that comes partially or solely from donations and have to devote a lot of energy to raise money to stay afloat. Your cash and material donations are much needed and appreciated, no matter how big or small.

Hero Move: Donate cash. If you prefer not to make a monetary gift, some organizations welcome gift cards for gasoline, stores, or direct payments to their veterinarian.

Do your due diligence before donating to any organization, animal or otherwise. It breaks my heart to say this, but some charitable groups are spammers and some organizations, even big national ones, are financially irresponsible with only a pittance of donated funds going to the cause while the rest goes to high salaries, advertising and fundraising, or a fat bank account.

Some animal organizations profess to save animals, but fail to tell you that they kill many healthy and friendly animals instead of aggressively pursuing practices that promote adoption and community involvement. Others are a front for puppy mills or worse. Some are outright scammers.

If you choose to donate to large national or international charities instead of or in addition to local groups, check their ratings on watchdog sites. Charitynavigator.org rates organizations on a 4-star scale. Top-rated charities are generally expected to spend at least 75% of their budget on programs and disclose basic financial information. You may be stunned to find well-known charities on the bottom of the list with only tiny amounts of revenue going for their programs!

A word of advice –look beyond the rating. Click the details link and look over the data. An organization with a small budget may be financially responsible even though they spend a higher percentage on administration and fundraising.

Chances are good that your local rescues and shelters are staffed by unbelievably dedicated individuals. Many are desperate for funds and volunteer help to fulfill their missions well. Find them on-line or ask at the shelter which rescue groups are saving animals on kill lists. If you know the name of the group, they probably have a Facebook page and perhaps a website.

Many good organizations may not yet have non-profit status because it is a lengthy and costly process. Don't let that stop you from donating to them if you resonate with their cause. The only downside is that if you itemize deductions on your tax return, you can't write off those donations. If you file a standard deduction, it will not impact your bottom line either way.

Hero Move: Donate goods. Call the facility or search on their website for a wish list of needed items. This list may be on their home page, or under a “Donate” or “Help Out” link. They may even have a wish list on Amazon or through another venue where you can purchase their needed items. When in doubt, call and ask. This is the best way to ensure that your gift will be put to good use. Maximize your giving by shopping for sales or using coupons.

Commonly needed items are:

- Office supplies: copy paper, envelopes, stamps, printer ink (to match their printers!), sticky notes
- Laundry supplies: detergent, bleach, paper towels, toilet paper, tissues, non-toxic cleaning products, trash bags
- For cats: cat litter, cat scratchers, pill pockets, canned food, toys, kitten formula
- For dogs: kuranda beds, pill pockets, toys, canned and dry food, puppy formula
- Medical: your local shelter may or may not have a surgical unit for spaying and neutering. 70% rubbing alcohol, bandages, medical supplies, distilled water, metal teeth flea comb, bottles for feeding puppies and kittens
- Food bedding and other goods for reptiles, birds, and other animals the shelter houses.

Superhero Move: Donate money and/or goods monthly on a regular basis. A fun idea is to sponsor a sanctuary dog and help support her with a monthly gift. Or sponsor a freedom ride for one animal every month or two. You will help save a life and it feels great. Several times a year, as you can afford it, send a wish list item. Again, anything you can do is appreciated.

Some points to keep in mind when donating items:

Toys are needed in a variety of sizes for small and large dogs. Plush toys are cute, but can be ripped up in no time, making a big mess and creating a safety hazard for dogs chewing them while unsupervised. Fiberfill, squeakers, and small pieces can end up in drains or cause choking. Even little dogs can demolish a plush toy in less than an hour if they like to ‘kill’ toys. Another negative of plush toys is that they often get soiled with urine and feces, and can’t be hosed off like bones and rubber toys. Interactive toys that make the dogs solve puzzles to get treats, or provide safe chewing go a long way toward providing amusement during long hours alone.

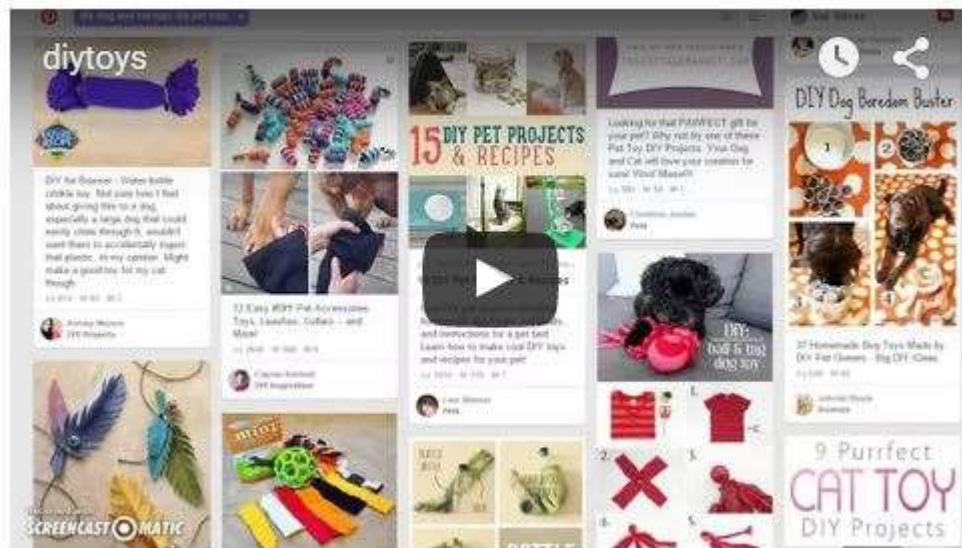
One of the cheapest, sturdiest, safest, most enjoyable dog treats are raw marrow bones. Dogs lick out the marrow and chew the bone for weeks. At about a dollar each they are a bargain. Two inch cuts are big enough for most dogs. Three or four inch bones are better for very large dogs. The dogs at my local shelter are always excited to get their bones and the staff likes them too because they are safe and low maintenance. It feels good to hear them say, “Oh, they love those.” Seeing the dogs chew their prize bones makes me so happy that it’s worth the trip over there.

If you enjoy crafting or want to get the most for your money, make toys and beds on the cheap. Check out pinterest boards for do-it-yourself crafty ideas ranging from super simple to super

complex (search by diy pet toys). Many are easy, fun, inexpensive or even free to make. Children love to help and this is a great way to get them involved.

Here's a board to get you started: <http://www.pinterest.com/brumzoo/diy-pet-toys/>

Click the video image below to see easy, fun toys you can make.



Blankets and towels are usually on the short list of needed items for comfort, bath time, and carrying animals. Sick and old dogs may be given blankets or towels to make them more comfortable. Worn towels and blankets with small holes are welcomed and useable. Blankets with fiberfill may not be accepted because they clog drains.

Do you like to knit, crochet or sew? Visit www.snugglesproject.org. The snuggles project website has patterns and tips for making security blankets and toys for shelter animals.

This [Yarn Projects Pinterest Board](#) has great ideas for making beds, pet rugs and blankets. Craft with family and friends and make it a party!

Dry and canned food is often appreciated. Sometimes shelters participate in food programs through certain companies and are only allowed to feed that food at the facility, so ask first. Food pantries and homeless shelters and women's shelters that welcome pets appreciate donations of pet food.

Volunteer to Foster a Homeless Pet

Fostering a homeless pet, whether overnight, a week, or months is a superhero move for sure. I can't emphasize enough how desperate rescues are for this kind of help or how important a contribution you will be making when you foster. Thousands of animals die every year because there no foster homes are available for them to stay while they from an illness or injury or wait to go into rescue or a forever home. Some shelters routinely need foster families for newborns or recently vaccinated kittens and puppies for a week while their immunity builds up. Fostering costs little or no money, but it does require the gift of your time and attention. Veterinary care is paid for; food may also be provided.

Superhero Move: Open your heart and home to an animal. If you can provide needed basic training and socialization, the animal that much more appealing to prospective adopters.

Some people are afraid to foster because they fear getting too attached ([like my husband in Teddy's Rescue Me story "From Foster to Forever"](#)). There are worse things than deciding to adopt a companion or shedding a few tears when your foster leaves. This quote says it all:

When people say, I could never foster because it would be too hard to give the dog up," we say, "How can it be harder than knowing a dog died because no foster home stepped up?"

~Author Unknown

There are few things more rewarding than knowing you saved a life and your foster friend is happy in her new home.

Having said that, it is wise to decide what you are willing and able to do as a foster. Some animals come with emotional baggage or need medical care. In the case of motherless infants, you will have to bottle feed every few hours around the clock. Some foster pets need to learn house manners and social skills. Most just need a place to feel safe and loved. They are confused and scared after being lost or abandoned by their families. All need understanding and time to adjust.

Here is a link to articles with advice about fostering dogs. <https://www.petfinder.com/animal-shelters-and-rescues/fostering-dogs/> and a compilation of articles about fostering cats: <https://www.petfinder.com/animal-shelters-and-rescues/fostering-cats/>.

Help Homeless Animals Find Homes by Promoting Spay/Neuter and Adoption from Shelters and Rescues

Please be part of the solution for homeless pets by making the superhero choice to spay and neuter your pets. Puppies and kittens are cute, but that cuteness comes at a high price for homeless animals. Spay/neuter is safe and gives pets a better quality of life. For females, spaying during puppyhood is beneficial health wise. For males, it may be better to wait at least a year until they go through puberty. If they might run off looking for a female (and get hit by a car) or breed before that time, do not wait. If you do not want to remove the testes, opt for a vasectomy.

Speaking of puppies...almost all pet store puppies come from puppy farms. These breeding factories often keep parent dogs in deplorable conditions. Sad to say, but many cute pet store babies grow up and are abandoned. Be a hero and boycott these stores. Be sure they know it, too. Good news- to date, over 60 cities have banned pet stores from selling puppy farm puppies. They can sell shelter and rescue puppies instead. How great is that!

This excellent video about puppy mills, spay/neuter, and the ultimate price animals pay when people decide to shop instead of adopting is well worth watching. Humans created this problem and it takes humans to solve it. If we practice comprehensive spay/neuter, foster shelter/community relations, and adopt instead of shop, shelter populations can be minimized and kept that way in less than a year. [Click here to watch on youtube](#). (45 minutes)



Please check shelters and rescues nearby or if you must, purchase from a responsible breeder you know and trust, when you are ready to add a pet to your family.

www.petfinder.com or www.petango.com will help you search for your new companion.

And remember...pets are family for life. Choose wisely.

Reduce Your Consumption of Animal Products

Thanks to the industrial revolution and technology, the human population has soared from 1.8 billion in 1915 to almost 7 billion in 2015. This growth explosion has put tremendous pressure on native animal populations who are losing habitat and being hunted, sometimes to the point of extinction.

Pastoral farming has mostly given way to industrial farming. Farm animals, once living a pastoral life until they were slaughtered, now often live lives of misery. Many are abused, neglected and so tightly confined they can't even turn around. They are pumped full of hormones and antibiotics to make them grow faster, fatter, and survive in overcrowded, unhealthy conditions.

This full length documentary, *Earthlings*, shows hidden camera footage chronicling day-to-day practices of the world's largest industries that rely on animals for profit. I warn you, it is not easy to watch. Imagine having to live this cruelty every day of your life.

This video is included here because some people have to see to believe that humans treat animals like this on a grand scale animals and justify it. They have to see it to be spurred to action.

Most of us love animals and would never tolerate this type of treatment if we knew about it. Now we know. [Watch this 10-minute video for a glimpse into the truth.](#)



What Cody Saw Will Change Your Life

Industrial animal farming also takes place in our oceans, where certain species of fish and sea life are crammed into contained areas and fed unnatural food. Because their health is often at risk, they are given antibiotics, which make their unhealthy way into you.

Species of edible fish swimming free in the oceans are harvested to such extremes that it is estimated that in 40 years, there will no longer be enough of them to feed us.

Animals for food are not the only issue. Animals used for clothing, accessories and other goods often endure horrors. Dogs and other animals are skinned alive for their fur (yes, this is true). Cruel traps catch wildlife for their fur or because we have deemed them unworthy to live. Poachers are hunting elephants for their tusks to the point of extinction. They are not alone in this struggle for survival.

Although there is much bad news, the good news is that because people like you have become voices for the voiceless, food suppliers are pressuring industrial farmers into providing humane conditions for their animals. Remember vote with your voice and your wallet.

Hero Moves:

Food: Even though they cost more, purchase free-range eggs and meat with the humane stamp. When possible, buy from small farmers doing right by their animals. Find them at your local farmer's market. Choose eggs from pastured well cared for chickens and milk and cheese from well-treated cows, sheep and goats allowed to enjoy regular pasture time (not just to go out in a tiny mud pit behind the barn).

Wild Alaskan salmon are a sustainable species of fish that you can eat guilt-free as they are at the end of their life cycle when caught. They are an excellent source of protein and Omega 3 fats.

Take care to only buy, cook and serve as much meat as will be eaten. Make it a goal to never throw away animal flesh. Freeze and repurpose extras. Eat the leftovers. If appropriate, serve them to your pet.

Products: Purchase clothing, accessories and other goods that are not made from animal products. Be mindful that if a fake fur feels real it probably is. Dog fur and the fur of other animals is sometimes passed off as fake. Many of these furs come from China. Don't assume that because an animal isn't killed in the plucking of its hair or feathers that animals do not suffer. Down is ripped from the chests of geese and hair is ripped from rabbits stretched out by its limbs for that nice soft angora.

Exceptions to this are wool from humanely treated sheep, yak, and alpaca. Do buy these homespun products and support the farmers and craftspeople who make them.

Please do continue to use animal made products you already have. Make them last. It seems a greater sin to throw them away or stop using them since the price animals paid to provide them was their lives.

Superhero Moves: In addition to the hero moves above, reduce your consumption of meat, poultry and seafood. Most of us living in the U.S. and Canada eat way more animal food than we need or is even good for us. Research shows that most humans do best health-wise on a plant-based diet that includes 2-14% animal products. (Most Americans diets are 30-50%).

- Make Meatless Monday or other such days a family tradition.

- Aim to limit your daily consumption of animal flesh to 3-5 or less.

Tips for meatless meals:

- Chunks of portabella mushrooms in soup and stew have a similar mouth feel as meat. So does tofu if you like it. Beans add substance and something chewy.
- Try black bean burgers in place of hamburgers. Substitute vegetable protein based sausages for the real thing for breakfast or on pizza.
- Find a good vegetarian cookbook or search meat free main dish recipes on-line. Build these meals into your weekly menu. [Here is an on-line collection of recipes to get you started.](#)

Whether you become a vegan or vegetarian or not is up to you. You can be healthy without eating animals, especially if you include eggs in your diet and supplement with vitamin B12. Still, that choice is not for everyone. We will not enter that debate here. Regardless, by reducing your consumption of animal flesh to a minimum you will be healthier and save lives.

Be a Hero for Animals Checklist

Here's a quick reminder checklist of how you can help animals in need.

- Click to give on [the animal rescue site](#) every day. Sign up for the email reminder.
- Take quizzes and scratch the kitty on [freekibble.com](#) to donate food and kitty litter.
- Sign petitions.
- Get political. Contact your legislators about animal welfare issues.
- Use non-toxic personal and household products to protect your health and the health of your pets and local wildlife.
- Engage with animal welfare social media sites. Like, share and comment on posts.
- Actively network and cross-post with rescue groups.
- Write about animal welfare topics on your blog.
- Donate cash, gift cards and material goods to animal welfare organizations.
- Make DIY toys and beds for shelter and rescue animals.
- Find creative ways to volunteer your time and expertise from home.
- Spay and neuter your pets.
- Boycott pet stores that sell puppies from puppy farms and make sure they know it.
- Get your next animal companion from a shelter, rescue or responsible breeder you trust.
- Foster homeless cats, dogs and other animals.
- Only purchase non-animal sourced goods such as clothing and accessories.
- Vote with your wallet by purchasing only humanely raised food from animals.
- Reduce your consumption of meat, fish, seafood and poultry.
- When you can, volunteer or attend fundraisers, rallies and other events. Walk dogs, cuddle the cats and help out at your local shelter/rescue.
- If you observe animal abuse or neglect, contact your appropriate local authorities.
- Any other way your help is needed to assist shelters/rescues and animal welfare groups and animals in need.

Want to stay inspired? Read articles about past and present changemakers who have made it their mission to make the world a better place for all of us.

[Animal Advocacy](#)

[Spiritual Activists](#)

In Closing...

I hope the ideas in this guide have inspired you to make a difference for animals right from your home and in your community. It feels great knowing you are a force for good. For the animals, your gifts of time and resources changes their world for the better.

*"Saving the life of one animal may not change the world,
but the world will surely change for that one animal."*

~Author Unknown

Thank you for being a hero for your nonhumans (and people) in need. ☺

Dear Readers:

Did you find this pdf and video series enlightening and helpful? Do you have more insights or ideas to share? Are you an animal advocate with a story that will inspire others?

If you answered “yes” to any of these questions I would love to hear from you. Your feedback is important to me. Use the contact form on this page to get in touch: tapinfinity.com/connect.

Thank you for being a member of my email community. If you know someone who would appreciate this information and connection, please invite them to sign up at <https://tapinfinity.com> or <https://www.holistic-mindbody-healing.com>.

Again, thank you for being a change maker for animals (and people) in need.

Val Silver

About Val Silver



Val is an author, holistic wellness educator, reading teacher, and animal welfare advocate. She wrote her award-winning book, *Rescue Me: Tales of Rescuing the Dogs Who Became Our Teachers, Healers, and Always Faithful Friends*, as a fundraiser for homeless dogs and to celebrate the human-canine bond. She believes that it takes education, positive action, and compassion to create better lives for all creatures-animal and human. Val lives in northern New York with her husband Scott and Bichon/Shi Tzu mix, Teddy.

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