



The American Anti-Vivisection Society  
801 Old York Road, Suite 204  
Jenkintown, PA 19046-1611 U.S.A.

# ACTIVATE FOR ANIMALS

APR / MAY 2020

**SPREADING  
KINDNESS**  
FROM HOME



# SPREADING KINDNESS

## From Home

We at AAVS are working differently these days, but are still working as hard as ever on behalf of the animals who need us. We share your desire to stay focused and connected, and would like to offer some tips for making this difficult time more meaningful.

### Stay Social

You can be part of group efforts without going to group meetings. Social media keeps you connected not only with friends and family, but also with organizations whose important work continues despite (or even because of) shutdowns. Joining a Facebook group that shares your interests or is organizing charitable efforts in your community helps you do what you can close to home. Stay connected to AAVS and our featured programs, Animalearn and Leaping Bunny, through Facebook, Twitter, and Instagram, and sign up to receive AAVS's monthly *e-News Highlights* for important news about animals in labs, as well as timely action alerts, at [aavs.org/email](http://aavs.org/email).



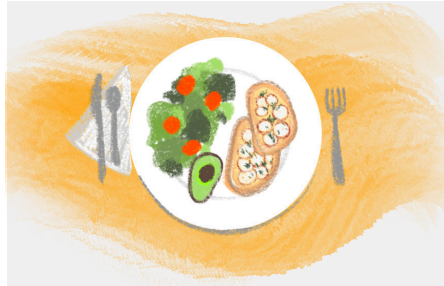
### Shop Cruelty-Free

Birthdays, graduations, baby showers, and other special occasions will be celebrated differently for awhile, but there's no reason the party has to poop. Many online retailers and small businesses are still offering mail order or sometimes local delivery, so keep those gift baskets coming! Send a friend an assortment of cruelty-free products certified by Leaping Bunny to show you care about both the recipient and the animals. Check out Leaping Bunny's most up-to-date list of cruelty-free companies at [LeapingBunny.org](http://LeapingBunny.org).

### Teach Kindness

School lessons have moved from the classroom to the dining room table, but humane teaching tools remain plentiful. Digital resources such as Froguts, MERGE, and Victoryxr are offering free biology materials

to teachers and students right now. Find out what's available by following Animalearn at [facebook.com/Animalearn](https://facebook.com/Animalearn).



### Eat Consciously

Feeling cooped up? That's how chickens, pigs, and other animals feel on factory farms year-round. Common agricultural practices that raise the greatest number of animals in the least amount of space are responsible for a great deal of suffering, as well as the spread of illnesses such as salmonella and E. coli. Now is the perfect time to switch to a plant-based diet!

### Support Shelters

Although there has been an increase in the number of animals being fostered lately, many shelters are still full because they can't hold public adoption events yet. Find out what your local shelter or rescue group needs in terms of food, supplies, or support for spay/neuter programs, and lend a helping paw.



### Plant a Garden

Now is the perfect time to start a summer garden of vegetables, flowers, and herbs. Seeds and seedlings are available by mail order and at supply stores that remain open. Planting now, whether in a bed or in containers, will give you a wonderful harvest by mid-summer.

### Reduce and Recycle

While cleaning out your closets or garage, you may find all sorts of items that you no longer need but can still be useful to others. Clean and box up things by type and season, and be ready to donate them to charities when collection sites reopen. You can also post them for giveaway on local sites such as NextDoor. TerraCycle.com offers guidance on how to recycle almost anything. Then consider whether you can actually live better with less.



### Read All About It

If you've already binged your way through a dozen Netflix series, consider ditching the remote and spending quiet time with a book or magazine instead. Whether you like regular books, e-books, or audiobooks, reading can be a soothing and educational way to get a break from the 24/7 news cycle. Also, in case you missed them the first time, the last 10 years of our *AV Magazine* is available online at [aavs.org/AVmagazine](http://aavs.org/AVmagazine).

### Vote Your Voice

State and federal legislation that affects issues you care about is still in progress, and primaries for the 2020 elections are going on now. Learn about who's running for office in your area so you can support the candidates who'll be making important decisions for years to come. Make sure your voter registration is up to date, and encourage others to get registered too.

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Most of all, stay safe, stay healthy, and stay active! Thank you for all you do.