

Paryushana Parva

Love babies?

Cows do too...

...just like humans, cows and buffaloes develop strong bonds with their babies...

...sadly each year millions of male dairy calves are slaughtered at birth in order to help keep our milk cheap...

Why not try giving up dairy this Paryushan?

Paryushan offers the perfect time to reflect on the actions we undertake in our daily lives and to make changes to our dietary habits. So, in addition to the other activities undertaken this Paryushan, **why not also consider giving up dairy?**

During the Jain festival of Paryushan, members of the Jain faith traditionally fast and participate in pratikraman.

For lay Jains, fasting typically entails avoiding activities considered to cause more harm to living beings than others, such as eating root vegetables or eating after sunset.

It is an unfortunate reality that our consumption of dairy products causes millions of innocent dairy cows to be **abused** and **slaughtered**. In light of this, it seems reasonable that Jains should acknowledge and consider the suffering inflicted on cows in the milk production process.

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Suffering inflicted on cows in dairy production

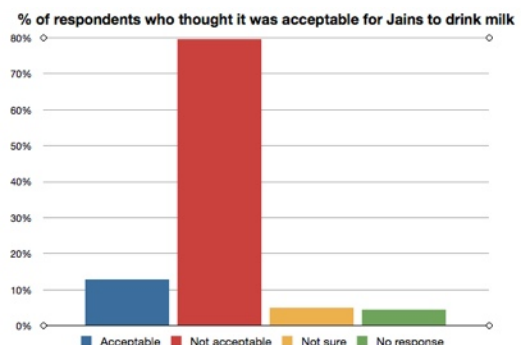
1. In order to produce milk, a **cow is forcefully made pregnant through artificial insemination**.
2. **Her newborn calf is typically taken away from her within 24-48 hours.** This is traumatic for cows, who, like human mothers, are very motherly and develop strong bonds with their babies.
3. **Male calves are killed shortly after birth** or sold on for meat/leather production. They have no other value to a dairy farmer.
4. Female calves are kept on to replace their mothers as milk-producing cows.
5. **The mother cow will be killed when 5-7 years old**, even though she could live for 20 to 30 years if given the chance. This is because after bearing a calf and giving milk each year, her milk yield drops such that it is no longer profitable for a dairy farmer to keep her alive.

Survey results suggest fewer than

13%

of those aware of the killing of cows in dairy production believe it is acceptable for Jains to drink milk.

A UK based survey of over 250 Jains found that once made aware of how cows are abused and killed in dairy production, more than 80% felt that it was unacceptable for Jains to drink milk and fewer than 13% felt it was acceptable for Jains to consume milk products.

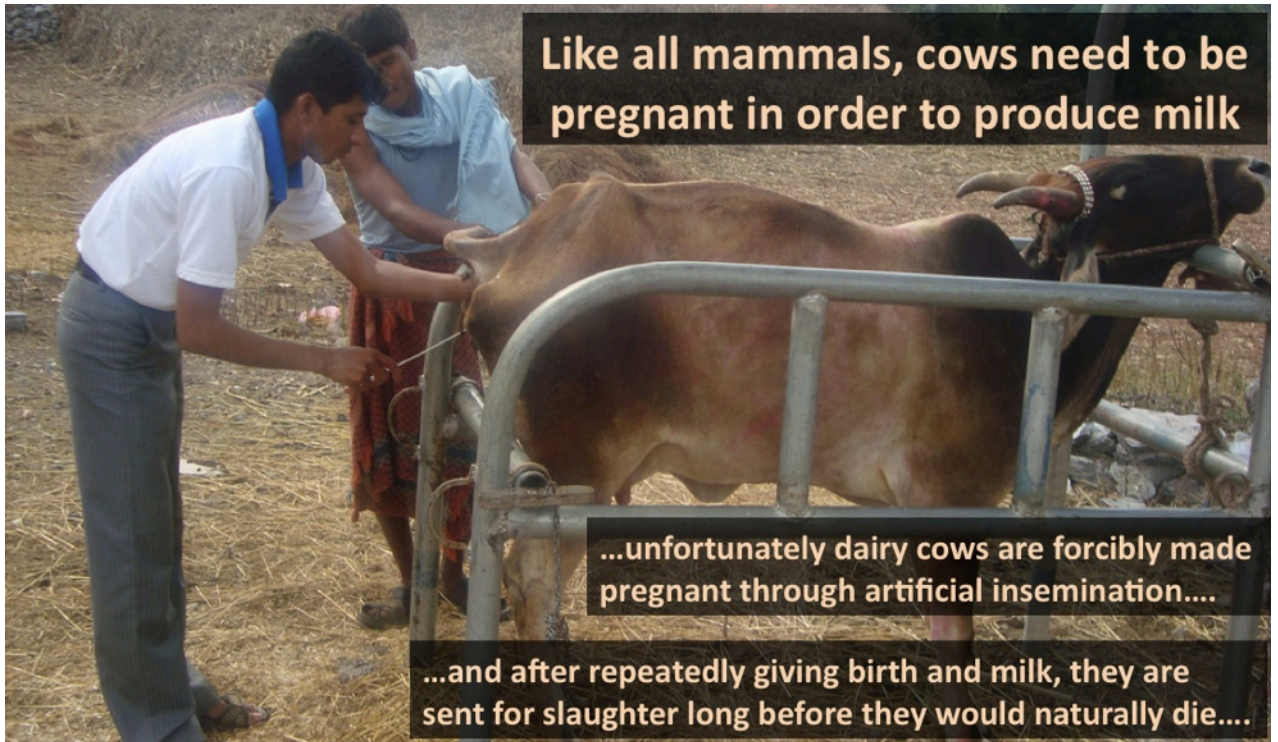


Prepared by the Jain Vegans Working Group (jvwg@jainvegans.org). For further information, please visit www.jainvegans.org.

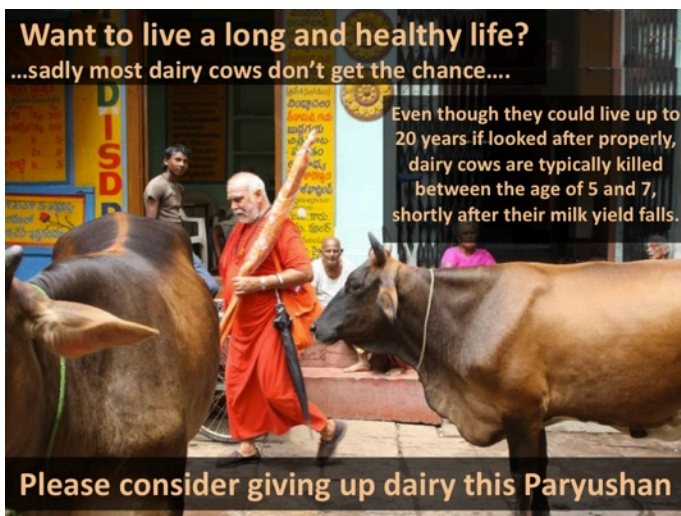
Our intention is not to hurt your feelings, but to open your eyes to the violence entrenched in the present day milk production. If any content in this document has caused offense or harm, we sincerely seek forgiveness. Michhami Dukkadam.

Why not try giving up dairy this Paryushan?

Ahimsa Paramo Dharma



“One should not injure, subjugate, enslave, torture or kill any living beings including animals, living organism, and sentient beings.” **Mahāvira (Achāranga Sutra)**



Dairy alternatives (1)

Milk - can easily be substituted with a plant based alternative to milk. These include soya, rice, coconut, almond and hazelnut.

Butter/ghee - use a non-dairy margarine (watch out for buttermilk) or vegetable ghee instead.

Cheese/paneer - a wide range of non-dairy cheeses (soft, hard and melting varieties) are available in health food stores. Tofu is widely available and is a good substitute for paneer. Alternatively make your own cheese using cashew nuts or your own tofu by curdling soya milk with lemon juice.

Dairy alternatives (2)

Yoghurt - Soya and coconut yoghurts are now available in shops.

Ice cream - Soya, cashew and coconut based ice creams are available from health food stores. Alternatively, try making your own iced desserts by blending frozen chopped bananas.

Chocolate - A large number of dark chocolates are free from dairy products, and several specialist companies produce vegan alternatives to milk chocolate.

