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Let our *Vegetarian Food for Thought* subscribers know about your fabulous vegetarian-, animal-, and Earth-friendly products or services.

ABOUT OUR NEWSLETTER, *VEGETARIAN FOOD FOR THOUGHT*

Rich in colorful photos of food, animals, and joyful vegans, our bi-weekly newsletter inspires, educates, and informs. Regular "columns" appear in each issue, including **Recommended Kitchen Items** and **Food Lore**, as well as cooking class info, recipe packets, and an essay, called **This I Know**, which closes every issue.

WHAT SUBSCRIBERS ARE SAYING ABOUT OUR NEWSLETTER

"I so enjoy, appreciate, and am inspired by your Food for Thought messages. They are wise, enlightened, intelligent, impassioned, and upbeat. I also love all the resources you provide – if you recommend it, I buy it!"

"I love reading your thoughts in the "This I Know" column in your Food for Thought newsletter. Your way of seeing things and describing them makes me feel awesome about being vegetarian."

"Thanks so much for the website and book recommendations. I will definitely check them out. It's great to get a recommendation from someone I respect (you!), since there's just too much to sift through out there."

Many more kind words can be found at [Compassionate Cooks' website](http://www.compassionatecooks.com).

WHO YOU'RE REACHING & HOW OFTEN

- Our newsletter list currently has 2,000 subscribers and continues to grow.
- Our newsletter is delivered every two weeks.

OPPORTUNITIES FOR SPONSORSHIP

- Each newsletter may have as few as one sponsor or as many as four sponsors.
- Sponsors are listed in the order the ads are received and paid for.
- For text links, the sponsor pays \$25 per newsletter and receives a text ad up to 25 words and a link to the sponsor's website.
- For graphic ads, the sponsor pays \$45 for a 125x125 ad that links directly to the sponsor's website.
- All sponsors appear on our Sponsors page along with a link to their website.

DISCOUNTS 20% discounts are offered for advanced purchase of 3 or more ads at a time.

PAYMENTS We accept PayPal payments to info@compassionatecooks.com or checks made out to "Compassionate Cooks" and mailed to: Compassionate Cooks P.O. Box 18512 Oakland, CA 94619.

CONTACT INFO [Contact us](mailto:info@compassionatecooks.com) at info@compassionatecooks.com if your business is interested in sponsoring a newsletter.

SAMPLE NEWSLETTER [Past newsletters](#) may be viewed at anytime, but please see below for a snapshot of what your ad would look like in the context of a typical newsletter.

I really encourage people to feel confident enough to debunk the myths about eating a plant-based diet. Even if we couldn't demonstrate that early humans were meat-eaters (I really do think the point is moot), we have all the reasons and resources in the world to eat low on the food chain and do so healthfully and confidently. But because there are so many - both high- and low-profile people - using our early ancestry as a "reason" to eat animals, I think it's important to respond with the type of research outlined in this article.

WORDS OF WISDOM
"I am sometimes asked, "Why do you spend so much of your time and money talking about kindness to animals when there is so much cruelty to men?" I answer, I am working at the roots." -George T. Angell, founder of the Massachusetts Society for the Prevention of Cruelty to Animals

Compassionate Cooks is dedicated to empowering people to make informed food choices and to debunking myths about vegetarianism through cooking classes, nutrition courses, podcasts, essays & articles, farmed animal sanctuary tours, lectures and workshops, and cooking DVDs.

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THE NEWSLETTER ARCHIVES ARE HERE <http://www.ymlp.com/pubarchive.php?compassionatecooks>