Do you know where your meat comes from? Fast-food restaurants serve millions of hamburgers and chicken nuggets everyday, but when was the last time you actually saw a cow or a chicken? Where does all this meat come from?

Most meat comes from animals raised on factory farms. Factory farms don’t look like farms at all. The animals get very little sunshine, fresh air or exercise because they are kept inside cages or buildings. Sometimes they are so crowded together, they can hardly turn around. Factory farms feed their animals corn and soy to fatten them up, but these foods are not very good for them. The animals get sick often and because disease spreads so quickly on factory farms, they must be given antibiotics.

Do you know where the fish you eat comes from? At least half of all fish eaten comes from aquafarms, which are like factory farms, just underwater. The fish are crowded into tanks and fed corn and soy like land animals. Do corn and soy sound like natural foods for fish to eat? Have you ever seen corn and soy growing in the ocean? Of course not! In the wild, fish eat plankton, algae and other fish. Farmed fish aren’t as healthy for us to eat as wild fish. They have lower amounts of vitamins, minerals and omega-3 fatty acids in them. In fact, farmed salmon aren’t even the same color as wild salmon. The farms use a chemical to make the fish pink like wild salmon.