

Where to find them:

Eat Well Guide - <http://www.eatwellguide.org>

Search by zip code for sustainable animal products in your area, including meat, poultry, dairy, and eggs.

American Pastured Poultry Producers - <http://www.appa.org/content/10555>

The American Pastured Poultry Producer's Association lists farms by state that sell pasture-raised poultry.

Eatwild - <http://www.eatwild.com/products/index.html>

Click on your state for a list of farms selling pasture-raised meat, eggs, and dairy products. You can also click on "Farms that Ship" for farms that will ship products to you.

Sustainable Table - <http://www.sustainabletable.org/shop/dairymap>

Click on your state to download a PDF document of local dairy products that are free of artificial bovine growth hormone (also called recombinant bovine growth hormone, or rBGH).

Local Harvest - <http://www.localharvest.org/>

Excellent resource for finding sustainable products, farmer's markets, CSAs, co-ops, health food stores, online stores, and restaurants featuring organic and local ingredients.

Heritage Foods USA - <http://www.heritagefoodsusa.com>

This site is committed to genetic diversity, small family farms, a fully traceable food supply, sustainable land use, and small-scale food production.

Monterey Bay Aquarium - <http://www.montereybayaquarium.org/cr/seafoodwatch.aspx>

The Monterey Bay Aquarium creates regional Seafood Watch guides, which give the latest information on sustainable seafood choices in different regions of the country.

Resources for learning more:

Food and Water Watch - <http://www.foodandwaterwatch.org/food/factoryfarms>

Information on the environmental, economic, health, and social aspects of factory farming.

American Grass Fed - <http://www.americangrassfed.org>

AGF's goal is to promote the grass-fed industry through government relations, research, and public education.

The Meatrix - <http://www.themeatrix.com>

This site includes the Meatrix video and ways to get involved in solving the factory farming problem.

Animal Freedom - <http://www.animalfreedom.org/english/information/doityourself.html>

Learn what you can do yourself to stop animal abuse and factory farming.

Regional Farm and Food Project - <http://www.farmandfood.org>

This site provides a list of links related to sustainable farming, raising animals, local food, and more.