



29 October 2021

Dear Nigella,

I'm writing from People for the Ethical Treatment of Animals (PETA) after reading a [recent interview](#) in which you said you "don't see the point" in going vegan. Can this really be so?

The point, quite simply, is to reduce the amount of harm we cause to the planet and the animals we share it with. Please allow me to elaborate. Today, most meat and eggs come from animals who are factory farmed. This means chickens raised for their flesh are packed into massive, filthy sheds and bred to grow unnaturally large upper bodies so that there is more breast meat. Many become crippled and collapse under their own weight. Hens used for eggs are packed so tightly into sheds that they can't stretch a single wing. They can't nest, perch, or do anything else that's natural to them. Ducks are raised on cement in intensive sheds without the one thing they really need: water to swim in. Pigs are confined to concrete cells, too, and forced to live in their own waste. And the list goes on.

Please resist the urge to tell yourself that the disgraceful conditions I've described are the exception, because they're not. They're the rule. Virtually none of the intelligent, sensitive animals raised for their flesh, in the UK or overseas, will ever get to inhale fresh air, feel the sunshine on their backs, root in the soil, peck in the grass, walk on ground, or do anything that makes their lives worth living.

If we are true to our own values of decency and kindness to others, can we justify inflicting such violence on these emotional, sensitive individuals for a fleeting moment of taste? I do not wish to believe that you, surely a decent person, can justify voluntary obliviousness to supporting such appalling suffering.

When reading your interview, Michelin-star chef Alexis Gauthier said, "She speaks like it's 1986." That's not a good image. Given the copious scientific studies detailing the detrimental impact animal agriculture has on the planet, it is irresponsible nowadays blithely to consume animal-derived foods, whose production contributes to climate change, deforestation, water pollution, and species extinction – especially when sustainable, nutritious plant-based foods abound – let alone defend doing so as if it's inconsequential.

Nigella, no one *needs* to eat meat. And this tommyrot about feeling weak and iron-deficient is laughable. You must know of world-renowned athletes, including Lewis Hamilton, Novak Djokovic, and Héctor Bellerín, who all credit eating vegan with keeping them fighting fit.

We hope you'll consider joining us at a farmed animal sanctuary, where you could meet animals rescued from the meat and dairy industries. If

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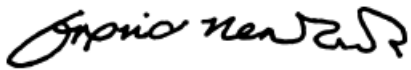
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you do, you'll certainly be hard-pressed not to see that animals are not a meal – they're individuals who want and deserve to live. That's the point.

I do hope to hear from you or to hear that you have reconsidered your stance.

Very truly yours,

A handwritten signature in black ink, appearing to read "Ingrid Newkirk". The signature is fluid and cursive, with a large initial "I" and a stylized "N".

Ingrid Newkirk
Founder