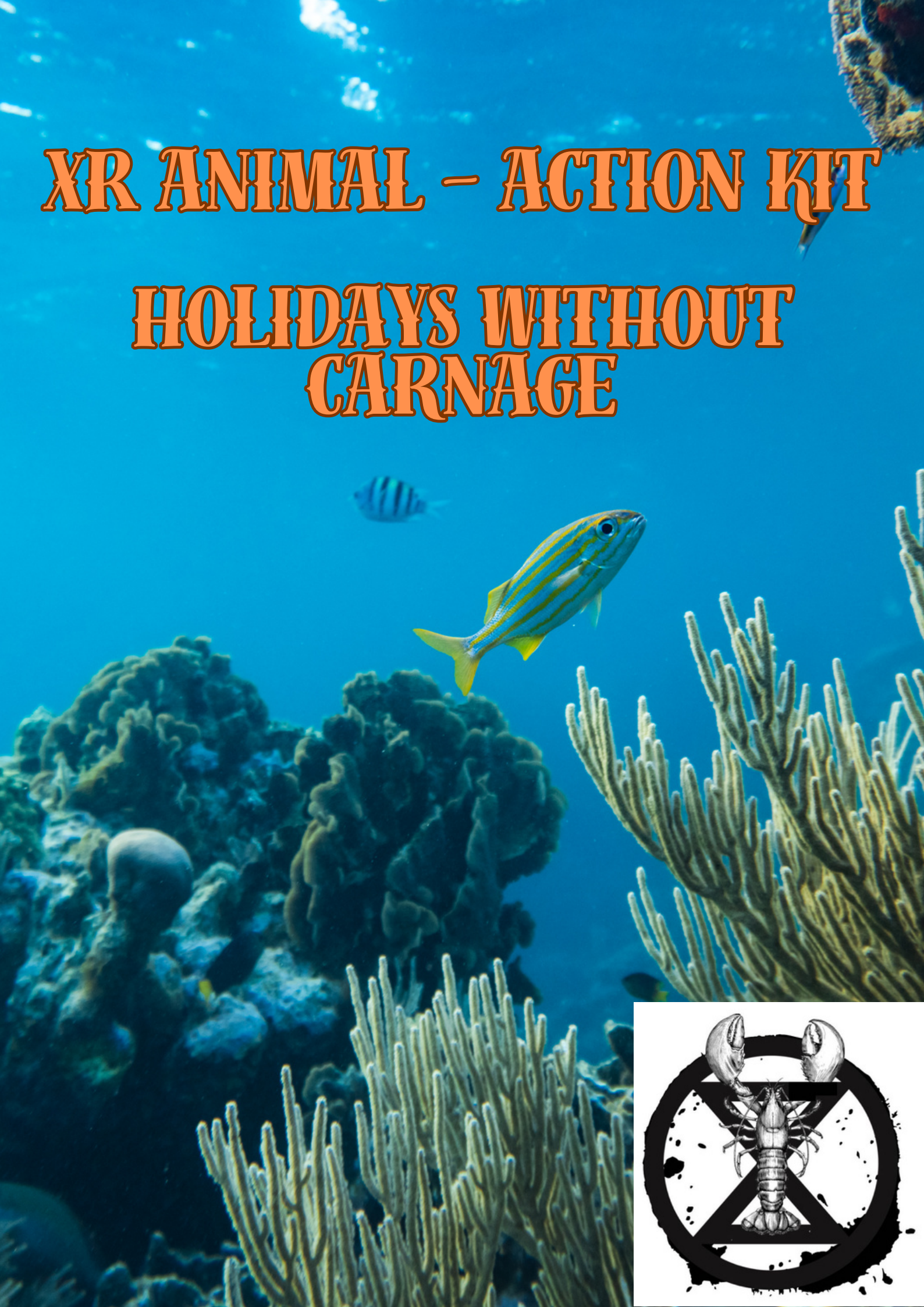


XR ANIMAL - ACTION KIT

HOLIDAYS WITHOUT CARNAGE



ACTION KIT

The document you are reading is an action kit from the XR Animal Collective

What is the action kit?

The action kit is a document that contains as much information as possible on an action, making it achievable in a very short time, by any rebel who would like to be its leader.

Not everything in this kit should be used, depending on the scale of the upcoming action.

The action kit, how is it used?

When setting up an action, we will use a working document to fill out as we go along.

LINK TO THE WORKING DOCUMENT: [here](#)

The link is read-only to avoid modifications. Make a copy and work on it ;)

To complete the working document, and move forward in carrying out the action, you can each time refer to this action kit and copy what is of interest, adapting it for you.



PRESENTATION

XR Animal has created a Happening-type disruptive action to denounce the carnage of the end-of-year holidays.

The goal of this campaign is to denounce the fishing, breeding, torture and killing of animals considered as luxury products symbolizing the wealth of ecocidal capitalism.

"I eat lobster, foie gras, deer... so I belong to the rich class"

TARGET: large supermarkets and luxury stores

AUDIENCE: store management, informed consumers, press

OBJECTIVES: speak to the store director/manager and/or stay as long as possible (1 hour or 2 hours) to disrupt and raise awareness

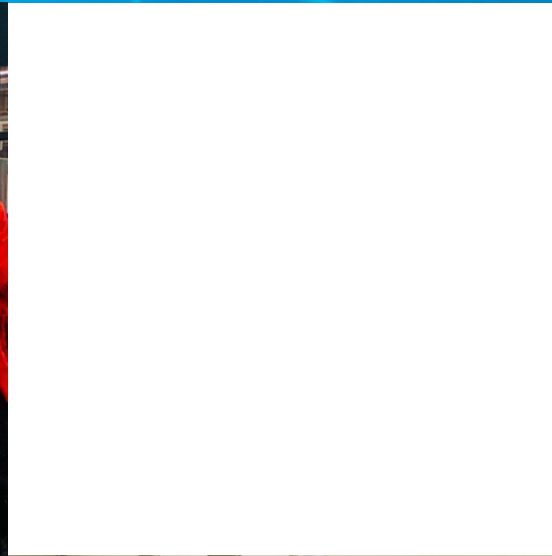
ACTION SCENES: There are 2 action scenes.

- One is in front of the fish section. Rebels sit with signs, blocking customers' access to the aisle. A little further on, they placed plant baskets with posters for a plant-based Christmas/Holiday.
- The other scene is in front of the cash registers or just at the entrance, with a giant lobster, slogans on red umbrellas.

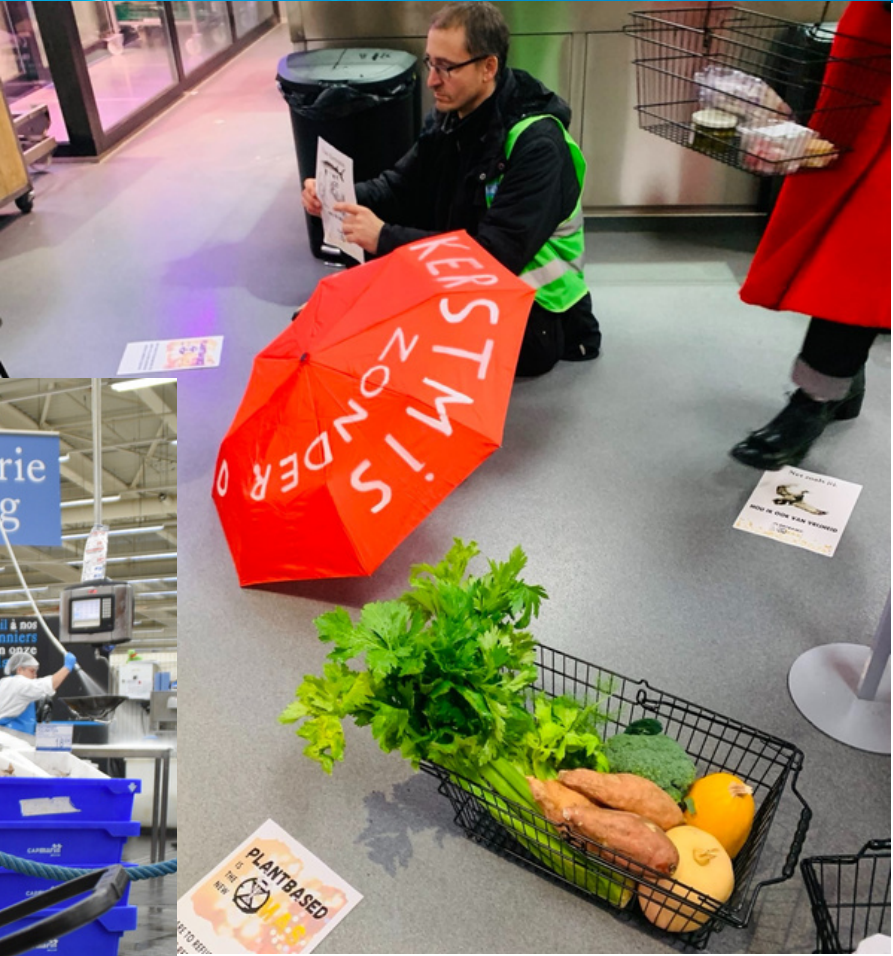
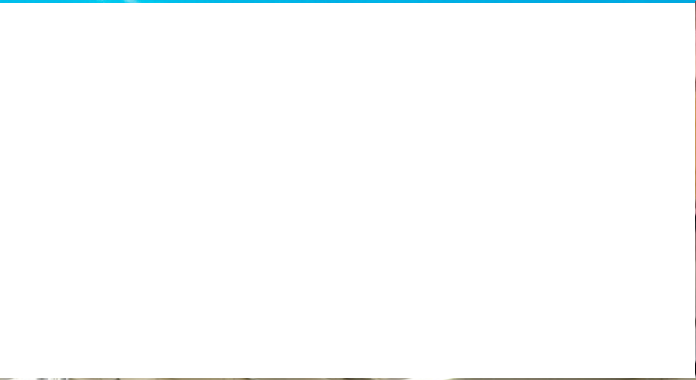
RISK OF ARREST: low (possibility of going as far as to be arrested to be discussed with the group - see below)



EXAMPLE PHOTOS



EXAMPLE PHOTOS



EXAMPLE PHOTOS



ACTION CONSENSUS

Any rebel who enters into the organization and participation of an XR Animal action agrees with the general consensus of XR and XR Animal. This consensus must be read and approved by all participating rebels.

Link to the document (read only): [here](#)



A. XR Animal specific action consensus

XR Animal works to expose and dismantle the ideology of speciesism within society.

Speciesism is the discrimination on the basis of species which allows the exploitation of non-human animals and consequently destroying their habitats and ecosystems. It is also one of the founding pillars of the exploitation of human animals.

This ideology is unconscious and strongly reinforced in our society.

Also, in our actions, we take care not to convey it:

- We do not wear clothing or accessories made from animal skin, fur or feathers
- If it is planned to eat during or after the action (e.g. long-term action, regenerative debriefing, etc.), the food will be vegan.
- We take care to use a non-speciesist discourse in our exchanges and declarations.
- We take care to remain silent on any action that requires it, including within its local and/or collective and to only communicate information publicly disseminated by XR Animal.
- We agree with offensive nonviolent direct actions aimed at dismantling speciesism.
- During actions for which the security of the rebels must be protected (e.g. hunting), we agree not to communicate about the actions, not to photograph/film them and to act with our faces covered.

For the next action, anyone who agrees with the above and following points is welcome to participate.

B. General consensus of XR

This agreement is the mandatory framework for the actions of Extinction Rebellion Belgium (XR) and XR Animal. We are working to make the public and governments around the world aware of the ecological, social and political crisis in which we find ourselves.

We rebel because we and all the living beings with whom we share this planet are threatened with extinction.

Our actions are based on our ten principles and values as well as our three demands.

Due to political, economic and social reality, we are obliged to disrupt the normal framework of social life through disruptive actions of peaceful civil disobedience. In our opinion, this is how we can bring about the necessary change.

We regret having to disrupt the lives of our fellow citizens and public order. We behave peacefully and respectfully towards others, each inserted into their daily routine.

We invite all humans who accept this participation agreement to help us bring about the necessary change together. We respect that there are other movements that differ from us and may choose different tactics and modes of communication in their actions.

For the next action, anyone who recognizes the following points is welcome to participate.

- Peace and respect for all life are central values of our rebellion. Misanthropic and discriminatory statements and actions are not welcome.
- We are strictly non-violent in our actions, in our communications with the public, with the police and with each other. We treat every human being with dignity and respect.
- We film and take photos of our actions in order to generate attention.
- We are responsible for our actions and do not hide our faces. When in contact with others, we avoid any verbal or physical altercation.
- Our concept of non-violence includes not actively resisting police action. In the event of expulsions and arrests, we behave peacefully and refrain from active physical resistance, for example by linking arms with each other.
- Our own safety and that of our fellow human beings is our highest priority. We plan actions carefully and ensure that emergency evacuation routes remain accessible.
- We constantly inform ourselves about the potential legal consequences of our actions and only act when we are aware of these consequences.
- We do not take any action under the influence of alcohol or other drugs.
- Along with protest and civil disobedience, we are creating a regenerative culture that is healthy and resilient. We support each other in creating this culture to overcome the toxic system we find ourselves in together.
- We encourage our fellow human beings to become active and contribute to the necessary change.
- We are aware that not everyone has the privilege of being able to take the legal risks of civil disobedience. When we carry out actions of civil disobedience, we do so with the awareness that there are people who cannot take the risks associated with it. We support them with the same solidarity they give us when we are arrested or suffer other forms of state repression. This mutual solidarity is of the utmost importance to all of us.

ACTION STEPS

The “Holidays without carnage” action is divided into the following steps:

- Choice of city and target
- Sending a letter to the store (or mailing campaign to a chain store)
- Choice of date for action
- On-site scouting to determine areas of action and the number of activists needed.
- Communication in the collective and filling of roles
- Creation of a Signal group dedicated to specific communication for this action
- Assessment of feasibility with the number of registered rebels
- Recovery of action material
- Briefing to share a few days before the action
- Preparation of various communications

You can of course modify this action with more or fewer steps.

Warning: if the action has been upgraded, the risks will have to be re-evaluated ;)



TARGET AND ROLES

Below is the part of the working document that is essential to complete for the preparation of the action, the announcement of the target and the choice of roles by the rebels.

CITY:

DATE:

GATHERING TIME:

STARTING TIME OF ACTION:

Details of the exact location will be given to registered participants during the action briefing (approximately 1 week before the action).

Collective decision-making before action: do we go as far as to be arrested ?

Votes :

ARREST	NO ARREST
Be careful, this vote is not a guarantee that the police will not decide to arrest the rebels	

ROLES

Possibility of doing only one scene instead of two depending on the number of participants.



ROLE

REBEL-S

Scene 1: in the store department, in front of the aquariums

5 Sitters with signs + place plantbased baskets

1 distribution of flyers

1 contact vigile - steward

Scene 2: at the checkouts or outside

3 Umbrellas

1 distribution of flyers

1 contact vigile - steward

1 lobster performer

2 banner holders - PlantBased Future

Between the two scenes

1 photographer

1 Facebook live or Instagram stories

Outside of the action

1 press officer

1 arrest support



MATERIAL

List of action materials we have for this kit
contact the person responsible of the logistics to obtain it

- Lobster costume
- A4 signs with messages such as “I suffer too”
- “Obituary” flyers; [canva link](#) (numbers haven’t been updated yet)
- 3 red umbrellas
- Banner “Plant-Based Future”



BRIEFING

A few days before the action, it is essential to send a briefing to the participating rebels. This briefing must contain the details of the action and a section on safety.

Here is a briefing example of the completion of the working document.



Appointment

Meet at xx:xx, briefing on site at xx:15, start of action at xx:45

Meeting place: xxx; with Maps link + photo + details for those who come by train.

Security/Police and negotiation

Half of the rebels do not want to be arrested (adapt with the vote).

Be careful, we always have the risk of being identified, physically searched, and having our bags and cars searched. Do not take anything that could incriminate you.

We will try to negotiate to stay x hours, from xx h xx to xx h xx.

When the action is over, at xx : xx or if the police threaten to arrest the sitters, we leave (adjust with vote).

Notes for the person responsible for security:

Regarding your role in the field, you will need to be proactive with the security officer, presenting yourself as XR and open to dialogue. You will be the negotiator on the ground with security. As a delegate, you have the power to make proposals, but not to make decisions (and you can remind your interlocutors of this), and to relay information. Most of the time, it's about saving time, explaining our objectives and values, and calming the stress of your interlocutors by being transparent and reassuring.

BRIEFING

Action details (to be adapted)

Action at Delhaize (low security)

Entrance: we take an elevator and the lobsters are right in front.

1) The sitters + security contact enter the market and prepare 3 baskets of vegetables. 3 teams of 2 people.

2) At 5:00 p.m., the sitters place themselves around the lobsters = START, security contact sends a message on Signal group to alert the rebels outside.

3) Outside, in front of the entrance: Banner, umbrellas, flyers, lobsters are displayed.



COMMUNICATION



It is best to communicate about the action, at least sending a press release and investing in social media. Here are some examples:

1) Press release

The press release should be sent in advance (but not too much) to allow contacts and meetings with journalists on site.

This year again, a dozen of activists from XR Animal, the Extinction Rebellion collective focused on ecology and animal rights, took over the fish department of a supermarket. While a giant lobster, placed at the entrance of Delhaize, Basilix Shopping Center, Berchem-Sainte-Agathe, attracts attention; activists set up around the lobster tank to disrupt access to the area and challenge customers as well as management. They surrounded themselves with shopping baskets filled with products allowing the preparation of a 100% plant-based and festive meal.

Activists denounce, this time again, the sale of live lobsters and more generally animals considered "party products" by supermarkets.

Last year, the conditions of detention and sale of lobsters by the supermarket chain Delhaize were strongly criticized by customers and the Animal Rights association. The media controversy that followed demonstrated that the general public is increasingly sensitive to the well-being of shellfish.

In April 2023, following this outcry, Mr. Gaëtan Van Goidsenhoven and Ms. Victoria Austraet questioned Mr. Bernard Clerfayt, Minister of the Government of the Brussels-Capital Regio, responsible for Animal Welfare. In response to parliamentary questions, Mr. Clerfayt indicated his desire to strengthen "the protection of invertebrates", while specifying that this "requires work to modify the existing legal framework".

We can welcome the draft of the Animal Welfare Code, presented by Mr. Bernard Clerfayt in September 2023, which demonstrates this desire. We can indeed read there the wish to soften the conditions of detention and killing of lobsters so that they are "less cruel". The reason for this proposal is the recognition of the feeling of pain in lobsters. However, among the shortcomings of this draft text, XR Animal questions the possibility of following up this decision. What about buyers who could continue, among other things, to cut lobsters in two without considering their suffering?

XR Animal points out that scientific research has shown that lobsters, crabs, crayfish, but also fish, birds (turkeys, ducks) and mammals (deer, mustelids, etc.) are sensitive to pain stimuli and lead their own subjective lives. In addition, the consumption of these animals is a source of pollution and degradation of nature, not to mention health risks.

For XR Animal, this new proposal therefore goes in the right direction but is not ambitious enough, nor quick enough to implement. As a result, the intolerable situation of lobsters at Delhaize and Carrefour is still relevant this year. For how many more years?

Activists hope that the first step presented in the Code could in the near future lead to the abolition of practices that are as cruel as they are useless.

A plant-based festive meal, as delicious as it is moral, is entirely possible!



COMMUNICATION

2) FB or Instagram live: Text to use as background on the video

- Presentation of the action: rebels from XR Animal are currently carrying out a sit-in in front of the fish department and the Cora homarium in Anderlecht. They denounce the sale of live lobsters and more generally so-called “party” animal products by supermarkets. These stores make animal suffering a norm for luxury products and encourage uninhibited consumption. At a time when thousands of Belgians are hit by the financial and energy crisis, it is time to reverse the value system and turn, with all simplicity, towards a plant-based diet without animal suffering, good for the planet and accessible to everyone. This is the request of XR Animal.
- The Lobster: We took the lobster as a symbol to represent all the animals that are raised, tortured and killed for the holidays. The lobster is a sentient being (which feels pain) and which will be plunged alive into boiling water until it dies. Imagine that for yourself or for your children, since these stores also sell “baby” lobster. Why doesn't this affect us with animals? ; Ducks: liver steatosis; Sturgeons: gutted for their eggs; But also a multitude of other animals which come for the vast majority from factory farms (turkeys) or from sea breeding. All this Suffering and torture is only the visible face of the iceberg. These animals raised to be killed and eaten have no life of their own, none of their physical, social, emotional needs are met. Yet they are sentient (explain the full term). Imagine your pet suffering the same fate, it would revolt us.
- Why is there no revolt with these animals? Because we are immersed in violent ideologies: speciesism and carnism which have destroyed the natural capacity for empathy. This is replaced by denial and cognitive dissonance. An ideology is an unconscious and therefore unquestioned belief system. Speciesism is discrimination based on the criterion of the species. Carnism is an ideology that justifies animal exploitation by the rule of the 3 N: natural, normal, necessary to eat animal corpses. To which is added another N: nice. Wall of Denial: denial is a defense mechanism to fight against death anxiety in particular. A whole series of mechanisms will reinforce it (justification, combat, manipulation, etc.); Cognitive dissonance is an internal tension we feel when our behaviors disagree with our beliefs. We will try to reduce this tension through defense strategies ((justification, combat, manipulation...). The fishing, breeding, hunting and milk industries have very well understood the importance to use misleading marketing and welfarist (animal welfare) arguments to deceive the consumer and protect these ideologies. All advertising and arguments activate the 3 N and the later N to relieve the consumer of guilt.
- Example of response received from a major brand: "The organization also confirms that the recommended temperature (2 to 4 degrees Celsius) causes the lobster to enter a state close to hibernation where it is less sensitive. In this state the lobster feeds in a very reduced way, by filtering nutrients from the water. This natural state also has, depending on the organism, the advantage of not requiring medications for the lobster or supplements intended to modify the water content. We do what is necessary to ensure that these conditions and parameters are respected in our stores." Is the fact that he feels less pain a moral argument to justify a barbaric act?
- Other equally unconscious oppressive mechanisms are at work: Eating so-called “luxury” or “party” animals also means feeling like you belong (unconsciously of course) to the dominant class. There is a whole issue of social identification based on oppression that is at work in consuming these animals. We can even see for more “exotic” animals like the lobster, a hint of colonialism where the ruling class sent exotic dishes from the colonies.
- System change: This action is not intended to make the consumer feel guilty but to show that we live in an oppressive system which is destroying the planet, which is killing 100 billion land animals and more than 1000 billion marine animals in the world. excruciating suffering, which causes repeated zoonoses, the greatest current health risk. This system disconnects us so much from our natural empathy that we find it normal. XR Animal supports the need to dismantle this system while working to create another system that would be based on compassion, mutual aid, sharing and respect for all beings and the planet. This system is already underway with Plantbasedtreaty which we invite you to join as an individual, association, city, country.

COMMUNICATION

3) FB after the action: Attach action pictures

This year again, around twenty XR Animal activists took over the fish department of a supermarket. While a giant lobster, placed at the entrance to Delhaize, Basilix Shopping Center, Berchem-Sainte-Agathe, attracts attention; activists set up around the lobster tank to disrupt access to the area and challenge customers as well as management. They surrounded themselves with shopping baskets filled with products allowing the preparation of a 100% plant-based and festive meal.

They denounce, this time again, the sale of live lobsters and more generally of animals considered "party products" by supermarkets.

Note that at the end of 2023, activists faced a fairly dynamic reaction from employees. Voluntarily soaked by two virulent people, they remained impassive despite the verbal and physical violence of the employees.

Following this action at Delhaize, the motivated group went to reiterate its denunciation in the neighboring Carrefour having the same practices of piling up live lobsters and crabs.

Already last year, the conditions of detention and sale of lobsters by the supermarket chain Delhaize were strongly criticized by customers and the Animal Rights association. The media controversy that followed demonstrated that the general public is increasingly sensitive to the well-being of shellfish.

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XR Animal points out that scientific research has shown that lobsters, crabs, crayfish, but also fish, birds (turkeys, ducks) and mammals (deer, mustelids, etc.) are sensitive to pain stimuli and lead their own subjective lives. In addition, the consumption of these animals is a source of pollution and degradation of nature, not to mention health risks.

For XR Animal, this new proposal therefore goes in the right direction but is not ambitious enough, nor quick enough to implement. As a result, the intolerable situation of lobsters at Delhaize and Carrefour is still relevant this year. For how many more years?

Activists hope that the first step presented in the Code could in the near future lead to the abolition of practices that are as cruel as they are useless.

A plant-based festive meal, as delicious as it is moral, is entirely possible!

Plantbased is the new Xmas.

Sign the plantbased treaty and spread it around: <https://plantbasedtreaty.org/fr/the-pbt/>

Support the animal rebellion by making a donation: <https://opencollective.com/xranimal/projects/zoo-rebellion>

#plantbasedisthenewchristmas #plantbasedtreaty #stopspecism #stopcarnism #xranimal #zoorebellion



COMMUNICATION

4) Instagram after the action: Attach action pictures

This year again, XR Animal denounces the sale of live lobsters and more generally of animals considered "party products" by supermarkets.

Around twenty activists divided their force between a happening in front of the Delhaize, Basilix Shopping Center in Berchem-Sainte-Agathe and a sitting inside the store.

Outside, a giant lobster and the "Plant Based Future" banner attracted customers' attention. Inside, the activists set up around the lobster tank to disrupt access to the area. Surrounded by shopping baskets filled with plant-based products, they invited customers to think about preparing a 100% plant-based and festive meal.

After a few minutes, the imperturbable activists were insulted and dunked by employees who were unable to keep calm.

But that didn't dampen the group's motivation. The activists therefore went to reiterate their denunciation in the neighboring Carrefour having the same practices of piling up live lobsters and crabs.

XR Animal points out that scientific research has shown that lobsters, crabs, crayfish, but also fish, birds (turkeys, ducks) and mammals (deer, mustelids, etc.) are sensitive to pain stimuli and lead their own subjective lives. In addition, the consumption of these animals is a source of pollution and degradation of nature, not to mention health risks.

Activists are calling for the abolition of practices that are as cruel as they are useless.

A plant-based festive meal, as delicious as it is moral, is entirely possible!



5) Mattermost: Attach action pictures

This December 29, 2023, at the end of the day, 18 activists from all over Belgium gathered within the XR Animal collective to denounce the sale of live lobsters and more generally animals considered "party products" by supermarkets. .

Two supermarkets were targeted at the Basilix Shopping Center complex in Berchem-Sainte-Agathe: Delhaize and Carrefour. Outside, a giant lobster and the "Plant Based Future" banner attracted customers' attention. Inside, the activists set up around the lobster tank to disrupt access to the area. Surrounded by shopping baskets filled with plant-based products, they invited customers to think about preparing a 100% plant-based and festive meal.

Delhaize: security reacted quickly outside and notified the police. The security contact made them believe that there was nothing happening in the supermarket. On the other hand, inside, two employees were verbally and physically violent with the activists who were sprayed.

After 30 minutes, it was decided to leave this target because security is unable to manage the employees and the police are not yet there, it is possible to go directly to target 2.

Carrefour: the employees are totally calm and disinterested, the sitters are much safer. After 10 minutes, the police arrive and no negotiation is possible. Either they get out or they are arrested. On the other hand, happening outside is okay without restrictions. The activists remained there for another 45 minutes.

A plant-based festive meal, as delicious as it is moral, is entirely possible!

COMMUNICATION

6) Letter to send to the store(s)

Prior to the physical action, a letter sending campaign can be carried out and documented. Here is an example to adapt.

Madam, Sir, As the end-of-year holidays approach, I would like to ask you about a practice that particularly shocks me: the sale of lobsters in your store.

Belgium is in the TOP 5 for consumers. Nearly 4 million live lobsters are imported each year, mainly from Canada.

However, 6 out of 10 Belgians believe that these animals also have the right to well-being. (IPSOS survey, 2022).

It is now scientifically proven that lobsters, crabs, crayfish, just like fish, birds (turkeys, ducks) and mammals (deer, wild boar, etc.) are sentient. That is to say, they feel pain and have a subjective life specific to each individual. In addition, their consumption is a source of pollution and degradation of nature, not to mention health risks.

Knowing this, will you follow the example of Sodexo, which excludes lobsters from its menus?

And to act as a market leader, don't you think it's time to reverse the value system and turn to expanding your range of plant-based foods without animal suffering, good for the planet? and accessible to everyone?

Hoping that you will take my opinion into account as a customer, please accept, Madam, Sir, my distinguished greetings.

Signature



COMMUNICATION

7) Sources used for communications

Update: end of year 2023

- Full report of interpellations and questions, Brussels Parliament, Meeting of Wednesday April 12, 2023.
- <https://www.gaia.be/fr/actualites/projet-de-code-du-bien-etre-animal-approuve-par-le-gouvernement-bruxellois>
- <https://lepetitjournal.com/londres/ebouillantage-homards-vivants-bientot-banni-316615>
- <https://www.neonmag.fr/poulpes-et-homards-sont-des-etres-sensibles-concluent-chercheurs-et-politiques-britanniques-557477.html>
- <https://www.cnr-bea.fr/2021/11/15/sentience-cephalopod-molluscs-decapod-crustaceans/>
- <https://www.dfo-mpo.gc.ca/science/organization/sec-ces/atlantique-atlantique/blog/2018-09-24/index-fra.html>
- <https://fr.wikipedia.org/wiki/Homard>
- <https://ici.radio-canada.ca/nouvelle/1122838/peta-homard-omera-shells-acadie-nouveau-brunswick>
- <https://www.petafrance.com/actualites/un-homard-geant-denonce-la-consommation-danimaux-marins/>
- <https://www.lecho.be/connect/inhttps://www.guidedesespeces.org/fr/homardnovationaward2016/la-chimie-permet-un-elevage-durable-de-homards-et-de-crevettes/9821128.html>
- <https://www.rtl.be/info/belgique/societe/savez-vous-d-ou-viennent-les-homards-et-les-huitres-qui-feront-partie-des-menus-de-reveillon-voici-la-reponse-video--981628.aspx>
- <https://www.facebook.com/restaurantfrancois/videos/496621024159937/>
- https://www.mapaq.gouv.qc.ca/fr/Publications/Monographie_HomardAmerique.pdf
- <https://www.end-of-fishing.org/fr/les-poissons/>
- <https://www.animalrights.be/schrijnende-toestanden-kreeften-bij-supermarkt-carrefour>
- <https://www.animalrights.be/schokkend-levend-verpakte-kreeften-rekken-delhaize>
- <https://www.gaia.be/nl/campagnes/kreeften>



RESEARCH

Here are some interesting research articles for action and communications (UPDATE end of year 2022)

- <https://ici.radio-canada.ca/nouvelle/1122838/peta-homard-omera-shells-acadie-nouveau-brunswick>
- <https://www.petafrance.com/actualites/un-homard-geant-denonce-la-consommation-danimaux-marins/>
- <https://www.lecho.be/connect/inhttps://www.guidedesespeces.org/fr/homardnovationaward2016/la-chimie-permet-un-elevage-durable-de-homards-et-de-crevettes/9821128.html>
- <https://www.rtl.be/info/belgique/societe/savez-vous-d-ou-viennent-les-homards-et-les-huitres-qui-feront-partie-des-menus-de-reveillon-voici-la-reponse-video--981628.aspx>
- Belgium TOP 5 lobster consumers in the world, 60% consumption in 5 days:
<https://www.facebook.com/restaurantfrancois/videos/496621024159937/>
- https://www.mapaq.gouv.qc.ca/fr/Publications/Monographie_HomardAmerique.pdf
- Sentience : <https://www.end-of-fishing.org/fr/les-poissons/>
- At the origin of their stigmatization, a “neurological architecture very different from that of humans” which suggests a limited perception of emotions, according to a report from the Conservative Animal Welfare Foundation (CAWF). “Crustaceans and cephalopods undoubtedly approach the world in a manner drastically opposed to ours. But regardless of these differences, their experience is equally constituted by pleasure and pain. We believe this constitutes sufficient evidence.”
- <https://lepetitjournal.com/londres/ebouillantage-homards-vivants-bientot-banni-316615>
- <https://www.neonmag.fr/poulpes-et-homards-sont-des-etres-sensibles-concluent-chercheurs-et-politiques-britanniques-557477.html>
- <https://www.cnr-bea.fr/2021/11/15/sentience-cephalopod-molluscs-decapod-crustaceans/>
- natural life: <https://www.dfo-mpo.gc.ca/science/organization/sec-ces/atlantique-atlantique/blog/2018-09-24/index-eng.html>
- <https://fr.wikipedia.org/wiki/Homard>
- caviar : <https://lundicarotte.fr/caviar>



SLOGANS

Here is a list of slogans (in order of preference) imagined by the XR Animal rebels in 2022 and which can be used in the narrative:

- Plantbased is the new xmas (X du logo) (7)
- Plant-based Xmas (7)
- Plant-based is really nice (5)
- True wealth is that of the heart, not that which is put on a plate (5)
- Bambi was killed to be eaten at Christmas (4)
- You too, break the codes for Christmas (2)
- Is it Christmas or Halloween? (2)
- Papa, pour Noël, je veux un animal bien cuit. Dad, for Christmas, I want an animal... well baked (1)
- Don't be a barbarian at Christmas and prepare something plant-based: At Christmas, don't be a barbarian and choose an option vegan or vegetarian (1)
- The X(logo) took Christmas (1)
- Massacre at Christmas (1)
- the true spirit of Christmas: sharing, not carnage (1)
- Foie gras is a diseased duck liver (cirrhosis) (1)
- Today/this year, this is how we celebrate Christmas. And you? (next to a vegetable basket) (1)
- Caviar is not a luxury product; these are just expensive fish eggs
- Dare to refuse lobster this year. Yes, you can
- The richness of the heart is to respect animals and to eat vegetables at festivals.
- Do you need to kill (by proxy) for your holiday meal?
- Plantbased is the new "vibe"
- Christmas differently
- Another Christmas is possible
- Let's celebrate this birth without suffering
- for Christmas, Bambi wants... his mom
- for Christmas, I offer you life, hope, sharing
- Christmas kills / killed me
- The impact of Christmas
- Christmas of the (t)rich
- Christmas filth
- The ransom of Christmas

