

Maine Animal Coalition - Dedicated to the elimination of animal abuse and exploitation through education, advocacy and example.

Maine Animal Coalition Joins Hannaford Protests

In the summer of 2025 MAC joined the international effort to encourage Hannaford supermarkets to stop selling eggs from caged hens.

In March 2016 Hannaford made a public promise to go cage free by 2025. Hannaford is now demanding seven more years to go cage free.

A delay of seven years subjects millions of hens to prolonged unnecessary suffering. Hens in cages are confined their entire lives to areas smaller than a letter-size sheet of paper. Under such conditions, caged hens can't even open their wings!

Hannaford is owned by the Dutch/Belgian company Ahold Delhaize, one of the world's largest retail groups. Despite battery cages being illegal in the European Union, Ahold Delhaize

through Hannaford continues to sell eggs from caged hens in the United States. And Hannaford is notably falling behind other local retailers like Costco at 97% cage-free and Sam's Club at 65%.



In 2025 Mercy for Animals and Animal Equality led protests in the Portland areas for seven months. Sometimes as many as seven demonstrations a day were held. A favorite spot was Hannaford's corporate headquarters in Scarborough.

A consumer group joined the fight by advertising the decline in the quality of Hannaford's supermarkets after Hannaford was purchased by Ahold Delhaize. The theme has been "What happened to Hannaford?" The fight will continue in 2026.

Our 20th Annual Veg Fest is a Hit



MAC's 20th Annual Veg Fest was very successful. More than 400 people participated in our four-hour Fest and half of the thirty

vendors and exhibitors were new to the Fest. The gym smelled heavenly from the spicy lunches being sold by new Americans. And as always, the speakers were excellent.

The speakers included Tamara Munroe (*Plant-Based Pastry Secrets: Tales and Techniques from a Vegan Bakery*), Michael Burrows (*Gardening While Vegan*) and Dr. Amanda Cordella (*Plant Strong, Bone Strong: Act Old Later – Plant forward physician explains what you need to know about preventing osteoporosis.*)



Tamara Munroe, the co-owner of the award-winning bakery Lovebirds Donuts, said that vegan baking is not more difficult than regular baking. Tamar

explained, "You have to learn about the science of what the ingredients do and the techniques to help them do what they do. In baking as in most things in life, you rarely get it right the first time." Tamar related a story of repeating a recipe 14 times in one night to get it right.

Munroe prefers to begin with non-vegan recipes because she feels they are usually more tested and always emphasize flavor.

She often begins to modify the recipes by leaving out animal products and then tries alternative ingredients.

Interestingly, Tamara does not advertise her business as vegan but instead lets the donuts do the talking. She says it is her mission to make plant-based living approachable while helping dispel stigma around it.

After her talk, Tamara passed out samples and recipes.



When Michael Burrows became a vegan five years ago, he began studying how he could extend the principles of veganism into gardening. The most obvious answer

is to not use animal fertilizers and instead use green compost. Michael said, "The source of energy [of manure] is coming from the plant in the first place – so we can cut the animal out."

Michael advised to avoid pesticides and herbicides and instead use mulches, hand weeding, companion planting techniques, and relocate insects instead of killing them. (Michael uses human urine to fertilizer his garden but recognizes it's not for everyone!)

He emphasized that home gardeners have the luxury of not needing to quickly produce overly abundant large vegetables but instead can take the time for plant matter to compost. Home gardeners can also experiment with garden design.

Michael sets aside five-foot by five-foot patches in his garden as wild zones for self-starting plants and wildlife. He said that sharing your home garden with wildlife can be a joyful experience equal to obtaining food.

During his talk, Michael recommended several gardening books. One was *Essential Guide for Radical, Self-Reliant Gardening* by Mainer Will Bonsall.



Dr. Amanda Cardella spoke briefly at the beginning of her talk about her journey from working in traditional medical practices to having her own practice (Aegle Radiant Health) in

Topsham where she specializes in Lifestyle Medicine. She enjoys having the time to help her patients achieve their health goals through a personalized approach to lifestyle change, plant-predominant nutrition, exercise, and medication management, if needed.

Dr. Cardella said the best treatment for osteoporosis is prevention. Lifestyle modifications like resistance training, adequate calcium, and vitamin D intake are essential. She recommends a DEXA Bone Density screening for osteoporosis. She follows the American College of Physicians guidelines for treatment. Once

diagnosed with osteoporosis, medications are an important part of the treatment discussion along with lifestyle modification for prevention of fractures.

She recommended weight training, which causes the muscles to pull on the bones. Dr. Cardella stated, “Walking is great for your overall health, but is not enough to treat osteoporosis.” Dr. Cardella recommended working with a personal trainer to create a progressive weight training program focused on fall prevention.

As for diet, Dr. Cardella stated it is important to get enough calcium (1200 mg every day for older adults) and Vitamin D (1,000 IU per day), preferably through food. Dr. Cardella emphasized eating a variety of beans, lentils, and greens to increase calcium. She does not personally prefer dairy as the source of calcium. Dr. Cardella warned it is important not to guess your intake of nutrients if you are at risk. The International Osteoporosis Foundation has a calcium calculator available online.

A special thank you to some of Veg Fest’s long time sponsors — The Nalith Foundation, The T. Colin Campbell Center for Nutrition Studies, and The Law Offices of Joe Bornstein.



MAC Covers the Legislature in 2025



In 2025 MAC followed the first session of the 132nd M a i n e legislature by tracking the progress of 72 animal related bills, keeping

our followers informed, and testifying in person, online or in written correspondence in support of or against all the major animal related bills.

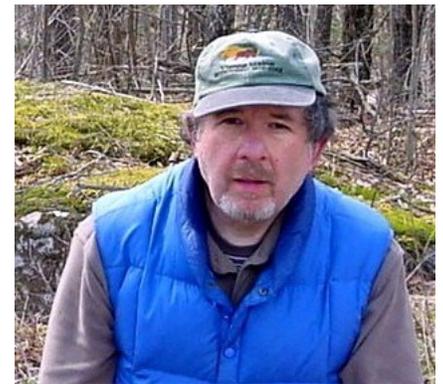
As expected, the 132nd Legislative session was not good news for animals. For example, bills failing to pass include bills that would have curtailed year-round hunting of coyotes, outlawed coyote killing contests, reduced the use of lead ammunition, and tapped down pet fees in rental housing

There was some good news. For example, **LD 1771 An Act to Strengthen Oversight of Kennels by Changing the Licensing Authority** passed. Also positive was the passage of **LD 528 An Act to Address the**

Rise in Rabies in Animals by Appointing Certified Rabies Vaccine Administrators. Both bills were championed by the State of Maine's Animal Welfare Advisory Council.

More than 200 bills are being carried over to the next legislative session along with 150 bills that were passed but not yet funded. One of the carryover bills is **LD 820 RESOLUTION, Proposing an Amendment to the Constitution of Maine to Establish the Right to Hunt and Fish.**

A special note must be made of the efforts of Robert Weingarten, long-time Maine Animal Coalition member. A life-



long animal advocate, this year his presence was particularly appreciated at committee hearings in Augusta where support for animals was clearly in the minority.

MAC Completes Its First Full Year in the Animal Policy Alliance

In 2025 MAC completed its first full year as a member of The Humane League's Animal Policy Alliance.

It was a busy year. We learned a lot at monthly internet meetings, received a \$1,000 grant to improve our social media, attended an information rich summit in



ANIMAL POLICY ALLIANCE

New Orleans and made new animal activist friends.

Accomplishments included publicizing the availability of bean burgers to Maine schools and joining with others to support bills

and sometimes to defeat bills, such as the EATS Act.

Additional Work of MAC in 2025



MAC participated in UNE's Martin Luther King Day Program.



MAC donated \$500 to promote Animal Welfare License Plates.



MAC updated its flyer that promotes the Companion Animal Sterilization Fund and shared it with other organizations.



MAC revived the Maine Vegan Meetup Group.



MAC donated \$500 to the Saco River Wildlife Center in appreciation of their good work.



MAC's President spoke to the Animal Law Section of the Pennsylvania Bar Association on the drafting and passage of Maine's pet custody law.



MAC sent its followers 34 informative emails.



Maine Animal Coalition Board

President: *Beth Gallie*

Treasurer: *Rebecca Zinkowski*

Secretary: *Joshua Kidwell*

Maine Animal Coalition Financial Report 2025

Income

Individual contributions	\$ 10,542.19
Veg Fest	\$ 1,135.80
Grants	\$ 2,500.00
Flag Sales	\$ 168.76
Interest	\$.24
TOTAL	\$ 14,346.99

Expenses

Program	\$ 11,329.41
Operating	\$ 1,100.00
TOTAL	\$ 12,429.41

Total Cash Assets

January 1, 2025	\$ 15,482.36
December 31, 2025	\$ 17,399.94
Liabilities	\$ 0.00
Total Net Assets	\$ 17,399.94

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