



Feed What Matters

**A Kindred Acres Guide to Ethical
Meat, Novel Proteins, and
Sustainable Pet Nutrition**

Introduction

Welcome to “Feed What Matters”

At Kindred Acres, we believe food is more than fuel—it’s a relationship between animals, humans, and the land we share. Whether you’re feeding your family or your four-legged companions, your choices have the power to shape a better world.

This ebook is an invitation to think differently about the food we give our pets. It’s a gentle but firm nudge toward a more conscious way of living—one rooted in respect, responsibility, and resilience.

Here, we explore what it means to raise animals ethically, why that matters for the planet, and how rarely used proteins like rabbit and duck can radically improve the health of your pets. These animals are often overlooked in modern pet food, yet they offer rich nutritional value with a smaller environmental footprint.

Through the lens of our small, working farm in Maine, you'll get a behind-the-scenes look at how sustainable farming practices support animal welfare, environmental health, and real, tangible benefits for pets and the people who love them.

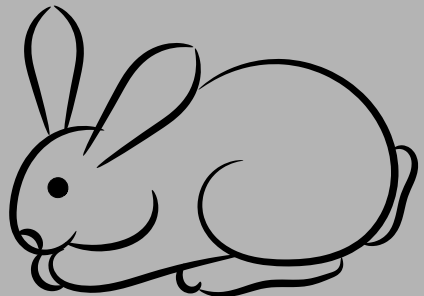
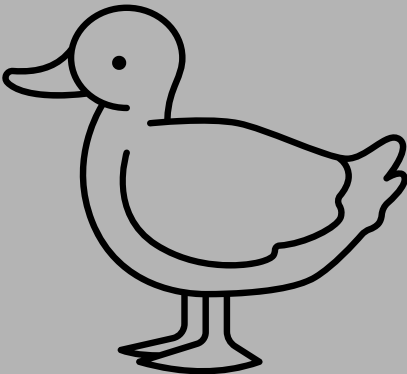
Whether you're new to the idea of ethical sourcing or have been seeking better options for years, this guide was created with you in mind. It's full of useful insights, nourishing truths, and practical tips you can apply right away.

By the end of this book, we hope you'll feel:

- More confident in choosing pet food that aligns with your values
- More connected to the natural rhythms of farming and stewardship
- More empowered to support a food system that prioritizes health—for all species

Let's begin this journey together—toward better food, deeper care, and a more sustainable future.

With warmth,
The Kindred Acres Family



Chapter 1

What Is Ethical, Sustainable Farming?

If you've ever wondered what life looks like for the animals behind your food—or your pet's food—this is the place to start. At Kindred Acres, ethical farming means treating animals, land, and people with care. It means slowing down, doing the work by hand when needed, and letting nature lead the way.

Industrial Farming vs. Ethical Farming

Conventional, industrial farming prioritizes one thing: maximum output. Animals are often raised in confined, stressful environments, fed unnatural diets, and treated as units of production. The results? Poor animal welfare, environmental damage, and food that may look the same on the surface but is vastly different in quality and impact.

Ethical farming, on the other hand, focuses on:

- Animal welfare – Animals are raised in low-stress, natural environments with space to roam and express their instincts.
- Sustainable practices – We rotate pastures, compost waste, and choose breeds suited to small-scale farming, not factory conditions.
- Connection to the land – Every decision is made with long-term soil health, biodiversity, and balance in mind.

What This Looks Like at Kindred Acres

On our farm, we raise rabbits and ducks in a way that honors their natural behaviors. Our rabbits live in colonies or spacious hutches with enrichment and sunlight—not wire cages stacked in a shed. Our ducks waddle through grass, bathe in clean water, and forage freely. Every animal has a role in the ecosystem we're building here.

We feed species-appropriate diets, avoid unnecessary antibiotics, and ensure that when animals are harvested, it's done with respect, intention, and gratitude. Nothing is rushed. Nothing is wasted.

Sustainability isn't just a buzzword here—it's baked into how we live. From composting bedding and manure, to planting forage that replenishes the soil, to reusing materials whenever we can, our farm is a living example of circular, conscious living.

Why It Matters

- When you choose food—whether for yourself or your pet—you're also choosing the farming system behind it.
Ethically raised meat:Has higher nutritional value
- Is more digestible and less inflammatory
- Supports farms that put animal welfare before profit
- Has a lower environmental impact
- Tastes better—because it was raised better

Choosing ethically raised food is one small, powerful way to be part of the solution. It's not about perfection—it's about progress.



Chapter 2

Why It Matters for the Planet

Every bite of food we eat—or feed to our pets—carries a story. It's not just about nutrition; it's about the ripple effect that food has on the earth, the climate, and the future of farming.

When you support ethical, small-scale farms like Kindred Acres, you're not just making a healthier choice for your animals—you're actively investing in the healing of the planet.



The Environmental Cost of Industrial Meat
Most pet foods are made from byproducts of industrial meat production—massive feedlots, cramped barns, and monoculture crops grown with heavy chemicals to feed animals raised as quickly and cheaply as possible. The result is:

- High greenhouse gas emissions (especially from beef and lamb)
- Soil degradation from overgrazing and chemical-heavy agriculture
- Water pollution from runoff and manure mismanagement
- Deforestation for feed crop expansion and pastureland

Even though these meats are widely available and cheap, their hidden costs are staggering—both environmentally and ethically.

How Ethical Farms Make a Difference

Small-scale, sustainable farms operate differently. At Kindred Acres, we use:

- Rotational grazing and natural foraging, which enrich the soil rather than depleting it
- Minimal waste systems, composting manure and organic matter back into the land
- Diverse ecosystems, where animals, plants, and insects thrive together
- No synthetic fertilizers or pesticides, reducing runoff and water contamination

By choosing meats from farms like ours, you help reduce:

- Methane emissions
- Land and water misuse
- Fossil fuel reliance in long-distance transport and chemical inputs

It's a quieter, slower way of farming—but it works in harmony with nature rather than against it.

The Case for Rabbit and Duck

Rabbit and duck offer a unique sustainability edge:

- Rabbits are one of the most efficient meat sources on the planet—they require less space, water, and feed than almost any other livestock. They produce very little waste and can thrive on a simple diet.
- Ducks are hardy, forage-loving animals that naturally fertilize as they go. They need far less intervention than commercial poultry, and their impact on land is much gentler.

By incorporating these lesser-used animals into the food system, we reduce dependence on heavily industrialized meats—and open the door to a more diversified, regenerative model of farming.

Your Pet's Food Is a Climate Decision

It's easy to think that your dog's dinner bowl is just about keeping them full and happy. But every meal is also a climate decision. If just a fraction of pet owners switched to ethically sourced proteins like rabbit or duck, the ripple effect on emissions, land use, and biodiversity would be significant.

You don't have to be perfect. Just intentional.

Supporting ethical farms is one of the most tangible, immediate ways to be part of a more sustainable future—and you can start with something as simple as what you put in your pet's bowl.



A simple comparison:



Industrial Beef

- High carbon dioxide emissions
- Need a large amount of land
- High water consumption
- Raised in feed lots which adds stress
- Expensive to feed

VS



Rabbit and Duck

- Low carbon dioxide emissions
- Need small amount of space
- Low water consumption
- Raised in a colony which limits stress
- Inexpensive to feed

Chapter 3

Understanding Novel Proteins

Most pet owners are familiar with common protein sources like chicken, beef, or lamb. These staples have been used in commercial pet food for decades—but more and more pets are developing sensitivities or allergies to them.

That's where novel proteins come in.

What Are Novel Proteins?

Novel proteins are simply meats your pet's body hasn't been overexposed to. Unlike the "big three" (chicken, beef, and pork), proteins like rabbit, duck, venison, and quail offer a fresh nutritional profile that your pet may digest more easily—especially if they have food sensitivities or chronic inflammation.

Novel doesn't mean exotic—it means cleaner, simpler, and more biologically appropriate for many animals.

The Overuse of Conventional Proteins

In industrial farming, common livestock animals are bred in massive numbers, fed monoculture crops like soy and corn, and treated with antibiotics to offset poor living conditions. This creates:

- Widespread food allergies in pets
- Reduced nutritional diversity
- Environmental stress from overgrazing and mass feed production
- Welfare concerns due to factory-style production
- Chicken and beef may be everywhere, but they're not always the best choice.

Why Rabbit and Duck?

At Kindred Acres, we chose to focus on rabbit and duck not just because they're nutrient-rich, but because they're also low-impact, high-integrity proteins that align with our sustainable values.

Breaking the Bias

Many people hesitate at first—especially with rabbit—because it’s not a “typical” food in North America. But in many parts of the world, rabbit is a respected and highly efficient meat source. It’s time we rethink what’s “normal” when normal isn’t working—for pets or for the planet.

By choosing rabbit or duck, you’re not only feeding your pets a nutrient-dense, hypoallergenic protein—you’re helping to diversify our food system and reduce reliance on unsustainable practices.



Chapter 4

Rabbit & Duck – Superfoods for Pets

Choosing ethical proteins like rabbit and duck isn't just good for the planet—it's also one of the best things you can do for your dog or cat's health.

At Kindred Acres, we don't believe in fillers, artificial flavors, or factory-farmed ingredients. We believe in food that's as close to nature as possible—nutrient-rich, species-appropriate, and packed with benefits you can see in your animal's energy, coat, digestion, and vitality.

Let's take a closer look at what makes these proteins so special.

Rabbit: The Gentle Powerhouse

Often called the “clean protein,” rabbit is incredibly lean, digestible, and packed with nutrients.

Health Benefits for Pets:

- Low in fat, high in protein – Excellent for pets that need lean muscle support without the bulk of fattier meats.
- Rich in B vitamins – Especially B12, which supports nerve function and energy levels.
- Easily digestible – Ideal for dogs and cats with sensitive stomachs or food allergies.
- Hypoallergenic – Rarely used in commercial pet food, making it great for pets with dietary sensitivities.
- Anti-inflammatory – Supports gut and skin health in dogs prone to itchiness or rashes.

Bonus: Rabbit bones (when raw and safely portioned) are small, soft, and calcium-rich—great for natural chewing and dental health.

Duck: Nutrient-Dense and Delicious

Duck is a more robust protein with a flavor that pets love, especially picky eaters. While slightly higher in fat than rabbit, it offers vital nutrients that support long-term health.

Health Benefits for Pets:

- High in iron and zinc – Supports immune function and healthy red blood cells.
- Contains omega-3 and omega-6 fatty acids – Helps reduce inflammation and promote a shiny coat.
- Great for active or underweight pets – The healthy fats in duck can help keep energy levels up.
- Novel protein source – Less likely to trigger allergic reactions in sensitive pets.
- Supports muscle tone – Ideal for growing puppies, working dogs, or seniors needing maintenance nutrition.

What Makes Our Meat Better

Beyond the species, the way our animals are raised affects the quality of the meat they provide. Because our rabbits are colony raised and ducks are pasture-raised, stress-free, and fed clean, natural diets, their meat:

- Has better flavor and nutrient density
- Contains less inflammatory residue from antibiotics or poor living conditions
- Reflects the seasonal, wholesome life they lived
- You'll notice the difference—your pets will too.

Chapter 5

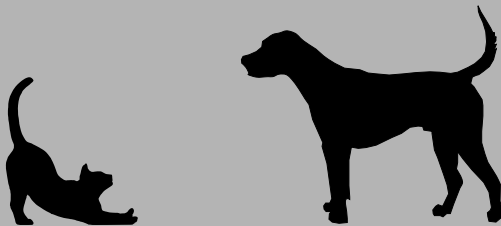
Feeding Pets with Purpose

Feeding your pet isn't just a routine task—it's an act of care, an opportunity to make intentional choices that reflect your values and support their wellbeing. Every scoop, every bite, every bowl is a chance to nourish more than just a body.

At Kindred Acres, we believe your pet's food should be:

- Good for them
- Gentle on the planet
- Supportive of a better food system

Let's break that down.



Healthier Pets, Naturally

When pets eat clean, species-appropriate diets made from ethically raised meats, the difference is often noticeable:

- Fewer allergies and skin issues
- Improved digestion and less gas
- Healthier weight and more consistent energy
- Shinier coats and brighter eyes

Rabbit and duck, in particular, are excellent for pets with food sensitivities or inflammatory issues, and many customers come to us after exhausting commercial “limited ingredient” diets that didn’t help. Our food doesn’t come from a lab. It comes from a farm—and pets can tell the difference.



A Food System That Aligns With Your Values

More and more people are becoming conscious of the environmental and ethical impact of their choices—but pet food is often left out of that conversation.

Choosing ethical, small-batch food for your pets means:

- Supporting humane treatment of animals
- Reducing your carbon pawprint
- Contributing to local farms and regenerative practices
- Voting with your dollars for a better agricultural future
- You don't have to overhaul everything to make a difference. Starting with your pet's food is one powerful, manageable step.

Making the Switch

If you're new to feeding novel proteins or raw/cooked pet food, here are some simple tips:

- Transition gradually. Mix a little of the new food in with your pet's current food over 5–7 days to avoid digestive upset.
- Observe and adjust. Pay attention to energy, stool quality, coat condition, and appetite.
- Offer variety when possible. Rotating between rabbit and duck can provide a broader nutrient profile and reduce picky behavior.
- Store it right. Our food is frozen for freshness—keep it that way until you're ready to feed, and thaw gently in the fridge.

Need help? We're always available to answer questions and help guide the transition.

It's About More Than Just a Meal

Your pets are family—and what you feed them should reflect the love, trust, and care they give you every day.

Feeding with purpose means honoring their health, supporting compassionate farming, and contributing to a future where food is raised responsibly.

This is slow food. Clean food. Kindred food.

How Much Should I Feed? A Simple Guide by Weight

Every dog and cat is different, but here's a general rule of thumb to get you started:

For Dogs:

- Adult dogs (normal activity): Feed 2–3% of their ideal body weight per day
- Active or working dogs: Feed 3–4% of their body weight
- Seniors or less active dogs: Stick closer to 1.5–2%

DAILY AMOUNTS FOR DOGS

10 pounds	25 pounds	50 pounds	75 Pounds	100 pounds
4 oz	10 oz	20 oz	30 oz	40 oz

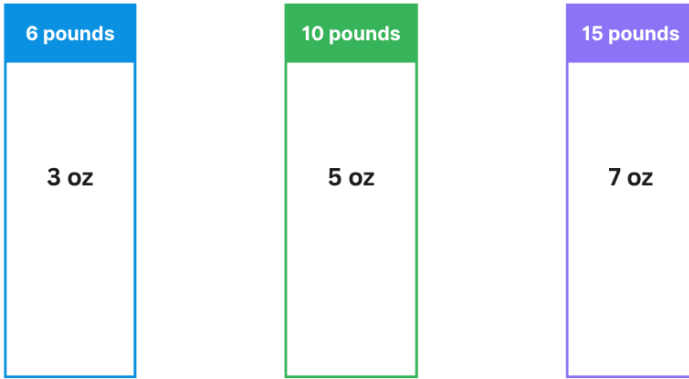
✓ Tip: Split daily amounts into two meals for better digestion.



For Cats:

- Adult cats typically need 2–4% of their body weight daily.
- Start with 3% and adjust based on weight and activity level.

DAILY AMOUNTS FOR CATS



✓ Tip: Cats often prefer small, frequent meals—especially when introducing new proteins like rabbit or duck.

These are just guidelines—watch your pet’s weight, energy, and stools to dial in the right amount. If they’re gaining weight, reduce slightly. If they’re dropping weight or seem hungry, bump it up.

We’re always happy to help you customize based on your animal’s needs.



Chapter 6

Kindred Acres' Farming Philosophy

At Kindred Acres, we do things differently— not because it's trendy, but because it's true to who we are.

We believe that how animals live matters. That land should be cared for, not exploited. And that the food we feed our pets (and ourselves) should come from places that honor the cycle of life, not just the bottom line.

Our philosophy is simple: grow with integrity, raise with kindness, and nourish with intention.

A Day in the Life on the Farm

Our days start early, often before sunrise, with the soft rustling of animals waking up and the first light spilling over the pasture. The ducks chatter and splash in their water pans. The rabbits stretch, sniff, and greet us from their cozy enclosures. Each animal is checked, fed, and cared for by hand—not by conveyor belt.

No blaring alarms. No crowded warehouses. Just rhythm, responsibility, and reverence. We build many of our structures ourselves. We compost waste into rich, living soil. We reuse what we can, source locally when possible, and treat each decision like it matters—because it does.

This isn't a machine. It's a living system—and we're its stewards.

What Stewardship Means to Us

Stewardship isn't about perfection. It's about accountability. It's about asking:

- How can we raise animals in a way that honors their nature?
- How do we give back to the land instead of just taking from it?
- How do we ensure our practices heal, not harm?

That's why we:

- Use rotational grazing to give the land time to rest and regenerate
- Choose breeds that thrive outdoors and live without stress or confinement
- Avoid unnecessary antibiotics, hormones, and chemicals
- Let animals forage, play, and live as naturally as possible
- Harvest with dignity, using humane methods and practicing gratitude for each life

This is slow farming, soulful farming. And the result is food you can trust—because it's rooted in respect.

Zero-Waste, Small-Batch, and Hand-Crafted

We don't produce pet food in giant batches or use industrial equipment. Everything is done in small, intentional runs to ensure freshness and minimize waste. We use the whole animal wherever possible—bones, organs, and muscle meat—to create a nutritionally complete offering that honors the animal fully.

We also:

- Freeze our food at peak freshness
- Package minimally, using compostable and recyclable materials when we can
- Offer food in raw and gently cooked forms to suit your pet's needs

Every purchase directly supports a farm family, nourishes a well-loved animal, and contributes to a better agricultural future.

This Is More Than a Business

Kindred Acres isn't just a brand. It's a living, breathing example of how food and compassion can coexist. It's proof that when we slow down, reconnect with nature, and make choices rooted in care, everyone benefits—animals, humans, and the planet.

When you choose us, you're not just feeding your pet—you're feeding a movement.

Feeling Inspired? Help Us Grow.

If this vision resonates with you—if you believe in ethical farming, sustainable living, and feeding animals with intention—we invite you to support Kindred Acres in whatever way feels right.

We're a small, mission-driven farm doing big work with limited resources. Donations help us:

- Build better enclosures and shelter for our animals
- Expand our sustainable infrastructure
- Grow more food, create more small-batch meals, and share more knowledge
- Keep prices fair while staying true to our values

Whether it's \$5 or \$500, every contribution helps us move forward.

You can donate directly at:

Kindredacresllc.org

Thank you for believing in what we do—and for helping us nourish this land, these animals, and the people and pets we serve.



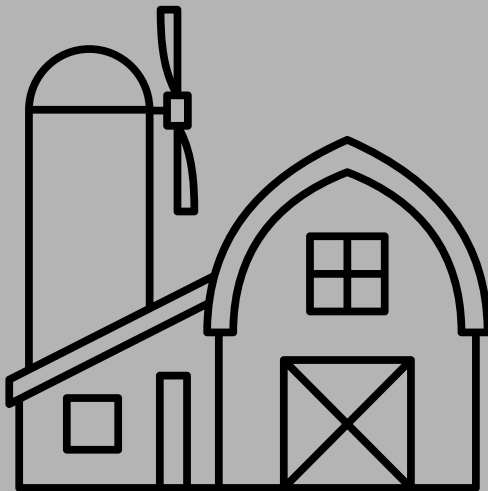
Chapter 7

How You Can Be Part of the Change

We know most people can't raise their own food or start a sustainable farm—but the good news is, you don't have to.

Every time you make a conscious choice—about what you buy, who you support, or how you care for your pet—you're shaping the world in small, meaningful ways.

This movement toward better food, deeper connection, and sustainable living isn't just for farmers. It's for all of us.



Start With What's in the Bowl

- Choose ethically raised meats whenever possible
- Support small, transparent farms like Kindred Acres
- Rotate in novel proteins like rabbit or duck to reduce food sensitivities and support sustainable systems
- Read your labels: look for simple ingredients, avoid fillers, and ask questions
- If you can't switch completely, even feeding ethically once a week helps shift demand
- Feeding with purpose doesn't require perfection. Just intention.



Support the Farmers and Makers You Believe In

Your dollars are powerful. Every purchase is a vote for the kind of world you want.

Here's how you can support Kindred Acres and others doing this work:

- Buy directly from farms when you can
- Tell your friends about our products and philosophy
- Leave a review or share your experience on social media
- Visit us if you're local—come see how it all works
- Donate or sponsor a project if you're inspired to give back
- Even a kind word or referral can go further than you know.



Be a Voice for Better Pet Food

There's a lot of noise in the pet food world. Brands make big promises, but most hide behind flashy marketing and low-cost ingredients. You can help raise the bar by:

- Asking pet stores and boutiques to carry ethically raised options
- Advocating for transparency in labeling
- Educating other pet parents about what real nutrition looks like
- Choosing better whenever you're able
- Together, we shift the industry by demanding better. One bowl, one story, one customer at a time.



We're So Glad You're Here

Whether you've been on this path for years or are just starting out, we're honored to walk with you. Thank you for taking the time to learn, to care, and to feed with love.

When you choose Kindred Acres, you're not just nourishing your pet—you're helping build a kinder, more sustainable food system for generations to come.

Let's keep going, together.



Bonus Section

Recipes & Feeding Tips

Whether you're feeding raw, gently cooked, or just adding a boost of fresh food to your pet's diet, this section gives you simple, nourishing ways to use rabbit and duck in your home routine.

Our meals at Kindred Acres are balanced, clean, and rooted in the same philosophy we apply to everything on the farm: wholesome food made with purpose.

Simple Cooked Meal Recipe (Rabbit or Duck)

This recipe works well for both dogs and cats, and can be scaled based on your pet's size.

Ingredients:

- 1 lb ground rabbit or duck
- ½ cup cooked pumpkin or sweet potato (easy to digest, rich in fiber)
- ¼ cup finely chopped leafy greens (spinach, kale, or parsley)
- 1 whole egg (cooked, shell optional for calcium)
- 1 tbsp fish oil or flaxseed oil (for omega-3s)
- Pinch of sea salt or kelp powder (iodine source)

Instructions:

1. Cook meat lightly in a skillet over low heat. Leave slightly pink for maximum nutrient retention.
2. Mix in vegetables and oil.
3. Cool before serving. Store leftovers in the fridge for 2–3 days.

Raw Feeding Tips

- Start with one protein (like rabbit) and introduce others slowly
- Feed 80/10/10 balance: 80% muscle meat, 10% organ, 10% bone
- Always thaw raw meals in the fridge—never at room temp
- Use clean hands, tools, and surfaces—raw feeding is safe when done mindfully
- Feed bones raw only (never cooked) and appropriately sized to prevent choking

All of our products come ground with bone and organs to make this process even easier for you.

Fun Enrichment Ideas

- Freeze a chunk of raw rabbit inside a silicone toy for a long-lasting treat
- Use raw duck wings or rabbit feet as natural chew options
- Stuff a Kong or slow feeder with cooked duck and sweet potato mash
- For cats: dice up raw or lightly cooked rabbit with a sprinkle of bone broth or freeze-dried liver crumbles

Storage Tips

- Keep raw meals frozen until 24 hours before use
- If mixing your own meals portion into meal-sized containers or bags before freezing
- Gently thaw in the fridge overnight
- Use thawed meals within 48–72 hours
- Never refreeze after thawing

Quick Note on Balance

If you're making homemade food regularly, we recommend consulting with a pet nutritionist or using a supplement blend to ensure complete and balanced meals—especially for puppies, kittens, or seniors.

That said, even partially replacing processed food with fresh, ethically raised meats is a huge step toward better health.

Conclusion

Thank You for Feeding with Heart

You've just taken a meaningful step—toward more mindful choices, deeper connection with your animals, and a food system rooted in care. This isn't just about pet food.

It's about raising animals with compassion.

It's about working in rhythm with the land.

It's about honoring life at every level—from soil to soul.

At Kindred Acres, we don't believe in shortcuts.

We believe in hands-in-the-dirt farming, in watching the sunrise with a warm bucket in hand, in knowing every animal by name, and in

creating food that feels good to feed—because it's done right from start to finish.

Whether this book helped you rethink your

pet's diet, understand the value of novel proteins, or simply gave you a new

appreciation for small farms, we're honored you took this time with us.

Stay Connected:

- Visit us at KindredAcresllc.org
- Follow us on social media
@KindredAcresllc
- Reach out with questions or stories—we love hearing from our community
- If you'd like to support our work, donations can be made on our website
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From all of us here on the farm—thank you.
For choosing with care. For feeding with purpose. For walking with us.

With deep gratitude,
Cynthia and the Kindred Acres Family

