

REDUCING MEAT / GOING MEAT-FREE

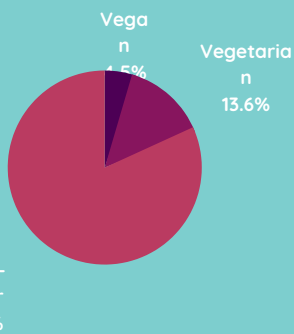
How eating less, or no, meat can help the world



Just one burger...

Just one ¼ lb beef patty requires 58 gallons of water and 41 sq. ft of land to produce

Swap your beef burger for a vegan burger



Land needed to feed 1 person for 1 year...

- Vegan: 1/6th of an acre (16.67% of one acre)
- Vegetarian: 3/6ths of an acre (just under 50% of one acre)
- Meat Eater: 18x more land than a vegan (three acres)

Try 3 vegan meals this week - you could select the vegan option at school or in local cafes



Fishless oceans by 2048

Due to over-fishing, pollution and loss of bio-diversity

Try seaweed for a fishy & healthy alternative to fish



Plant based diets are the most sustainable diets

Even the lowest-impact beef is responsible for *6x more* greenhouse gases and *36x more* land compared to plant proteins, such as peas

Take your time and give it a try



**TAKE IT
ONE DAY
AT A TIME**

The good news...

There are a lot of simple things that you can do to help the world from eating just three meat-free meals a week to going all the way to becoming vegan!