ENVIRONMENTAL IMPACT

- LIVESTOCK COVERS 45% OF EARTH’S TOTAL LAND
- ANIMAL FEED PRODUCTION USES 1/3 OF ARABLE LAND
- COWS PRODUCE 150 BILLION GALLONS OF METHANE EVERY DAY
- 1,000 GALLONS OF WATER ARE REQUIRED TO PRODUCE 1 GALLON OF MILK
- THE LIVESTOCK SECTOR IS RESPONSIBLE FOR 18% OF GREENHOUSE GAS EMISSIONS WORLDWIDE

EVERY DAY ON A PLANT BASED DIET YOU SAVE:

- 1100 GALLONS OF WATER
- 40 POUNDS OF GRAIN
- 20 POUNDS OF CARBON DIOXIDE
- 30 SQUARE FEET OF FOREST
- 1 ANIMAL’S LIFE

BENEFITS OF EATING PLANT-BASED
# Food Security

- Over 820 million people in the world are suffering from hunger.

- Current global trends in diet estimate that 60% more food will be needed in 2050.

- About 50% of grains are fed to livestock, which instead could be fed to 800 million people.

- Producing food energy and protein from livestock takes 2.5-10 times more energy than that of grain.

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# Health Impact

- Animal products are the primary source of saturated fat, which is linked to heart disease and obesity.

- 70% of antibiotics are given to farm animals, which could lead to drug-resistant bacteria.

- 93% of dioxin (persistent organic pollutants) exposure comes from an animal product diet.

- Rural communities living near factory farms suffer from respiratory illnesses and water contamination.

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# Documentaries to Watch

- Cowspiracy
- What the Health (available on Netflix)
- Food, Inc.
- Forks Over Knives
- Gamechangers

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# Eating Plant-Based Doesn't Need to Be Hard...Start with Small Steps!

- Order your coffee with a plant-based milk like soy, almond, coconut, or oat.

- Swap out animal protein for plant-based protein like tofu, quinoa, beans, lentils, nuts, etc.

- Order the vegan option at restaurants or try a vegan restaurant!