

SUSTAINABILITY

# DIET

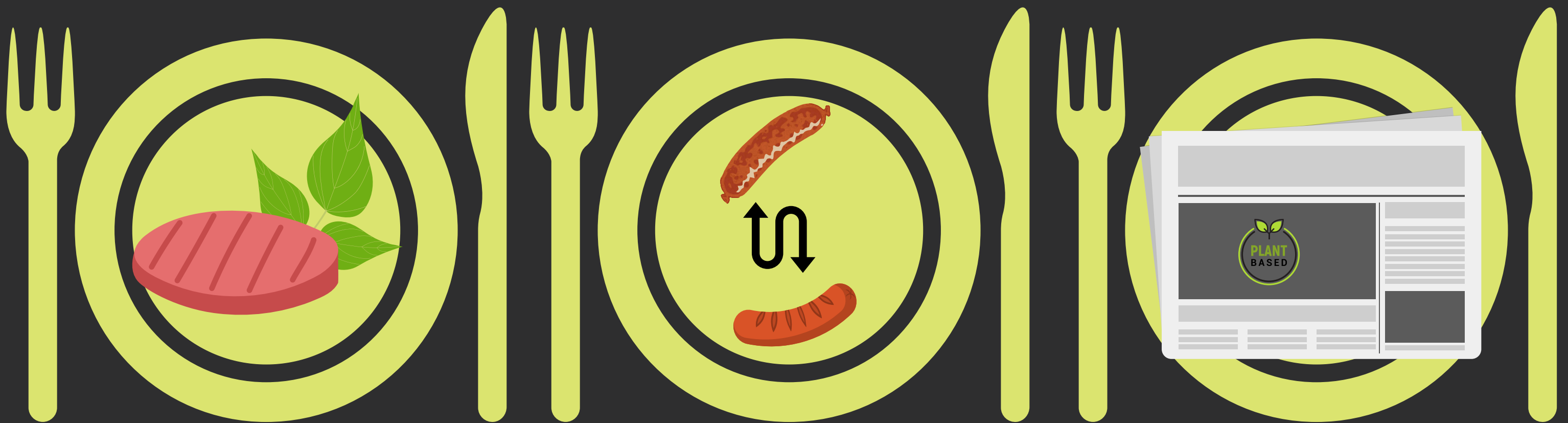


## *Food for thought*

What does plant-based mean?

Easy swap

In the news



If you could do one thing to reduce your carbon footprint what would it be? Drive less and walk/cycle more? Take fewer flights? Upgrade your heating system or turn the thermostat down? Or how about making small but significant changes to your diet? Discussions around what we eat can be a thorny issue but did you know that the single biggest impact that you can make to cutting your CO2 is by changing to a plant-based diet? You don't even have to go 100% vegan to make an impact, if we all reduced our meat and dairy consumption a little, we would be on the way to reducing the impact of climate change and at the same time lessen the stresses we are putting on the natural environment and maybe discover new foods and recipes!

1 day a week of plant-based eating is equivalent to:



*1100 Gallons of water (4 months of showers!)*



*40 lbs of Grain*



*30 sq Feet of Forest*

Recipe books



Local produce



Health benefits



Resource (dairy)



Supermarket options



Pledge

