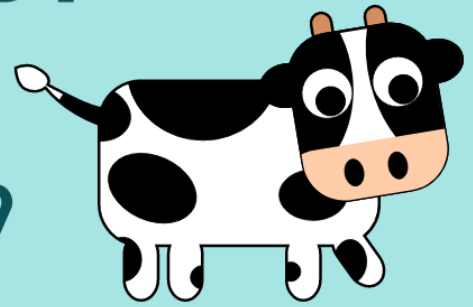


HOW MUCH IMPACT DOES FOOD HAVE?



1. A quarter of global emissions come from food.
Food 26%
Other greenhouse gas emissions 74%

2. More than half of food emissions come from animal products.
Animal products 58%
Other food 42%

3. Half of all farmed animal emissions come from beef and lamb.
Beef and lamb 50%
All other animal products 50%



PLANT BASED CHALLENGE



- Take part in Meatless Monday.
- Try eating meat only once per day.
- When prepping a meal, first decide which vegetables you will make, before deciding which meat you will prepare.
- Once during the week for a month, try a new vegetable side dish.