



Go meat-free one day
a week and make an
incredible impact on the
ENVIRONMENT

It requires an average of 6kg of plant protein to produce 1kg of animal protein.

It takes 100 times more water to produce 1kg of animal protein than it does 1kg of plant protein.

Animal agriculture is responsible for 18% - 25% of global warming emissions worldwide.

Cattle ranches and feed production account for over 70% of deforestation in the Amazon.

The livestock sector is quite probably the largest source of water pollution worldwide.

Food and Agriculture Organization of the United Nations. The American Journal of Clinical Nutrition.



earthsav.ca

EARTHSAVE CANADA is a Vancouver-based registered charity since 1990. We advocate the move towards a more whole food, plant-based diet for better health, environmental sustainability, and compassion toward animals. We also believe communities are stronger when they set a table that people from all cultures and beliefs can enjoy. Please visit our web site for more information.