

Not Eating Meat for one day a week,

In One Year You Will.....

WATER

Save 84,000 gallons of water – animals and animal agriculture consume a lot of water. Consider that it takes 2,400 gallons of water to make one pound of beef. Other animals such as chickens and pigs consume less water than cattle, but their consumption is still pretty high given the sheer numbers of animals used for food. The water used on animals for food can be made accessible for people, more than one in six people on the planet still have no regular access to clean drinking water.

GRAIN

Save 245 pounds of grain– It takes seven pounds of grain to produce one pound of beef, and almost as much for both chickens and pigs. That amount of grain can feed an individual in some developing nations for six months or more. A full 1/3 of the world's grain output is used to feed livestock. This amount can help feed the one billion people throughout the world that suffer from hunger.

LAND

Save 7,700 sq feet of rain forest – Millions acres of land (many of which were once rainforest) are used for livestock grazing and to grow crops that feed these animals. Every year, 15 million hectares of rainforest are burned a year — that is an area comparable to the size of Bangladesh.

“Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet.” Albert Einstein

ANIMAL WELFARE

Save a few of the over 55 billion animals slaughtered for food – This is how many land animals are killed each year . The majority of these animals have no laws to protect them from abuse and cruelty. They spend their entire lives suffering in inhumane conditions and mistreatment.

FOSSIL FUELS

Save 15.5 gallons of gasoline – Conventional farming methods use petrochemical (oil based) fertilizers and pesticides for crops. Fuel is also used to transport and refrigerate meat and crops. By going Vegetarian one day a week, you'll save over 15 gallons of gasoline.

ANIMAL WASTE

Reduce over 400 pounds of manure produced by food animals . Millions of tons of waste is produced by livestock each year. For example, pig farmers around the country build “lagoons” to hold all of the poop. When the lagoons get too full they break open spilling toxic pig waste into rivers, streams and protected land.

HEALTH

Do not forget about your health – A vegetarian diet, even one day a week, will help reduce your risk of heart disease and certain types of cancer. Studies have shown that a diet rich in fruits and vegetables greatly reduce heart disease and diabetes.



www.SAAWinternational.org

**“... the things that individuals can do are helpful, and one of the most helpful is actually a vegetarian diet, produces much less greenhouse gasses than a meat diet.”
Dr. James Hansen, Top World Climatologist,
NASA**

BE GREEN



Do You Know.....

What is the biggest contributor to climate change?

Do You Know.....

You have the power to take action ?

Do You Know.....

Your actions can make a huge difference ?

Do You Know.....

How climate change is affecting our planet ?

Climate Change

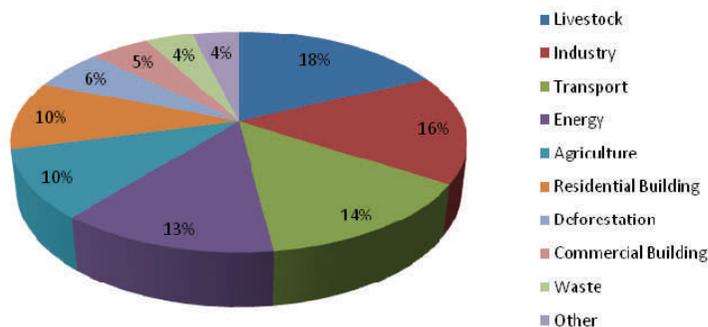
Many of your actions generate carbon emissions, which contribute to accelerating global warming and climate change. This is called your carbon footprint, an indication of the effect you have on the climate in terms of the total amount of greenhouse gases you produce (measured in units of carbon dioxide). The first step is to reduce your Co2-footprint. We know about changing our light bulbs, using public transportation, recycling, shorter showers, but is there a faster and more efficient solution for the urgent situation we face today ?

Do you know the best way to reduce your carbon footprint?



According to the UN report "Livestock's Long Shadow," livestock production is the greatest contributor to climate change. Animal waste and feed cropland dump more pollutants into our waterways than all other human activities combined. Meat-based diets require 10-20times as much land as plant-based diets –nearly half of the world's grains & soybeans are fed to animals.

EMISSIONS - The Main Culprit?



RESOURCES :

[Livestock's Long Shadow](#) (table 3.12 p 113) (UN FAO, 2007)

[US. GHG Emissions Flowchart](#)
(World Resources Institute)

A kilogram of beef is responsible for more greenhouse gas emissions and other pollution than driving for 3 hours while leaving all the lights on back home. (Meat is murder on the environment, New Scientist 2007, Issue No. 2613, P 15)

Livestock production generates 65% of the world's Nitrous Oxide, which has 296 times the Global Warming Potential (GWP) of Carbon Dioxide. Most of this comes from manure. (UN FAO, Livestock's Long Shadow, Rome 2006)

Livestock production is responsible for 37% of the world's Methane (23 times the global warming impact of Carbon Dioxide over a 100 year period). Methane is largely produced by the digestive system of ruminants. (Ibid)

The most devastating and irreversible effect of rising temperatures and the Arctic ice melt will be the release of 400 billion tons of methane gas from the ocean seabed. The release of this gas, in such a huge quantity will seal all our fates. (Walter K M, Zimov S A, Chanton J P, Verbyla D and Chapin III F S 2006 "Methane bubbling from Siberian thaw lakes as a positive feedback to climate warming", Nature 443; 71-75, 7 Sept. 2006 <http://tinyurl.com/dzpl96>)

2.4 billion tons of carbon dioxide is released into the atmosphere as a result of deforestation for the purpose of livestock maintenance. (UN FAO, Livestock's Long Shadow, Rome 2006)

*Please eat less meat; meat is a very carbon intensive commodity ...
Dr. Rajendra Pachauri, Nobel Laureate and Chairman of the United Nations IPCC ,
"The single action that a person can take to reduce carbon emissions is vegetarianism."*

Climate change has global consequences to the whole of humanity, no one person or nation is immune to its effects, regardless of its social, technological or economical development. "The world is at a crossroads. We can no longer afford to ignore the human impact of climate change, This is a call to the negotiators to come to the most ambitious agreement ever negotiated or to continue to accept mass starvation, mass sickness and mass migration on an ever growing scale," said Kofi Annan. (Kofi Annan is the Global Humanitarian Forum president, and former U.N. Secretary-General).

It is estimated that 300,000 deaths are attributed to climate change and 300 million lives are affected each year. By 2030 it is also estimated that increasing heat waves, floods, storms, and forest fires will be responsible for as many as 500,000 deaths a year. (Human cost of climate change report, conducted by Global Humanitarian Forum presented in London May 29th 2009)

"Swine flu and climate change are inextricably related," says Angela Mawle, CEO of the UK Public Health Association. "Both are the end results of unbridled economic growth, environmental degradation and industrial agricultural practices.

Steven Sanderson, head of the [Wildlife Conservation Society](#), stated, "even minor (climate) disturbances can have far reaching consequences on diseases." He added, "The term 'climate change' conjures images of melting ice caps and rising sea levels that threaten coastal cities and nations, but just as important is how increasing temperatures and fluctuating precipitation levels will change the distribution of dangerous pathogens."

