

**You can help the environment by what you choose to eat. Pick up a fork instead of a steak knife; buy local & organic when possible.**

### **What's the beef? (facts)**

Sixty billion animals (not counting fish) are processed for human consumption each year. Industrial animal agriculture is unsustainable in terms of land, water, fossil fuels and climate change (see other side).

Eating locally raised animals is better than factory-farmed, but transitioning to a vegan diet will make much more of an impact. As a first step, try "Meatless Mondays" or two vegan meals per day.

### **FAQs:**

#### **Q: Will I get enough protein?**

A: Yes! Legumes, nuts, seeds, veggie burgers, mushrooms, tempeh, seitan, and whole grains such as quinoa all contain plenty of protein. Most Americans get way too much, which brings its own problems.

#### **Q: Will I get enough calcium?**

A: Yes! It's not what you get, it's what you keep! Many people consume less calcium than the average American but have a lower risk of osteoporosis. How? They eat more alkalizing fruits and vegetables and less acidifying animal protein, cereal grains, and coffee.

#### **Q: Where can I find vegan food?**

A: In addition to all the plant proteins mentioned above, there are hundreds of fruits and vegetables and dozens of grains and plant-based "milks". Many supermarkets carry a large variety of plant-based foods.

### **What is your Footprint?**

The Ecological Footprint Quiz estimates the area of land and ocean required to sustain your consumption and absorb your wastes. You can compare your Footprint to others' and learn how to reduce it. Visit the Footprint calculator at [tinyurl.com/lisierraclub-org-footprint](http://tinyurl.com/lisierraclub-org-footprint).

### **Loxahatchee Group Food Policy**

The Loxahatchee Group supports a policy that food at its events be "predominantly earth supporting, low on the food chain: generally plant-based [vegan] and, if possible, locally grown and organic."

Reducing your consumption of meat & dairy pays off – not only for the planet's health but also for yours.

Visit [tinyurl.com/biodiversity-veg](http://tinyurl.com/biodiversity-veg). Further references can be found on the Food & Environment page, located under Causes at [LISierraClub.org](http://LISierraClub.org).

***Not responding is a response - we are equally responsible for what we don't do.***

**- Jonathan Safran Foer,  
author, *Eating Animals***

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**Protect the planet  
with your fork!**





## **Globalized industrialized food is not cheap:**

*it is too costly for the Earth, for the farmers, for our health. The Earth can no longer carry the burden of groundwater mining, pesticide pollution, disappearance of species and destabilization of the climate. [... Industrial agriculture] is incapable of producing enough food for all because it is wasteful of land, water and energy. – Vandana Shiva*

*A vegan [...] indirectly consumes nearly 600 gallons of water per day less than [...] eating] the average American diet. – National Geographic*

### **Land**

Worldwide, 3.1 million children die of malnutrition each year, and 66 million more go to school hungry. Land availability is one of the main constraints on food production.

Forests store CO<sub>2</sub>, release oxygen, regulate climate, reduce flooding, protect soil and harbor diverse forms of life. But seven football fields' worth of land is bulldozed every minute to graze cattle and grow animal feed. Land for these two purposes equals a staggering 50% of all land in the U.S., 80% of all agricultural land in the U.S. and 30% of all land on Earth.

Soil degradation is caused by overgrazing, deforestation, and agriculture in roughly equal shares. When soil is no longer fertile, people plow up new land to grow their food.

A varied vegan diet requires about 1/3 of the land needed for conventional Western diets.

### **Biodiversity**

With loss of land comes loss of species. According to a 2002 assessment, 18% of all vertebrates, 24% of mammals, 30% of fish and 49% of plants were threatened with extinction. The current rate of species loss is between 1,000 and 10,000 times higher than the estimated natural rate.

### **Water**

Nearly half of all the water used in the U.S. goes to raising animals for food.

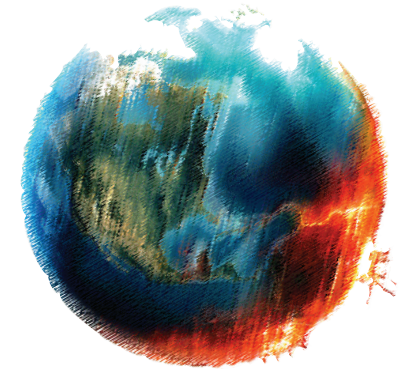
Animal farms pollute our waterways more than all other industrial sources combined. Animals raised for food worldwide produce approximately 130 times as much excrement as the entire human population. Runoff from manure “ponds” contains nitrogen and phosphorus, which leach into groundwater, streams, rivers and lakes, killing fish and endangering other animals. The runoff also contains ammonia, which causes acid rain.

Runoff containing animal waste, pesticides, chemicals, fertilizers, hormones and antibiotics create dead zones in coastal waters, kill coral reefs and harm our health. (U.S. EPA).

**It takes only  
1/3 as much water  
to feed a vegan as  
it does to feed a  
meat eater**

### **Fossil Fuels**

Factory farming uses massive inputs of fossil fuels, mainly in producing, transporting and processing feed, and in producing ammonia for fertilizer.



### **Global Climate Change**

Animal agriculture contributes half of the world's human-caused greenhouse gases, more than transportation's 30%. It produces at least a third of all biological methane emissions and is the single greatest source of both methane and nitrous oxide. Methane is 20 times more potent than carbon dioxide (CO<sub>2</sub>) as a greenhouse gas. Nitrous oxide is 300x more potent and also causes acid rain.

A vegan diet generates the equivalent of nearly 1.5 tons less CO<sub>2</sub> per person per year than the typical U.S. diet.

Becoming a vegan does more to protect the planet than buying a hybrid car.

*Please eat less meat – meat is a very carbon-intensive commodity.*  
– Rajendra Pachauri, head of Nobel Prize-winning U.N. IPCC