



Meatless Monday: What a Difference a Day Makes

Protect the planet, our health, and animals, one day at a time.

By going meatless on Mondays you can...

- Do **more for the planet** than by switching to a totally local diet.ⁱ
- Save up to **133 gallons of water and 24 square feet of land** (that's per meatless meal!).ⁱⁱ
- Reduce your carbon footprint by over 8 lbs per dayⁱⁱⁱ, as much as **not driving for two days**.^{iv}
- **Save 1/2 a gallon of gasoline per day**, as eating a vegetarian meal saves an extra 200 gallons of fossil fuel each year (200/365=0.54 gallons saved each day).^v
- Reduce your **saturated fat intake by 15%** (that's per meatless meal!).^{vi}
- Reduce your risk of **breast, colon, prostate, kidney, and pancreatic cancer**.^{vii}
- Decrease your risk of **heart disease by up to 19%** (that's per meatless meal!).^{viii}
- **Lose weight without cutting calories**.^{ix} Fiber-rich plant foods keep you full longer, so you eat less.
- Save **28 land animals and 175 aquatic animals** per year.^x

If we ALL went meatless on Mondays...

- **1.4 billion fewer animals** would suffer the horrors of factory farming every single year.^{xi}
- We could save the same amount of CO² as if we were to **take more than half a million cars off the roads** (that's per meatless meal!).^{xii}

ⁱ Weber, Christopher L. and Matthews, H. Schott, Environ. Sci. Technol. 2008. <<http://pubs.acs.org/doi/full/10.1021/es702969f>>

ⁱⁱ "PB&J Numbers." The PB&J Campaign. 2012. <<http://www.pbjcampaign.org/numbers>>.

ⁱⁱⁱ "The Carbon Footprint of Meat- Energy Consumption." *Bellingham Meat Free Mondays*. 2012. <<http://bellinghammeatfreemonday.com/environmental/>>.

^{iv} "Hamburgers are the Hummers of food in global warming: scientists." *Associated Press Hosted by Google*. 12 Feb 2009. <<http://www.google.com/hostednews/afp/article/ALeqM5iSFzzJTQIFBr3vjq1Nv2wixJXpmA>>.

^v Bluejay, Michael. "Bicycling Wastes Gas?." *Bicycle Universe*. Feb 2011. <<http://bicycleuniverse.info/transpo/energy.html>>.

^{vi} "Yale Heart Study Talks Sat Fat, Meatless Monday." *Meatless Monday*. 2012. <<http://www.meatlessmonday.com/yale-heart-study-talks-sat-fat-meatless-monday/>>.

^{vii} "Meat Consumption and Cancer Risk." *The Cancer Project*. 2012. <http://www.cancerproject.org/diet_cancer/facts/meat.php>

^{viii} Datz, Todd. "2012 Press Releases: Red Meat Consumption Linked to Increased Risk of Total, Cardiovascular, and Cancer Mortality." *Harvard School of Public Medicine*. Harvard School of Public Medicine, 12 Mar 2012.

<<http://www.hsph.harvard.edu/news/press-releases/2012-releases/red-meat-cardiovascular-cancer-mortality.html>>.

^{ix} "Meat lovers gain more weight over time: study." *Reuters*. 20 06 2010. <<http://www.reuters.com/article/2010/07/21/us-meat-weight-idUSTRE66K07A20100721>>.

^x "Report: Number of Animals Killed In US Increases in 2012." *Farm Animal Rights Movement*.

2012. <<http://farmusa.org/statistics11.html>>.

^{xi} "New School Year Means Healthy, More Humane Eating Habits." *The Humane Society of the United States*. 03 Sep 2012.

<<http://www.humanesociety.org/news/news/2012/09/meatless-mondays-for-schools-090312.html>>.

^{xii} Ibid