

Meatless Monday

What?

- Per capita, Canadians eat approx. 100kg's of meat per year. That is among the highest in the world. The global average is approx. 40kg's per capita.
- Meatless Monday is a global movement with a simple message: once a week, cut the meat. Reducing our consumption of meat is a powerful way to protect animal welfare, the environment, improve individual and public health, and save money.

Why?

Health:

- Reducing our overconsumption of meat and incorporating more plant-based proteins has health benefits: helps protect against heart disease, stroke, and cancer, reduces risk for diabetes, curbs obesity and improves the nutritional quality of a diet by reducing saturated and total fat.

Environment:

- Raising plant crops to feed livestock is much less efficient than eating plant crops directly.
- Animal agriculture is identified as a major contributor to climate change, pollution, water use, land degradation, deforestation, biodiversity decline, and ocean degradation.

Animal welfare:

- Our overconsumption of meat is responsible for the rise of factory farming – Over 700 million animals per year are raised and killed for food in Canada.

Economic:

- Plant-based proteins tend to be cheaper, making meatless eating easier on your budget.

Who?

- Meatless Monday is active in 30+ countries. Many cities have passed proclamations in support of the initiative, including San Francisco, Washington, Los Angeles, Pittsburgh and most recently, Vancouver.
- Locally, ten Metro Vancouver schools are participating in Meatless Monday, including Eric Hamber Secondary, Winston Churchill Secondary, David Thompson Secondary, Killarney Secondary, Sutherland Secondary, Langara, BCIT, Capilano, Simon Fraser University and UBC. Several others are also in the process of joining.

How?

- Participating is simple and flexible!
- Follow the lead of the above-mentioned communities and enact a proclamation declaring Monday, May 15th, 2017 (or another date, if preferable) as “Meatless Monday”. Want to go the extra mile? Share meatless recipes/tips on Monday(s) to help raise awareness and inspire others to participate.
- For more information & support:
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