

SUSTAINABLE AGRICULTURE

GLOBAL CLIMATE *Pledge*

GO VEGAN
FOR A HEALTHIER BODY AND PLANET





Find What You're Looking For!

Toolkit Outline

Understanding Veganism

Pg. 2 What is veganism

Pg. 3 Types of vegans

Pg. 4 Comparison with vegetarianism

Why Go Vegan

Pg. 6 Decreasing your carbon footprint

Pg. 7 Lower water usage

Pg. 8 Reduce air pollution

Pg. 9 Health benefits

Pg. 10 Ethical reasons

Health Benefits

Pg. 12 Addressing nutritional requirements

Taking Action

Pg. 14 Making a slow transition

Pg. 15 Finding a community

Pg. 16 Finding vegan recipes

Pg. 17 Sign and share the Global Climate Pledge!

What is veganism?



Veganism is as a diet in which an individual does not consume meat, dairy products, eggs, honey, or any product derived from an animal! it is rising in popularity across the globe due the numerous health benefits and environmental co-benefits.

Types of vegans

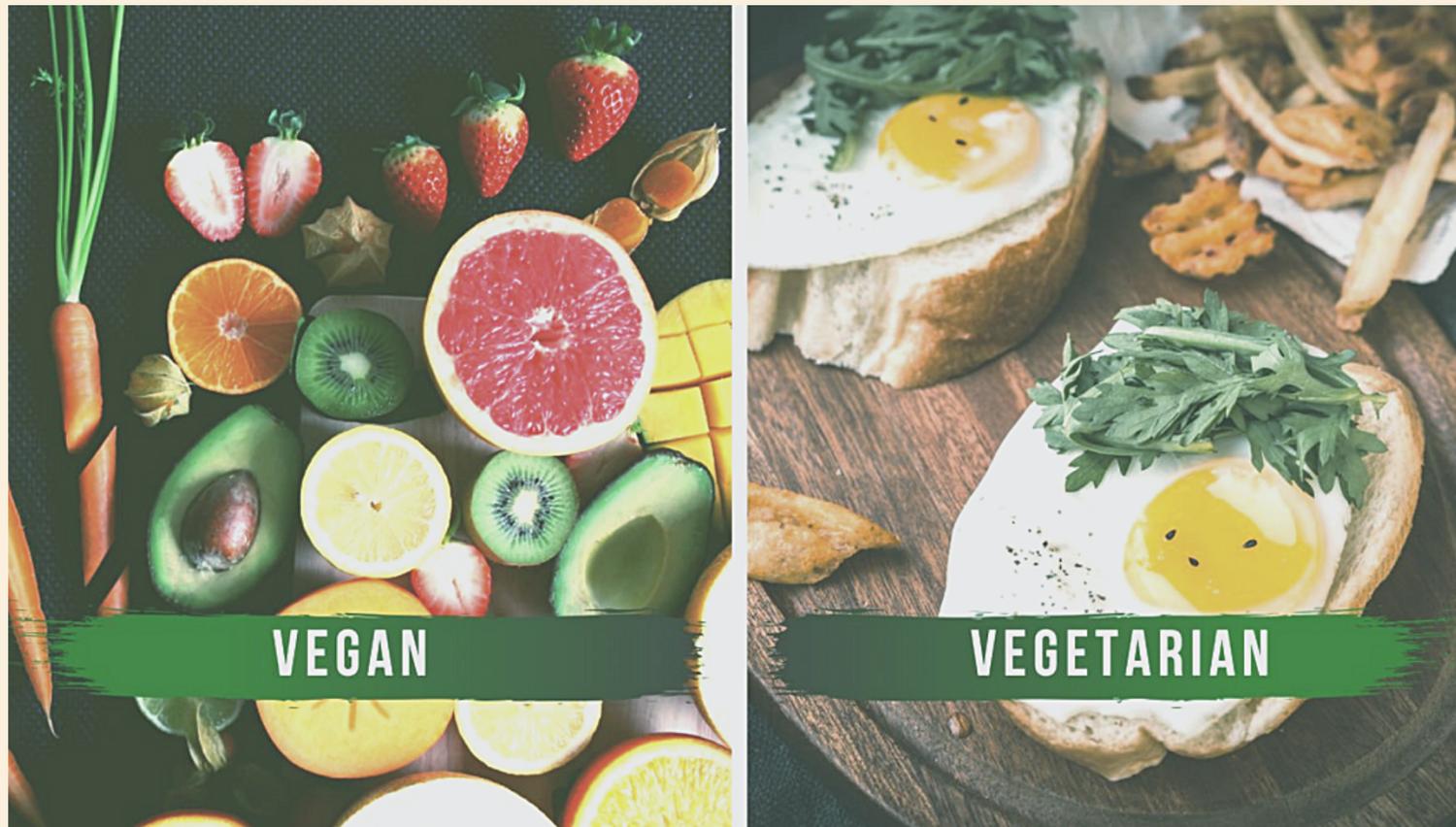
Dietary vegans:

Dietary vegans do not eat anything that comes from animals—this means that besides not eating meat, they also will not consume foods produced by animals, such as dairy, eggs ,or honey.

Lifestyle vegans:

Lifestyle vegans follow the same eating habits as dietary vegans, but they also avoid wearing and using other animal products such as leather, or beeswax.

Comparison with vegetarianism



Vegetarians - do not eat meat, but do consume or utilize other animal products

Vegans - do not eat meat, and also do not consume or utilize other animal products

This graphic illustrates the difference in food products that vegans and vegetarians include in their diet. Those who follow a vegan diet exclude all animal products from their diet whereas vegetarians only exclude meat products and include eggs, cheese, milk and other animal derived food items.



Why go vegan?

- Decreases your carbon footprint
- Reduces air pollution
- Ethical reasons
- Lowers water usage
- Health benefits!
- Sign and share the pledge

Decreases your carbon footprint

Switching to plant-based cuts down on GHG emissions

"The combined GHG emissions of animals bred for their meat was about 18%... more than cars, planes and all other forms of transport put together"

"Livestock farming ranks one of the three greatest sources of climate change emissions and one of the largest contributors to environmental degradation"

When cows digest food, they create then emit massive amounts of methane.

"Methane is one of the most egregious of greenhouse gases roughly 25 times more potent at trapping heat than carbon dioxide"



Reduce Water Usage



To produce one pound of:

It takes

Potatoes

27

Corn

76

Milk

1000

Chicken

1500

Beef

9000

Liters of water

Reduces air pollution

Clean up the air with a plant-based diet!

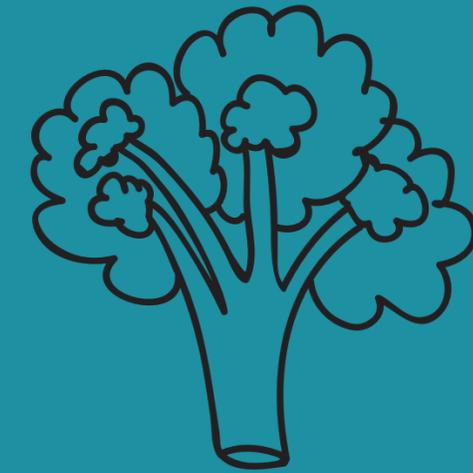
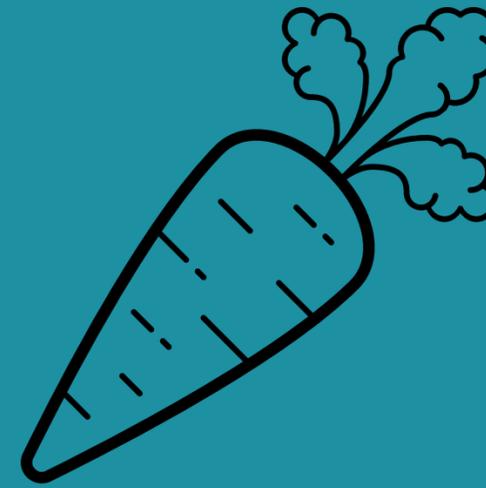
"Nearly two-thirds of the man made ammonia- major contributor to acid-rain - is also generated by livestock."

"In addition, concentrated factory farming of animals contributes to ozone pollution."



Health benefits

Plant-based diets provide a myriad of health benefits!



Vegans and vegetarians consume less saturated fat & cholesterol than meat eaters.

Those that eat a plant-based diet are more likely to have lower total cholesterol and blood pressure

Vegans have shown a lowered risk of heart disease, cancer, and type 2 diabetes compared to meat eaters.

In addition, clear skin and higher energy levels have also been reported as beneficial effects of a plant-based diet!

Ethical reasons

Many people go vegan as protest

Several ethical drivers influence some people's decisions to switch to a vegan diet. Protest of the inhuman conditions in which most livestock are raised in justifies a plant-based lifestyle by itself.

Many believe that all living creatures deserve life and freedom. They oppose ending any life simply to consume flesh, drink its milk, or wear its skin -especially when alternatives are available.

Statement from Natalie Portman on her vegan lifestyle:

"Everyone has to find what is right for them and it is different for everyone. Eating for me is how you proclaim your beliefs three times a day... Three times a day, I remind myself that I value life and do not want to cause pain to or kill other living beings. That is why I eat the way I do"





Proper Nutrition

- Protein
- Iron
- Vitamins D & K
- Vitamins B12

Nutritional Requirements



PROTEIN

There are multiple sources of protein beyond meat! Vegans can get protein from:

- Tofu
- Peas
- Beans
- Lentils
- Chickpeas
- Seeds
- Nuts
- Soy

IRON

There are many sources of non-heme iron for vegans:

- Spinach
- Beans
- Lentils
- Potato with skin
- Enriched rice or bread
- Fortified breakfast cereals
- Nuts
- Seeds

VITAMINS D & K

Leafy green vegetables contain vitamins D & K, as do fortified foods and:

- Soy milk
- Rice milk
- Organic orange juice
- Breakfast cereals

VITAMIN B12

Vitamin B12 naturally occurs in animal products, but is also in many fortified products:

- Breakfast cereals
- Nutritional yeasts
- Soy milk
- Rice milk



Taking Action

- Slow transtion
- Find a community
- Making a delicious experience
- Sign and share the pledge!

Slow Transition

1 Slowly phase out animal products from your diet

- Start with red meat - it has the largest carbon footprint - and keep taking steps
- Move on to poultry, then fish, and then all animal products
- Go as far as you feel comfortable! Even small changes have potentially large impacts!





Find a community

2

Join a supportive vegan community

The journey is easier if you can get advice from people also going through it.

Find Facebook groups, role models, or lifestyle bloggers on Instagram or anywhere online!

Making a delicious experience

3 Learn vegan recipes or go out to vegan restaurants

Benefits of carpooling to events:

- Vegan recipes are more than just salads - look for vegan cookbooks, peruse Youtube, or check out these bloggers:
 - [The Vegan 8](#)
 - [Healthy Happy Life](#)
 - [Olives for Dinner](#)
 - [Oh She Glows](#)
- Going out can be vegan too! Simply reading various vegan menus will also give you inspiration for your own recipes.



16



Taking the Pledge!

A photograph of two women sitting at a wooden table, looking at a laptop screen. The woman on the left is holding a pen and a notebook. The woman on the right is looking at the laptop. A teal overlay with the text 'GLOBAL CLIMATE Pledge' is positioned over the right side of the image.

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Sign the Pledge

1. Visit www.GlobalClimatePledge.com to sign the pledge - it only takes a few minutes!
2. The pledge allows you to choose which sustainable actions you'd like to incorporate into your life.

Share the Pledge

1. Share the pledge with family members, friends, or other community organizations..Sharing is easy and can be done through social media, email, or text.
2. A pledge may be an individual commitment, but encouraging others to join you establishes a larger community of people who support each other and can make a bigger difference.

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Don't stop here!

Reach out to GCP's Sustainable Agriculture team for more resources, ways to make a difference, or with any questions.

Go to our agriculture webpage to check out our blog series, & more!

Don't forget to sign the pledge and join other individuals around the world who are making a positive change.

[Contact Us!](#)

[GCP Sustainable
Agriculture Webpage_](#)

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