

# VEGANISM AFFECTING THE ENVIRONMENT

## WHAT IS VEGANISM?



To be a vegan, it simply means to not eat animal products such as eggs, meat, fish, milk and cheese. This means that they have a plant-based diet of only vegetables, bean grains, e.c.t

## CAN YOU CHANGE THE WORLD?



Would you change your eating habits if you knew that your diet can literally change the world? The world population has **doubled** since the 1960s while the world's meat production has **quadrupled**. There are **Four and a half** times as many tons of pig produced in **2013** compared to **1961** with chicken increasing by **13 times**. Animal agriculture is responsible **80 -90%** of water consumption so it is not surprising that if the world continues with these trends we will continue to add to global warming, deforestation, water scarcity and species extinction.

Cowspiracy is an organization based around veganism and how it affects the environment. They made a film all about it where they interviewed people of occupations within the sustainability of the environment and asked them on their take of veganism. Darren Aronofsky said about the film:

“ **A documentary that will rock and inspire the environmental movement.** ”

On their website they have a range of facts from the film about animal agriculture and note where they are sourced from. A few include:

- **2,500 gallons of water are needed to produce 1 pound of beef**
- **Livestock or livestock feed occupies 1/3 of the earth's ice-free land**

- Every minute, 7 million pounds of excrement are produced by animals raised for food in the US.
- We could see fishless oceans by 2048
- Animal agriculture is responsible for up to 91% of Amazon destruction.
- Worldwide, cows drink 45 billion gallons of water and eat 135 billion pounds of food each day.

## TIPS TO GO VEGAN (OR LESSEN YOUR INTAKE)

1. **Surprise yourself:** go to supermarkets and look at the ingredients. Notice that there are more vegan products than you might expect. In the ingredients list, the ones listed in bold (like eggs, milk e.c.t) there are also often 'free from' sections in supper markets where they sell vegan products.
2. **YouTube:** there are many vegan YouTubers or ones that are close to vegan that are out there that offer recipes and tips on what to eat. Like 'Naomi smart', Cambria joy' and Essena o Neal
3. **Don't stress:** if you accidently have some milk or have a bit of non-vegan chocolate it's not the end of the world! You are allowed to treat yourself a bit and mess up, and you don't have to suddenly go completely plant based, cutting back on milk and beef is very benifital towards the environment
4. **Be safe:** make sure you don't miss out on essential vitamins and minerals. Do your research and find what's best for you
5. **Try new things:** be adventurous! Don't be afraid to eat unusual food that you always wanted to try, you might find something that you love.

