VegOut

Eat less meat.
Good for you. Better for the planet.

Support our local restaurants VegOut Wednesday menu special

1 If you want to make 1 single change - **eating less meat is the most effective choice**
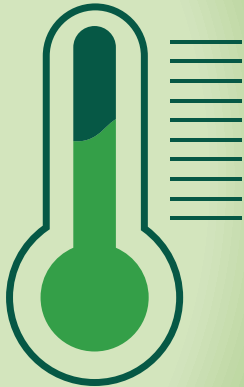
Eating less meat can be a useful strategy for lowering your carbon footprint

It takes **10 bathtubs** worth of water to produce a **quarter pound** of beef.

Production of meat - especially beef - causes more global warming emissions than almost any other types of food
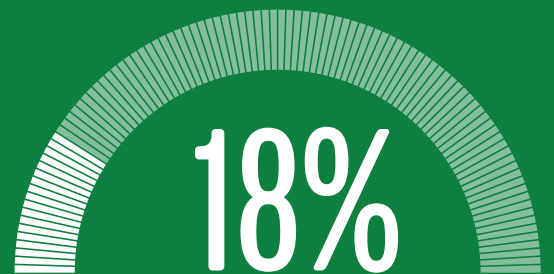
4x American eat about 270 lbs of meat each year - 4 times the global average

Global livestock production uses **75%** of the earth's agricultural land but produces only 18% of food calories

18% Animal Agriculture is responsible for 18% of global greenhouse gas emissions

Calcium per 100g

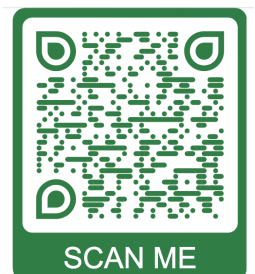MILK MILK MILK MILK MILK MILK MILK MILK MILK MILK **COWS MILK 100 mg**

KALE 150 mg

Take a photo with your phone's camera to see all participating restaurants

SCAN ME

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