



SKIP MEAT ONE DAY A WEEK!

Good for you!

- Diets that include less meat and more vegetables and fruits can reduce the risk of chronic diseases, such as cancer, heart disease, obesity and type-2 diabetes.

Great for our nation's health!

- Intensive animal confinement and misuse of antibiotics contributes to the growing public health crisis of antibiotic resistance and animal-to-human spread of diseases.

Better for the planet!

- Meat production accounts for nearly 15 percent of global greenhouse gas emissions, making it a major driver of climate change.
- The agriculture sector withdraws 70 percent of all fresh water globally, making it the largest water user, with livestock accounting for most of that use because water is used in all stages of meat production--from feed to care to processing.
- Producing meat uses more fossil fuels than producing plant-based proteins.
- Livestock is the world's largest human-related land user, taking up 30 percent of the Earth's entire land surface.
- The global demand for meat increases the pressure to clear forests and valuable land for raising livestock and growing food, thus contributing to land degradation, deforestation and the accelerated loss of rainforests.

Join the Campaign!

- If you eat one less burger a week, it would be the equivalent of taking your car off the road for 320 miles.
- To learn what you can do to participate in our Meatless Monday campaign, visit the Sustainable Task Force page on the Village of Glencoe website, www.villageofglencoe.org
- Support the local businesses that offer at least one vegetarian option in support of Meatless Monday.
- For more information, go to <http://www.meatlessmonday.com/>

