LET'S GO! MEATLESS MONDAY

Meatless Monday is an easy and delicious way to help students, families, and staff choose plant-based foods each week instead of meat. It's good for our personal health and the health of the planet. Your school is joining millions of students and faculty across the country from New York City, to Chicago, El Paso, and Los Angeles in enjoying plant-based meals each Monday.

Meatless Monday has been practiced in over 40 countries and is backed in science and research from Johns Hopkins Center for a Livable Future.

Why Meatless Monday

For the Planet

- Livestock production (such as cows, pigs and chickens) uses 75% of Earth's agricultural land

- Livestock production creates more greenhouse gases than all the cars, trucks, planes and trains in the world

- Producing ONE 1/4 lb. beef burger uses enough water to fill 10 bathtubs

- Producing ONE 1/4 lb. beef burger uses enough energy to power an iPhone for 6 months

For Your Health

- Beans and other vegetables can give you all the protein you need each day

- Eating less meat and more plant-based foods can boost your heart health and your ability to fight off diseases

- Skipping a serving of meat each day and replacing it with a plant protein like beans or tofu can decrease your chance of getting diabetes

- Eating more plant-based foods, instead of meat, helps you keep a healthy body weight

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Good for you, good for the planet.