Meatless Monday PA Announcements:

- Did you know…that raising livestock, like cows, pigs, and chickens, creates more greenhouse gasses than all the cars, trucks, and planes combined?

  You can help the planet by skipping meat every Monday. Try eating more fruits, grains, nuts, and plants to become a Meatless Monday champion.

- Did you know…that to make just ONE beef burger, it takes ten bathtubs full of water? The reason: cows are big animals and the food they eat requires a lot of natural resources.

  One good way for you to save water is to skip meat every Monday. Try a veggie burger instead, and choose Meatless Monday meals to become a champion for a healthier planet today!

- Did you know…that plant-based foods like black beans, chickpeas, and lentils have lots of protein?

  Choose a Meatless Monday meal today, and give your body a healthy boost.

- Did you know…that to make just ONE beef burger, it takes ten bathtubs full of water? The reason: cows are big animals and the food they eat requires a lot of water.

  People, plants, animals, and the planet as a whole need water to survive. Go Meatless Monday and save water today!

- Did you know… by skipping ONE beef burger, you can save enough power for an iPhone to run for six months?

  Save energy this Monday by munching on meatless meals for breakfast, lunch, and dinner.

- Did you know…that the water needed to make ONE beef burger is enough to provide 6,800 glasses of drinking water?

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A good way to save water is Meatless Monday. Go with a veggie burger, bean burrito, or pesto pastas instead, and eat your way to a healthier planet.

- Did you know…that many of your favorite foods, like pizza, pasta, burritos, chili, and hummus are all naturally vegetarian?

Make Meatless Monday as delicious as every other day of the week.

Grades 6-12

- Did you know…that skipping ONE beef burger every Monday for a year, saves the same amount of carbon emissions produced from driving a car 348 miles?

  Go Meatless Monday this week to reduce your environmental footprint!

- Did you know…that by skipping ONE beef burger every Monday, you could save enough water for 1,700 thirsty people?

  Do the planet a favor, and go Meatless Monday.

- Did you know...that the energy you'd save from skipping one beef burger could power an iPhone for six months?

  Use the power of choice and go Meatless Monday to save some energy!

- Did you know…that not only can you get your daily protein from plant-based foods, but most Americans eat 1.5 times more protein each day than they need?

  Try focusing on plant-based foods for your protein fix.

- Did you know…that eating more fruits and veggies and less red meat reduces your risk of getting sick and helps you live a healthier life?

  Plant-based foods are far from boring. You can still enjoy all of your favorite foods—curries, tacos, pastas, soups, stews— on Meatless Monday, just made meatless.