**Directions:**

Issuing a Meatless Monday proclamation sends a powerful message to residents, local organizations and the general public that your city/community is committed to promoting Meatless Monday to achieve climate and public health goals.

Use the sample proclamation below by customizing it and adding your organization, city or community name, and relevant facts/figures of your community. The structure used below has been successful for many communities, but it is helpful to personalize the information included. Once complete, you can send the proclamation to your local city council or other governing body.

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**Meatless Monday Sample Proclamation**

**Whereas,** [Relevant percentage]% of [City/community name] residents do not eat their recommended daily servings of fruits and vegetables and have [City’s percentage] rate of diet-related chronic diseases, such as cardiovascular disease, type 2 diabetes, obesity, and some types of cancer; and

[If you do not have this information, feel free to add other relevant health information here]

**Whereas**, The Johns Hopkins Center for a Livable Future has long recognized that high meat consumption can have an adverse effect on human health and the environment. The [Center states](https://www.google.com/url?q=https://clf.jhsph.edu/sites/default/files/2019-03/global-meatless-monday-intro.pdf&sa=D&source=editors&ust=1631288366666000&usg=AOvVaw2EBws9fnviHnf6WmYENi_3) that “high-meat diets, especially those low in vegetables and fruits, are associated with adverse health outcomes such as cancer, heart disease, obesity, and type 2 diabetes. In addition, meat production accounts for nearly 15 percent of global greenhouse gas emissions, making it a major driver of climate change. Livestock agriculture uses a disproportionate amount of the world’s fresh water, arable land and fossil fuel.” Accordingly, they recommend Meatless Monday as a first step to encourage individuals to eat more plant-based foods and fewer animal products; and

**Whereas**, The environmental impacts of abstaining from meat are significant. Producing a single hamburger uses the same amount of fossil fuel necessary to drive a small car 7 miles and enough water to fill 425 bathtubs. The [EAT-Lancet Commission on Healthy Diets From Sustainable Food Systems final report](https://www.google.com/url?q=https://eatforum.org/eat-lancet-commission/eat-lancet-commission-summary-report/&sa=D&source=editors&ust=1631288366661000&usg=AOvVaw050Ot7ZVtskUIwkWv1ZDWL) concluded that “food is the single strongest lever to optimize human health and environmental sustainability on Earth,” and that a global shift toward a mostly plant-based diet is necessary to achieve those sustainability goals; and

**Whereas,** A weekly reminder to restart healthy habits encourages success, and we are more likely to maintain behaviors begun on Monday throughout the week; and

**Whereas,** [City/community name] Meatless Monday initiative offers free resources including [fill in relevant resources]; and

**Whereas,** [fill in information about local restaurants, businesses, schools, etc. that are participating]; and

**Whereas,** [Organization or City name] is also proud to join the many additional communities, organizations and groups who participate in Meatless Monday around the world; and

**NOW, THEREFORE, BE IT RESOLVED** that we, the members of the [City/community council or governing body], do hereby proclaim

Mondays shall be Meatless Monday in [City/community name], and hereby urge all citizens to take special note of this observance by refraining from eating animal products on that day of the week, and [actions you are taking in your community - ex. restaurants participating, events, etc.] to find healthy and tasty meat-free options that will improve their health as well as the health of our environment and will add to their enjoyment and understanding of the importance of reducing meat consumption.