

Reducing the amount of meat you eat is a simple and effective way to help protect our planet and our future

- On a global scale the meat industry generates nearly one fifth of the man-made greenhouse gas emissions accelerating climate change, which is more than the entire transport sector.
- Raising livestock accounts for 37 per cent of methane caused by human activity. Methane has 23 times the global warming potential of carbon dioxide.
- One hectare of Amazon rainforest is lost to cattle ranchers every 18 seconds. That's six football pitches of ancient forest destroyed every minute to make room for grazing cattle.
- It takes an estimated 634 gallons of fresh water to produce one beef burger, the equivalent of taking a four hour shower.

Together we can have a big impact

World scientists on the Intergovernmental Panel for Climate Change agree that we need to reduce the amount of greenhouse gases in the atmosphere by 80 per cent by 2050 in order to have a chance of avoiding catastrophic climate change. If everyone in Britain had a Meat Free Monday, it would be the same as taking five million cars off the road! Having a Meat Free Monday* is a simple way for you to make a difference.

Recycling Facts

Recycling Paper Facts

- * To produce each week's Sunday newspapers, 500,000 trees must be cut down.
- * If all our newspaper was recycled, we could save about 250,000,000 trees each year!
- * If every American recycled just one-tenth of their newspapers, we would save about 25,000,000 trees a year.
- * If you had a 15-year-old tree and made it into paper grocery bags, you'd get about 700 of them. A supermarket could use all of them in under an hour! This means in one year, one supermarket goes through 60,500,000 paper bags
- * The average American uses seven trees a year in paper, wood, and other products made from trees. This amounts to about 2,000,000,000 trees per year!
- * The amount of wood and paper we throw away each year is enough to heat 50,000,000 homes for 20 years.
- * Approximately 1 billion trees worth of paper are thrown away every year in the U.S.
- * Americans use 85,000,000 tons of paper a year; about 680 pounds per person.
- * The average household throws away 13,000 separate pieces of paper each year. Most is packaging and junk mail.
- * Each ton (2000 pounds) of recycled paper can save 17 trees, 380 gallons of oil, three cubic yards of landfill space, 4000 kilowatts of energy, and 7000 gallons of water. This represents a 64% energy savings, a 58% water savings, and 60 pounds less of air pollution!
- * The 17 trees saved (above) can absorb a total of 250 pounds of carbon dioxide from the air each year. Burning that ton of paper would create 1500 pounds of carbon dioxide.

****RECYCLE** REDUCE **REUSE**

