



WHAT'S A FOODPRINT?

A FOODPRINT measures the environmental impacts associated with the growing, producing, transporting, and storing of our food— from the natural resources consumed to the pollution produced to the greenhouse gases emitted.

OUR FOOD CHOICES & THEIR IMPACT

Our food choices can be part of the solution to a healthier planet! The average American consumes over 200 pounds of meat every year. That is over 2 quarter pound burgers every day! Producing this much meat is resource intensive, but choosing to eat less meat can reduce our FOODPRINT.

- **WATER:** Meat production requires a huge amount of water. An estimated 1,800 gallons of water go into a single pound of beef. With that much water you could take 105 eight-minute showers a day!
- **TREES:** Animal agriculture takes up land and is a leading cause of deforestation. In 2018, 82,191 acres of tropical rainforest a day were lost – the equivalent of 43 football fields a minute!
- **LAND:** Livestock provide just 18% of calories worldwide, but use 83 percent of farmland.
- **CARBON:** Methane, a greenhouse gas, has over 25 times the impact on our planet as carbon dioxide over a 100-year period. According to the EPA, the largest contributor of methane in the US is livestock and their waste.

IDEAS FOR MEATLESS DINNERS

Meatless eating provides powerful, proven benefits for our personal wellbeing and the health of the planet. There are countless nutritious and delicious options for plant-based dinners: pasta, grain bowls, chili, quesadillas, stir-fry, curry to name a few.

Tonight, choose and prepare a meatless dinner with your family!
Check out the following for more ideas and recipes:

[Meatless Monday](#)

[Game Changers](#)

[Vegetarian Times](#)