

**"You can make a bigger contribution to cutting greenhouse gases by becoming vegan than by buying an eco-friendly car."**

Jonathon Porritt, Chair of the UK Sustainable Development Commission

## HOW CHANGING TO A PLANT-BASED DIET CAN HELP SAVE THE PLANET

A meat-based diet requires more than 10 times as much land than a plant-based diet with beef as the worst offender for its detrimental environmental impact.<sup>12</sup> A leading study, that consolidated data covering five environmental indicators involving 38,700 farms and 1600 commercial processors and manufacturers, found that the least environmental impact is caused by eating a vegan diet.<sup>12</sup> Going vegan is the only genuine way to cut down on the massive impact meat eating is having on our planet. All the nutrients that you need can easily be obtained from a plant-based diet. It is better for you, better for the animals and better for the planet.



You don't need to wait for the government or industry to act on climate change. You can do something, and you can do it today. Go vegan, for our planet's sake.

## REDUCE YOUR ECO FOOTPRINT

Switching to a vegan diet is the single most efficient act you can take to reduce your environmental footprint on the planet.<sup>12</sup>

## FOUND THIS USEFUL? WE HAVE LOADS MORE.

Visit our website for a complete list of helpful leaflets on vegan nutrition and families, recommended links and vegan recipes.

Scan me!



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Check our website for how to support our work or get involved with our local activities. The CVS is a registered charitable organisation. Donations are tax deductible.

Written by Yolanda Soryl, August 2020.

Thanks to the members of our vegan community for providing their photos for our leaflets.

[veganchristchurch.org.nz](http://veganchristchurch.org.nz)



# ENVIRONMENTAL REASONS FOR VEGANISM

## YOUR DIET CAN MAKE A BIG DIFFERENCE TO YOUR ENVIRONMENTAL IMPACT

**Global warming, deforestation, land degradation, pollution, loss of biodiversity, water shortage, over-fishing ... animal agriculture is killing the Earth!**

Did you know animal farming for food production is one of the most significant contributors to the serious environmental problems facing our planet? You can significantly reduce your impact on the environment by saying no to meat and dairy and follow a plant based diet. It's never been easier to be vegan. Plus it tastes good and feels good too.

## DID YOU KNOW?

- Globally, cows produce 150 billion gallons of methane daily
- NZ is rated 21st in the world for greenhouse gas emissions
- Agriculture is responsible for more greenhouse gas emissions than all road transport combined
- A meat-based diet requires more than 10 times as much land than a plant-based diet

## EXCELLENT PLANT-BASED FOOD CHOICES





**“It is impossible to feed future generations a typical western diet without destroying the environment.”**

International Water Management Institute

## CLIMATE CHANGE

Did you know farming animals

contributes more

harmful emissions

than all forms of

road transport<sup>4</sup>

combined?

Farmed animals

are the biggest

producers of

nitrous oxide and

methane gas.<sup>1</sup>



## 100% PURE NEW ZEALAND, NOT!

In New Zealand, the agriculture sector

has been identified as the largest

producer of New Zealand's greenhouse

emissions.<sup>2</sup> It isn't just meat production

either. The huge expansion in dairy

farms throughout the country in recent

years has also resulted in an annual

increase of harmful emissions.<sup>2</sup> In

fact, New Zealand is rated 21st in the

world (5th in the OECD) per capita for

greenhouse gas emissions.<sup>3</sup>

## EAT WELL, LIVE WELL

There is no magic secret in a healthy

diet. Choose from a variety of foods,

buy wholegrain rather than refined

foods and avoid processed foods.

Finally, eat a rainbow: make sure

your meal plate has all the colours,

especially green. The stronger the

colour, the better. Rainbow eating

ensures variety and taste.

## DEFORESTATION AND LAND DEGRADATION

An astonishing one-third of our planet's

landmass has been destroyed

to farm animals.<sup>5</sup> Globally,

animal farming is a major

cause of deforestation and

a major contributor to land

degradation.<sup>6</sup> Here in New

Zealand it is even worse. Over

forty per cent of our country's

land mass has been devoted to

animal agriculture to rear sheep, cattle,

pigs and other meat producing animals.<sup>7</sup>

## WATER POLLUTION

Pastoral farming of sheep and cattle

in particular, has caused widespread

detrimental environmental impacts

including erosion and sedimentation

to streams and rivers. Intensive animal

farming also contaminates soil.

groundwater and streams, and increases

the risk of soil compaction.<sup>8</sup> Did you

know animal farming is also responsible

for the modifying of New Zealand lakes,

rivers and streams by dams, drainage and

irrigation schemes? Water quality in New

Zealand rivers and lakes has declined in

regions dominated by pastoral animal

farming and only tiny pockets of our once

vast flourishing ecosystems are left.<sup>9</sup>

## FREE DOWNLOADS



We have many other  
informative leaflets on  
health and nutrition,  
including raising vegan  
children, available at:  
veganchristchurch.org.nz

## WATER SHORTAGE

Meat and dairy are water wasters too.

It takes far less water to

produce plant-based

foods. Up to 15,000

litres of water are

needed to produce

just 1kg of meat,

but only 1000-2000

litres are needed for

the same amount of

wheat.<sup>8</sup>



The United Nations has concluded that many of the world's major fisheries are over-fished or on the brink of collapse. Modern fishing practices also cause massive widespread and long-lasting damage to wildlife and the sea itself.<sup>10</sup> Intensive fish farming is not the solution either as it also pollutes the environment and adversely affects wildlife.<sup>11</sup>

## OVER-FISHING

**“Eating plant foods is healthier and more efficient than feeding animals to produce meat.”**

World Health Organisation

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