



Reasons to switch to a Plant-Based Diet

- **Good for us and the earth's health**
 - **Saves untouched habitats (rainforests and marshes) from being destroyed**
 - **Less pollution in our waterways that threatens human, animal and plant life.**
 - **Reducing our animal based food consumption would reduce our water use at least by half.**
 - **Good for our health - helps with making our immune system stronger.**
 - **Provides shelf stable food and beverages during health crises (coronavirus)**
 - **Choosing to stay away from meat decreases the demand for a trade.**
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