



## One simple way to reduce your Carbon Footprint...



### Eating Plants



Eating a vegan diet can reduce your carbon footprint by as much as 73%.

Not everyone can go meat free, but how about doing Meatless Mondays?

A study done in the UK found that replacing one red meat meal a week with a plant-based meal could reduce your carbon footprint by as much as 8.4% a year. If everyone did this it would be equivalent to taking 16 million cars off the road!

## Meatless Monday Recipe Ideas

- Burrito – rice, beans, cheese and tortilla
- Grilled cheese and tomato soup
- Pasta Primavera - red or white sauce with steamed veggie over pasta
- Stuffed Shells with a salad
- Stuffed Peppers – rice, beans, veggies
- Veggie quiche – broccoli and cheddar cheese

## Fun Activities for the Kids

Go to the website below, kids can calculate their carbon footprint, do coloring pages, play games and learn how to reduce their own Carbon footprint.

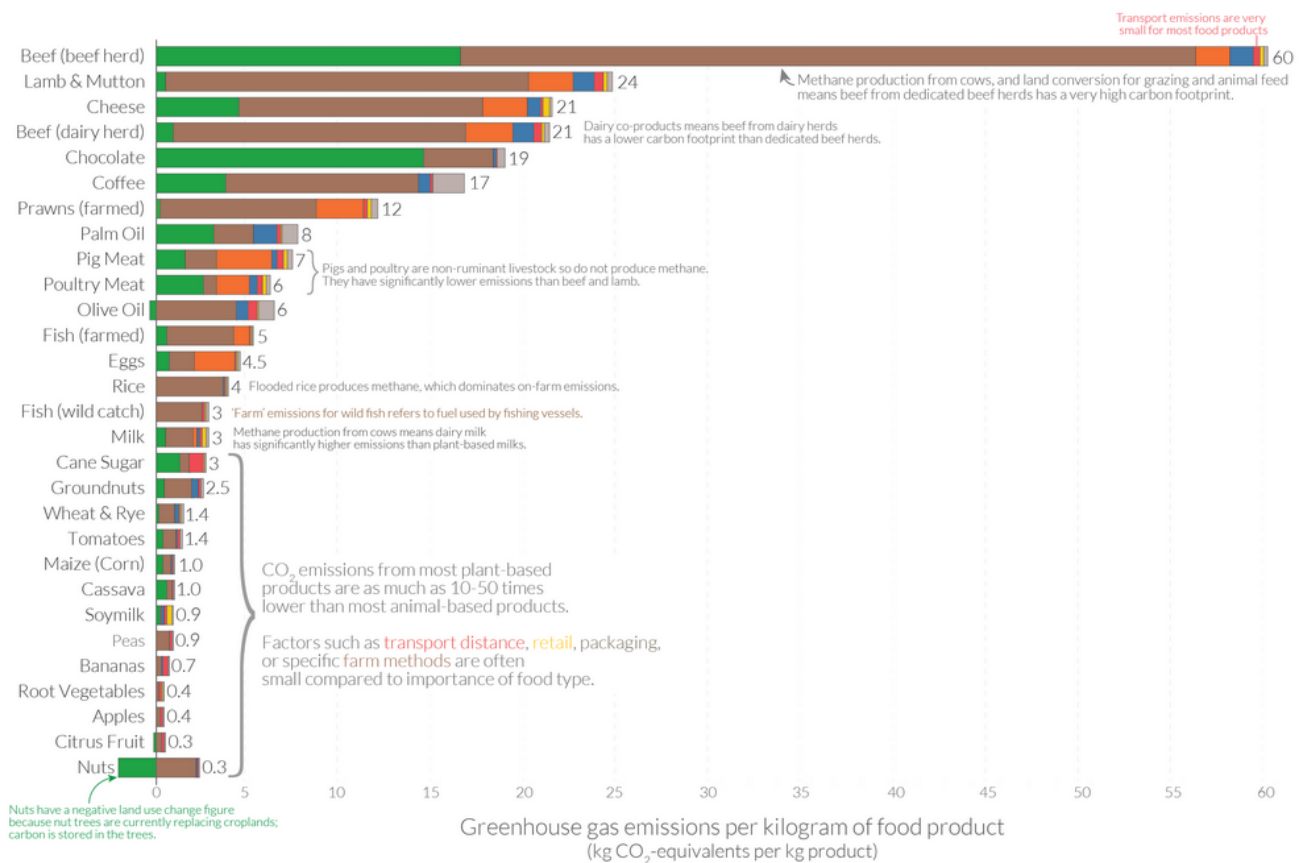
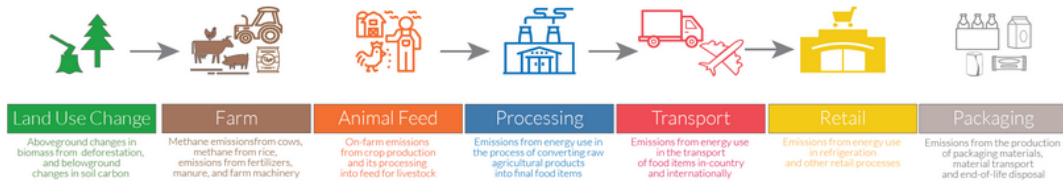
[https://www.energystar.gov/ia/products/globalwarming/downloads/GoGreen\\_Activities%20508\\_compliant\\_small.pdf](https://www.energystar.gov/ia/products/globalwarming/downloads/GoGreen_Activities%20508_compliant_small.pdf)

# Benefits of Buying Local

The Davidson Farmers Market is a great resource for local produce. Even though the market is not currently operating on Saturdays, many farmers are still providing “order ahead” and “pick-up” throughout the week in Davidson. They also sell meat. So, if you still choose to eat meat, getting it locally can still reduce vehicle emissions. Visit Davidson Farmers Market on Facebook or Instagram for details.

## Food: greenhouse gas emissions across the supply chain

Our World in Data



Note: Greenhouse gas emissions are given as global average values based on data across 38,700 commercially viable farms in 119 countries. Data source: Poore and Nemecek (2018). Reducing food's environmental impacts through producers and consumers. *Science*. Images sourced from the Noun Project. OurWorldinData.org - Research and data to make progress against the world's largest problems. Licensed under CC-BY by the author Hannah Ritchie.