



@cjcjmid

going meatless two or more days a week

plant-based food

adopting the "Planetary Health Diet" that is, halving meat and sugar, and doubling

41.7% that of non-vegetarian)

d. becoming a vegan, that is, to refrain from consuming any animal products (↓ GHG by

27.8% that of non-vegetarian)

c. becoming a lacto-ovo vegetarian, that is, to eat dairy, but no animal meat (↓ GHG by

23.8% that of non-vegetarian)

b. becoming a pescovegetarian, that is, to eat fish but no other animal meat (↓ GHG by

(↑ GHG by 20% that of non-vegetarian)

a. becoming a semi-vegetarian, that is, to eat meat only occasionally

(choose one from below)"

for my own health and the health of Mother Earth, I commit to ---

by the Creation Justice Commission by making this pledge to eat

"I support the Protect Our Earth, Protect Our Children campaign

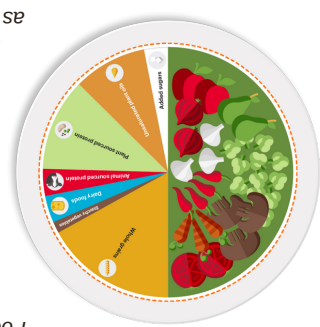
And make a pledge to take action:

Link: <https://youtu.be/Pic420IU0ik>

Watch this video: "Can healthy food save the planet?"

<https://www.hausvoneden.de/wp-content/uploads/2020/03/Planetary-health-diet.jpg>

Food systems are responsible for up to 1/3 of greenhouse gas emissions, with many of the most carbon-intensive sources also the same as those driving higher rates of diabetes, cardiovascular diseases, and cancer worldwide, especially red meat, Halving meat and sugar, doubling plant-based consumption will save an estimated 11 million lives per year as well as halving greenhouse gas emissions



Planetary Health Diet

FOLD ALONG THIS LINE FIRST

The United Nations states that animal agriculture "is exerting mounting pressure on the world's natural resources" and contributes to land degradation, species loss, and water pollution and waste.

SAVE THE PLANET

<p>Climate Change</p> <p>GLOBAL GREENHOUSE GAS EMISSIONS</p> <p>14.5% ANIMAL AGRICULTURE</p> <p>13% ENTIRE TRANSPORTATION INDUSTRY</p>	<p>Water Use</p> <p>1 HAMBURGER = 660 GALLONS OF WATER = 2 MONTHS' SHOWERS</p>
<p>Deforestation</p> <p>91% OF AMAZON DESTRUCTION IS CAUSED BY ANIMAL AGRICULTURE</p> <p>1-2 ACRES OF RAINFOREST CLEARED EVERY MINUTE</p>	<p>Depletion of Ocean Life</p> <p>51% OF LARGE FISH ALREADY GONE ALL SPECIES OF LARGE FISH WILL BE ELIMINATED BY 2048</p> <p>ALL FISHING IS OVER-FISHING</p>
<p>Waste</p> <p>WASTE FROM FARM OF 2500 DAIRY COWS = WASTE FROM CITY OF 411,000 PEOPLE</p>	<p>World Hunger</p> <p>82% OF THE WORLD'S STARVING CHILDREN LIVE IN COUNTRIES WHERE GRAIN SURPLUSES ARE FED TO ANIMALS EATEN BY INDIVIDUALS IN DEVELOPED COUNTRIES</p>

Sources: Animal Place, Cowspiracy (2014), Comfortably Unaware: What We Choose to Eat is Killing Us and Our Planet (2012), <http://www.fao.org/news/story/en/item/197623/icode/> (2021)

The modern western way of eating is making very large numbers of people fat and sick as other parts of the world adopt it. Diet-related diseases now cause roughly 11 million deaths a year². Preventable diseases such as heart disease and strokes, cancers, obesity and diabetes have increased along with our way of eating. 720 to 811 million people in the world faced hunger in 2020. Nearly 2.37 billion people did not have access to adequate food in 2020. The high cost of healthy diets and persistently high levels of poverty and income inequality continue to keep healthy diets out of reach for around 3 billion people in every region of the world³. Yet at the same time, 2 billion are overweight or obese⁴. It is not uncommon to find undernutrition and obesity co-existing within the same country, the same community and the same household⁴ as calorie-heavy but nutrient-light processed industrialised foods are adopted.

1. <http://www.fao.org/ag/againfo/themes/en/Environment>
 2. <https://www.thelancet.com/journals/lancet/article/8/fulltext>
 3. <http://www.fao.org/publications/sofi/en/>
 https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight 9 June 2021)

PROTEC YR 2 CAMPAIGN:
 (1 Sep 2021 – 31 Aug 2022)
CUT DOWN MEAT, DAIRY & FOOD WASTE

"PROTECT OUR EARTH, PROTECT OUR CHILDREN" CAMPAIGN
 1 September 2020 – 31 August 2025

The livestock and dairy industry emits huge amounts of pollutants and 14.5 % of greenhouse gases (GHGs) which cause global warming. It drives deforestation and animal cruelty

One-third of the food produced globally is wasted
 Food waste produces 8-10 % of GHGs

- EAT MORE LOCAL PLANT-BASED FOOD
- STOP WASTING FOOD and
- PRAY FOR AND WITH ALL CREATION DAILY

Let's say this prayer everyday:
 Creator God, we thank You for the gift of the life which You lovingly wove into being.

We confess we have not cared for Your creation. Your world grows hotter, hungrier, sicker and the people and planet cry out for hope.

In Your love, Lord, we answer for we know that things can change.

Give us the courage to bring Laudato Si' to life to care for all communities and species suffering from environmental harm.

Bless all who labor for an integral ecology that they might inspire others to discover Your face in our suffering and beautiful world.

We ask this in Jesus's name.
 Amen

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FOLD ALONG THIS LINE NEXT