

# Sustainable Living Guide

JANUARY | REDUCING YOUR MEAT INTAKE



This month, we're taking a look at how initiatives like [Meat Free Monday](#) are benefiting the planet. Programs like this advocate for small changes that make a large impact—whether you're swapping one meal or an entire day's worth of meat each week.



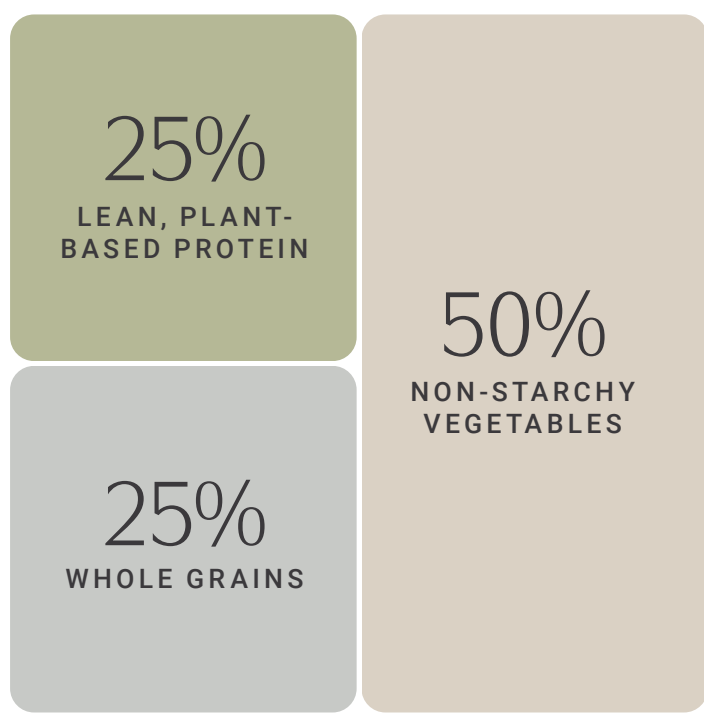
## WHY DOES IT MATTER?

Growing our food utilizes about 70% of the world's freshwater. About a third of that goes toward growing crops that feed farm animals. When animals eat these crops, they naturally use some of that energy to live and grow, which means it takes more resources—think 12kg of grain to produce 1kg of beef.

The Food and Agriculture Organization of the United Nations (FAO) estimates that raising livestock contributes 14.5% to greenhouse gases globally, though some organizations suggest this number could be higher, up to 51%. Understanding these connections can help us make more informed choices about our food.

## HOW CAN YOU START?

- Prepare a [plant powered smoothie](#) to keep up your protein intake.
- Plan meals around what fruits and vegetables are in season.
- It's not all meal prep. [HappyCow](#) and [VanillaBean](#) have up-to-date lists of restaurants worldwide with meat-free options.
- Stay balanced. If you're going to swap meat for alternatives, it shouldn't be nutritionally empty, calorie-dense foods.



A BALANCED PLANT-BASED DIET

## WINTER FRUITS AND VEGETABLES

- |                    |                  |              |                  |
|--------------------|------------------|--------------|------------------|
| • Apples           | • Celery         | • Lemons     | • Potatoes       |
| • Avocados         | • Collard Greens | • Limes      | • Pumpkin        |
| • Bananas          | • Grapefruit     | • Onions     | • Rutabagas      |
| • Beets            | • Herbs          | • Oranges    | • Sweet Potatoes |
| • Brussels Sprouts | • Kale           | • Parsnips   | • Swiss Chard    |
| • Cabbage          | • Kiwifruit      | • Pears      | • Turnips        |
| • Carrots          | • Leeks          | • Pineapples | • Winter Squash  |