10 Reasons

TO GO PLANT-BASED

BE HEALTHIER AND HAPPIER

A wholefood plant-based diet can prevent and reduce diseases

BECOME ENERGISED

Choosing to eat more plants is a great way be more energised and feel better

HELP THE ANIMALS

Plant-based diets are the easiest way to help the animals. By choosing to eat plant-based, one individual can save approximately 200 animals per year

HELP THE ENVIRONMENT

Animal agriculture is the biggest contributor to the climate change crisis

HELP FEED THE HUNGRY

Farmed animals take more food from the global food supply (half the world's edible grains) than they provide, because it takes tons of crops and water to raise them. Feeding these grains directly to people can help combat world hunger.

SAVE WATER

It takes about 1,799 gallons of water to produce just one pound of meat, and about 800 gallons to produce just one gallon of milk

SAVE MONEY

Buying less or no meat can save money. We can significantly reduce the amount of money we spend on food by choosing to more eat plant-based

LIVE LONGER

Plant-based diets promote longevity

MAKE THE WORLD A BETTER PLACE!

We can all work together towards a more compassionate world simply by choosing to reduce or even stop consuming animal products and adopting a more plant-based lifestyle

Why not try one plant based meal a week and together we can make a difference one meal at a time to heal the planet!

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