

## **Dealing with Climate Grief**

### **January: Reducing our impacts by making changes to our diet**

Meat consumption contributes to climate change in a number of ways. Forests are destroyed to create grazing land. Cows and sheep create large amounts of methane as they digest food. Their manure also emits methane. Production of fodder often requires large amounts of nitrogen-based fertilisers. Degradation of soil due to over-grazing prevents soil acting as a carbon reservoir. The meat and dairy industry accounts for roughly 14.5% of global greenhouse gases. Meat production also impacts on biodiversity. 80% of farmland worldwide is used for meat and dairy production. Much of this land is used for crops such as Soya for feed for cattle, chickens and pigs. research carried out at Oxford University in 2018 suggested that adopting a plant based diet was the single biggest way for someone to reduce their impact on the planet

- <https://www.theguardian.com/environment/2018/may/31/avoiding-meat-and-dairy-is-single-biggest-way-to-reduce-your-impact-on-earth>

See also [climatehealers.org/the-science/animal-agriculture-position-paper](http://climatehealers.org/the-science/animal-agriculture-position-paper)

If we eat less meat, it will have a significant impact on reducing climate change, allow large areas to be returned to nature, enable more people on our planet to avoid starvation and improve our health. If we take measures to reduce food waste then that will also make a difference as will buying locally produced food when possible.

#### **Change our Life-style habits.**

- Participate in Veganuary.
- Commit to eating less meat through the rest of the year. Even two meat-free days each week will make a difference.
- Waste less food. About a third of all the world's food goes to waste. Rotting food also releases greenhouse gases.

#### **Use our consumer power.**

- Boycott products that damage rain-forests eg. Palm Oil, beef other than grass-fed beef.
- Start buying meat alternatives. This will encourage Supermarkets to stock more of these and technologists and farmers to seek new alternatives to meat.

#### **Educate Ourselves.**

- Use [veganuary.com](http://veganuary.com) to explore new recipes and discover how to make delicious plant-based meals.
- Attend the WFGA workshop –Wed 19th Jan 7:30pm “How a plant-based diet can save the planet”
- Find out more about “Regenerative farming”.
- Investigate the impacts of food waste and how to avoid it.
- Find out more about the “National Food Strategy for England”

#### **Lobby and Protest.**

- Encourage our councillors and MPs to become Plant-based diet Champions.
- The Vegan Society's Grow Green campaign wants to “achieve system change so that farmers in the UK are handed the right tools to protect the planet”. More info on this, and how to help, by contacting MPs etc., can be found at [vegansociety.com/take-action/campaigns/grow-green/campaigners](http://vegansociety.com/take-action/campaigns/grow-green/campaigners)

- John Rhymer