

1/27/15

**Football Field Size of Rain Forest**

**Destroyed Every 8 Seconds –**

**GO VEGAN!**



**Nature is Speaking** - short videos by Conservation International -

A lovely campaign, breathtaking photography! And, as you know, **veganism plays an integral role in protecting and preserving ALL of Nature.** Enjoy the videos.

[The Rain Forest - Kevin Spacey](#)

[Mother Nature - Julia Roberts](#)

[The Ocean - Harrison Ford](#)

[Water - Penelope Cruz](#)

[The Redwood - Robert and Lena Redford](#)

[Flower - Lupita Nyong'o](#)

[The Soil - Edward Norton](#)

[Coral Reef - Ian Somerhalder](#)

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## Are You As Smart As a Twelve-Year-Old?



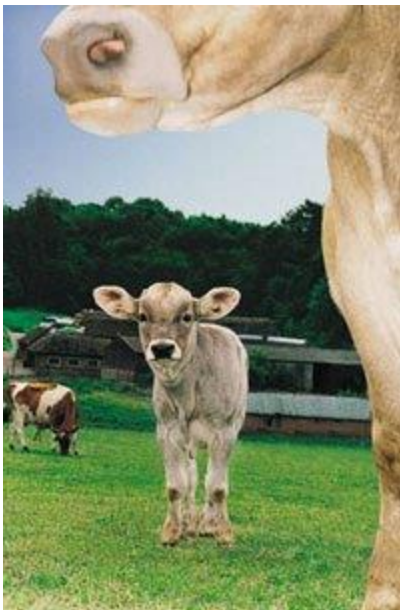
I always knew that becoming a vegetarian would help prevent cruelty to animals, but I was not aware of the environmental consequences of a meat-eating diet. The production of beef and other animal protein consumes huge amounts of natural resources such as water, fossil fuels and topsoil, while polluting our water and air. In fact, **switching to a plant-based diet from a meat-eating diet is the single most important move I can make to help the environment**, much more effective than turning off the water when I brush my teeth or recycling and reusing. (Although, I will always continue to conserve and recycle!)

One of the biggest environmental impacts of a meat-eating diet is the **depletion of natural resources, particularly the consumption of vast amounts of water for livestock production.** Today, there are more than 17 billion livestock in the world; that's about triple the number of people. Raising these animals requires huge amounts of water, most of it used to irrigate the grains and hay fed to the animals. According to the Water Education Foundation, it takes **2,464 gallons of water to produce one pound of beef** in California. This is the same amount of water you would use if you took a seven-minute shower every day for six entire months.

In contrast, only **25 gallons of water are needed to produce one pound of wheat.** Present human water consumption drains aquifers around the world. Water tables are dropping drastically and wells are going dry. The United States Geological Survey says that 40 percent of fresh water used in the U.S. in 2000 went to irrigate feed crops for livestock. Only 13 percent was used for domestic purposes including showers, flushing toilets, washing cars and watering lawns. Switching to a plant-based diet or reducing the amount of meat in your diet is by far the most important choice you can make to save water.

Raising livestock depletes other natural resources as well, including **fossil fuels** and **topsoil.** Aside from the cost of grains used to feed livestock you can also measure the cost of fossil fuel energy. Agricultural production uses ten percent of the energy used every year in the United States. David Pimentel from Cornell University explained it this way, 40 calories of fossil fuel are needed to produce one calorie of protein from feedlot beef while only two calories of fossil fuel are needed to produce one calorie of protein from tofu. [>>MORE](#)

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**Fight Global Warming by  
Going **Vegetarian****

Global warming has been called humankind's "greatest challenge" and the world's gravest environmental threat. Many conscientious people are trying to help reduce global warming by driving more fuel-efficient cars and using energy-saving light bulbs. Although these measures help, science shows that **going vegan is one of the most effective ways to fight global warming. A staggering 51 percent or more of global greenhouse-gas emissions are caused by animal agriculture**, according to a report published by the Worldwatch Institute. **Additionally, a recent United Nations report concluded that a global shift toward a vegan diet is extremely important in order to combat the worst effects of climate change.**

**According to the United Nations, raising animals for food is "one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global."** In addition, the official handbook for Live Earth, the anti-climate change concerts that Al Gore helped organize, says that not eating meat is the "single most effective thing you can do" to reduce your climate change impact. Carbon dioxide, methane, and nitrous oxide together cause the vast majority of global warming. Raising animals for food is one of the largest sources of carbon dioxide and the single largest source of both methane and nitrous-oxide emissions.

## **Carbon Dioxide**

Burning fossil fuels (such as oil and gasoline) releases carbon dioxide, the primary gas responsible for global warming. Producing one calorie from animal protein requires 11 times as much fossil fuel input—releasing 11 times as much carbon dioxide—as does producing a calorie from plant protein. Feeding massive amounts of grain and water to farmed animals and then killing them and processing, transporting, and storing their flesh is extremely energy-intensive.

In addition, enormous amounts of carbon dioxide stored in trees are released during the destruction of vast acres of forest to provide pastureland and to grow crops for farmed animals. On top of this, animal manure also releases large quantities of carbon dioxide.

You could exchange your "regular" car for a hybrid Toyota Prius and, by doing so, prevent about 1 ton of carbon dioxide from entering the atmosphere each year, but according to the University of Chicago, being

vegan is more effective in the fight against global warming; **a vegan is responsible for the release of approximately 1.5 fewer tons of carbon dioxide into the atmosphere each year than is a meat-eater.**

A German study conducted in 2008 concluded that a meat-eater's diet is responsible for more than seven times as much greenhouse gas emissions as a vegan's diet. Rajendra Pachauri, the head of the U.N.'s Nobel Prize-winning Intergovernmental Panel on Climate Change (and a vegetarian himself), urges people to "please eat less meat—meat is a very carbon-intensive commodity."

## **Methane**

The billions of chickens, turkeys, pigs, and cows who are crammed into factory farms each year in the U.S. produce enormous amounts of methane, both during digestion and from the acres of cesspools filled with feces that they excrete. Scientists report that every pound of methane is more than 20 times as effective as carbon dioxide is at trapping heat in our atmosphere. The EPA shows that animal agriculture is the single largest source of methane emissions in the U.S.

## **Nitrous Oxide**

Nitrous oxide is about 300 times more potent as a global warming gas than carbon dioxide. According to the U.N., the meat, egg, and dairy industries account for a staggering 65 percent of worldwide nitrous oxide emissions. (Use the [N-Calculator to calculate your nitrogen footprint](#) and to see how you could lower your nitrogen usage.)

You can help stop global warming! **The most powerful step that we can take as individuals to avert global warming is to stop eating meat, eggs, and dairy products.**

***Source: People for the Ethical Treatment of Animals (PETA)***

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# Veganism & the Environment: **BY THE NUMBERS**

## **3** PRIMARY GASSES ARE RESPONSIBLE FOR GLOBAL WARMING:

### Carbon Dioxide

If one person exchanges a "regular" car for a hybrid, they'll **reduce carbon dioxide emissions by 1 ton per year.**



If one person exchanges eating meat for a vegan diet, they'll **reduce carbon dioxide emissions by 1.5 tons per year.**



If every American dropped one serving of chicken per week from their diet, it would save the **same amount of CO2 emissions as taking 500,000 cars off the road.**



### Methane

Chickens, turkeys, pigs, and cows are collectively the **largest producer of methane in the U.S.**



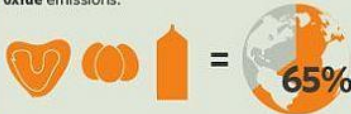
#### **20x more powerful**

Methane is **20x more powerful at trapping heat** in the earth's atmosphere than carbon dioxide.



### Nitrous Oxide

The **meat, egg, and dairy** industries produce **65% of worldwide nitrous oxide emissions.**

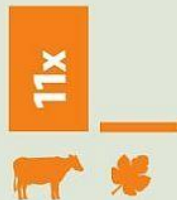


#### **300x more powerful**

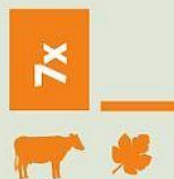
Nitrous oxide is **300x more powerful at trapping heat** in the earth's atmosphere than carbon dioxide.



1 calorie from animal protein requires **11 times as much fossil fuel** as one calorie of plant protein

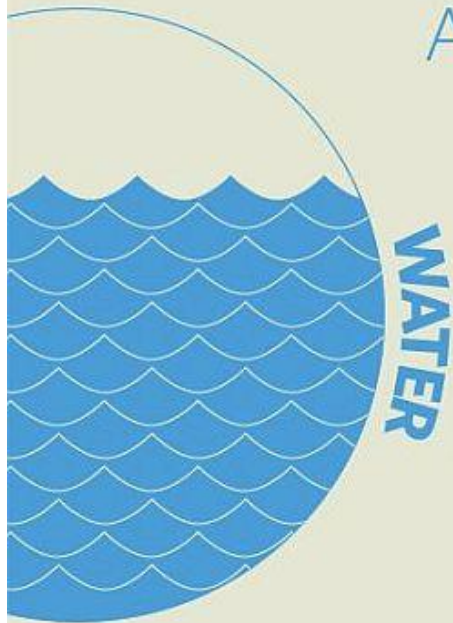


The diets of meat eaters create **7x the greenhouse emissions** as the diets of vegans



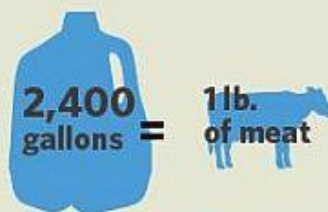
[Click to enlarge](#)

# A THIRSTY INDUSTRY



Nearly **half** of all water used in the **United States** goes to raising animals for food.

It takes more than 2,400 gallons of water to produce 1 pound of meat.

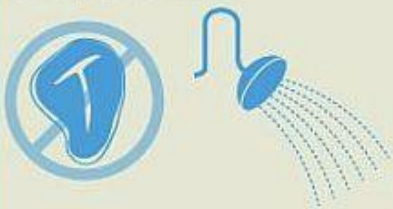


VS.

1 pound of wheat takes 25 gallons.

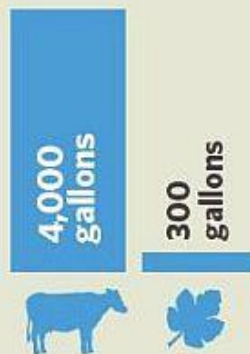


You'd save more water by not eating one pound of meat than you would by **not taking a shower for 6 months.**



A vegan diet requires 300 gallons of water per day vs. **meat-eating diet** which requires **4,000 gallons per day.**

WATER REQUIREMENTS PER DIET



Animals raised for food create **89,000 pounds of excrement per second**, none of which benefits from the waste-treatment facilities human excrement does.

This creates massive amounts of groundwater pollution.



Chicken, Hog, and Cattle excrement has **polluted 35,000 miles of rivers in 22 states.**



Raising animals for food uses **30% of the earth's land mass.**



**30%**

OR



That's about the same size as Asia!

**= 17 Million sq. miles**

The moon has less area than that, at 14.6 million square miles.



**LAND**

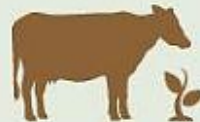


More than **260 million acres of U.S. forest** have been cleared to create cropland to grow grain to feed farmed animals.

The equivalent of **7 football fields of land are bulldozed** every minute to create more room for farmed animals.



**Livestock grazing** is the number one cause of plant species becoming threatened or going extinct in the U.S.

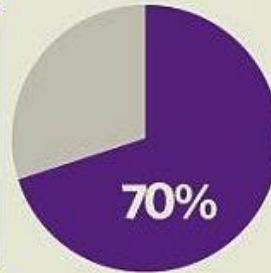




# WHY IS RAISING ANIMALS FOR FOOD SO INEFFICIENT?

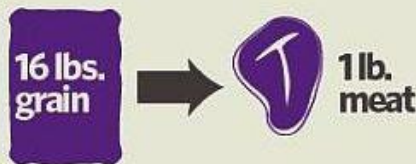


Animals eat large quantities of grain, soybeans, oats, and corn; however, they only produce a comparatively small amount of meat, dairy products, or eggs in return.



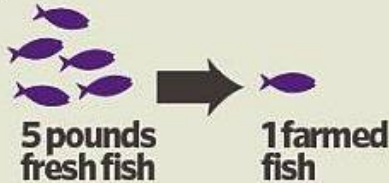
70% of grain and cereals grown in U.S. are fed to farmed animals.

It requires **16 pounds of grain** to produce 1 pound of meat.



&

**5 pounds of wild-caught fish** to produce 1 pound of farmed fish



Brought to you by:



**Culinary Schools.org**

Sources:

- <http://www.cartalk.com/content/global-warming-and-your-car-0>
- [http://www.vegecyber.com/others/about\\_vegetarianism.shtml](http://www.vegecyber.com/others/about_vegetarianism.shtml)
- <http://www.ecomall.com/greenshopping/pveg1.htm>
- <http://www.alternet.org/environment/85828/>
- <http://www.vivavegie.org/vv101/101reas2011.htm>
- [http://www.vrg.org/environment/water\\_brochure.php](http://www.vrg.org/environment/water_brochure.php)
- <http://www.peta.org/issues/animals-used-for-food/global-warming.aspx>

To put things in even more perspective:

It has become apparent that the human appetite for animal flesh is a driving force behind virtually every major category of environmental damage now threatening the human future—deforestation, erosion, fresh water scarcity, air and water pollution, climate change, biodiversity loss, social injustice, the destabilization of communities, and the spread of disease. -

**The Worldwatch Institute**

Source: [World Watch Magazine](#)

Learn more here: <http://awfw.org/climate-advanced>

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We don't have to be perfect, we just have to make an effort to be *better*.

You can make a difference. [\*\*Go Vegan.\*\*](#)

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**Eugene Veg Education Network (EVEN)**

[www.eugeneveg.org](http://www.eugeneveg.org)

*Eugene Veg Education Network*

*---EVEN - serving as a vegan resource since 2005---*

Check Out [\*\*EVEN's News Blog\*\*](#) for hundreds of valuable, vegan morsels.

The **Eugene Veg Education Network (EVEN)** is an **official 501(c)(3)** non-profit based in Eugene serving as a resource for those seeking information on a **healthful, vegan lifestyle**. EVEN's emphasis is one of **non-violence, compassion and sustainability**. Focus is on the **interconnectedness of all life** and how a plant-based diet benefits the earth, non-human animals, and the individual. EVEN's Mission Statement is **to inform, educate & encourage our members**--- as well as the larger community ---by providing pertinent information on veganism and its positive impact on the health of the planet and all its inhabitants. [www.eugeneveg.org](http://www.eugeneveg.org) **Peace.**