

## Take the Climate Vegan Pledge!

All around the world, all living beings—human and nonhuman animals alike—suffer from the impacts of global warming and extreme weather events. This is an issue that touches everyone. We all live on this planet together!

***Global warming presents the greatest threat to life on Earth.*** The climate crisis requires emergency action on a grand scale. We cannot risk of runaway climate change. The time for political and individual muddling is over. Did you know that an important part of the strategy to eliminate greenhouse gases is to switch to a plant-based, vegan diet (not eat animals and animal products, such as meat, dairy and eggs)?

According to climate scientist **Dr. James Hansen**, ***the single largest thing we can do as individuals to reduce greenhouse gas emissions and future global warming is to go veg.***

“Probably the single action people can take to reduce carbon emissions is vegetarianism... We have to actually reduce the amount of CO<sub>2</sub> in the atmosphere. It has already increased to 385 parts per million [399 ppm since the interview was aired]. If we want to stop the warming and stop the melting of more ice, we are going to have to reduce CO<sub>2</sub> at least back to 350 ppm and perhaps even somewhat lower. So that's a tall order! It requires phasing out the coal emissions, but it also means that we are going to need to improve our agricultural and forestry practices...

There are many things that people can do to reduce their emissions but changing the light bulb and things are much less effective than changing your diet, because if you eat further down in the food chain, rather than animals which have emitted various greenhouse gases and used much energy in the process of growing that meat, you can actually make a bigger contribution in that way than just about anything. So that, in terms of individual action, is the best thing you can do.”

### **Animal food production accounts for high levels of greenhouse gas emissions:**

- 14% of greenhouse gases, larger than the emissions from the transport sector, according to conservative estimates from the Food and Agricultural Organization (FAO)
- the largest global source of methane & nitrous oxide, two potent greenhouse gases
- a key source of carbon dioxide emissions as huge tracts of forests are cut down for animal pastures or to grow crops for animal feed, thus releasing carbon dioxide, destroying important carbon sinks, and raising food prices

We need to eliminate greenhouse gases and draw down existing atmospheric content, through a program of massive reforestation. This is impossible with a heavy and worldwide rise in meat and dairy-based diet.

Going vegan has many co-benefits besides saving the climate and helping end animal cruelty. Cutting meat, dairy and eggs out of your diet will help stop deforestation and mass extinction of species, protect and conserve water, address global poverty by lowering grain prices for those in need, and improve your health.

I, \_\_\_\_\_, **pledge to become a climate vegan.**

- ✓ I'm ready to become a climate vegan now
  - ✓ I'll start becoming a climate vegan by going meat and dairy free for \_\_\_\_\_ days/week
  - ✓ I pledge to share the message and help organize climate actions
- 

Everyone has a role to play in stemming this tide and making the world a better place for all. Pledge to become a Climate Vegan today and to organize and spread the word! United, we can create positive, healthy change, not just for our own benefit, but also for our children and all creatures, who call our global ecosystem home.

### **Resources:**

- FREE [Vegan Starter Kit](http://bit.ly/1o0z0gV) (<http://bit.ly/1o0z0gV>)
- [Toronto Vegetarian Association's Veggie Challenge](http://bit.ly/1Fpk2cC) (<http://bit.ly/1Fpk2cC>)
- Chatham House Report, [Livestock - Climate Change's Forgotten Sector: Global Public Opinion on Meat and Dairy Consumption, 2014](http://bit.ly/1wol2VR) (<http://bit.ly/1wol2VR>)

Without a shift in meat and dairy consumption, limiting global temperature rise to two degrees is unlikely, says a new study by Chatham House. The survey results suggest that people underestimate the contribution meat and dairy production makes to greenhouse gas emissions, but once they realize meat and dairy's contribution to the climate catastrophe, many are willing to change towards a plant based diet.

- Dr. James Hansen speaks on [going veg to save the climate](http://bit.ly/1Da1EQY) (<http://bit.ly/1Da1EQY>)