"GO GREEN BY EATING GREEN!"

ENVIRONMENT

- Save more carbon emissions than driving a Prius
- Less land, fossil fuel, and water used to produce plants rather than animals
- Raising animals produces more greenhouse gas than all planes and cars

HEALTH

- Reduce BMI by 20%
- Get off meds
- Reduce chance for Heart Disease
- End Diabetes

On the Road

- Taco Bell, Subway, Dennys, Panera Bread all have vegan meals available
- Take a PB&J sandwhich
- Protein Bars- Cliff Bar
- Vegan Express App

Why eating animals is wrong?

- 8 billion animals live with no windows and in tiny crates each year
- No Legal protections "Life is Hell"
- Separated from their family
- Watch the video "Farm to Fridge"

"I don't understand why asking people to eat a well-balanced vegetarian diet is considered drastic, while it is medically

conservative to cut people open and put them on cholesterol-lowering drugs for the rest of their lives."

-Dean Ornish, MD