

Average household reduction of CO2 emissions: 1,040 pounds a year

How

Eat One less meat meal per week.

Ask your vegetarian or vegan friends for recipe suggestions or search online, where you can find thousands of meat-free recipes for free! Choose the ones that sounds the best to you and start eating one meat-free meal each week. Eating your meat-free meal on the same day each week will help you remember to keep up the habit.

Why

Meat is the most energy-intensive form of food because livestock use most of the energy and protein value of their feed through digestion and bodily maintenance. To give you an idea it takes 25 gallons of water to produce a pound of wheat. On the other hand it takes 2,500 pound of water to produce a pound of meat. Lack of water is now the greatest single threat to farms, making it vital to develop food production systems that use less water. A reduced dependence on meat one of the simplest ways to increase the ratio of food produced to water consumed.