

YOU DESERVE PLANT-BASED



WHAT IS PLANT-BASED?

At Support + Feed, we believe that access to nourishing plant-based food is a human right.

WHAT IS PLANT-BASED?

- A plant-based diet consists on meals made from vegetables, whole grains, legumes, nuts and seeds, herbs, and spices.
- It excludes all animal products including red meat, poultry, fish, eggs, and dairy products.

WHY IS EATING PLANT-BASED GOOD FOR OUR HEALTH?

- Can help to reduce your risk of developing heart disease, hypertension & diabetes.
- Eating more plant foods can improve the health of your gut.
- May reduce your risk for certain cancers.

HOW IS EATING PLANT-BASED GOOD FOR THE CLIMATE?

- Eating a plant-based burger instead of a meat burger can save water - up to 2 months worth of showers!
- Animal factory farming causes 18% of global greenhouse gas emissions.
- Around 1/3 of the earth's freshwater is used to produce animal products.
- Eating plant-based can reduce carbon emissions by 50%.
- It takes 3,000 liters of water to produce one beef burger.

HOW IS EATING PLANT-BASED GOOD FOR EACH OTHER?

- The environmental impact of the animal agriculture industry disproportionately affects marginalized communities.
- The animal agriculture industry often relies on low-paid, immigrant labor.
- The industrialization of animal agriculture has often been connected to colonialism and the exploitation of Indigenous communities.