The Benefits of Meatless Monday

MEATLESS MONDAY
Meatless Monday is choosing to substitute plant protein in place of animal protein once a week.

Health Benefits
9 in 10 children do not consume the USDA daily recommended number of vegetable servings.

Economic Benefits
Vegetable protein is significantly cheaper than animal protein.

If a site were to serve 4 oz of dried beans instead of ground beef to each of its 50 students, once a week per month, it would save $94 per month.

Cultural Benefits
Over 40 different countries participate in the movement.

Children gain exposure to a variety of cultural and vegetarian dishes.

Environmental Benefits
Producing 1 lb of vegetables instead of 1 lb of beef saves over 1600 gallons of water.

75% of agricultural land around the earth is used for livestock production.

14.5% of human-induced global greenhouse gas emissions are from livestock alone.