

farm to TABLE

The Benefits of Meatless Monday



Health Benefits

9 in 10

children do not consume the USDA daily recommended number of vegetable servings

Plant-Based Diets Reduce the Risk of...

Cancer by

20 to 68%

Heart Disease by

8%

Type II Diabetes by

25 to 49%



Cultural Benefits

Over 40 different countries participate in the movement

Children gain exposure to a variety of cultural and vegetarian dishes



MEATLESS MONDAY

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



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

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

