

## **Sandpoint Vegetarians Earth Day Presentation 2009**

### ***Make Every Day Earth Day: Choose Meatless Meals***

“The human appetite for animal flesh is a driving force behind virtually every major category of environmental damage now threatening the human future: deforestation, erosion, fresh water scarcity, air and water pollution, climate change, biodiversity loss, social injustice, the destabilization of communities, and the spread of disease” – *Editors, World Watch, July/August 2004*

“The world must create five billion vegans in the next several decades, or triple its total farm output without using more land” – *Dennis Avery, Director of the Centre for Global Food Issues (a branch of the conservative Hudson Institute think tank)*

A typical meat-based diet in the U.S. consumes at minimum 25% more resources than a vegan diet – *A conservative footprint calculation from [ww.EcoFoot.org](http://www.EcoFoot.org)*

One hamburger = 12 pounds of grain + 55 square feet of rain forest + 2,500 gallons of water (and the energy equivalent of 1 gallon of gasoline) – *EarthSave.org*

Land needed to produce 1kg of beef (concentrated feed) - 3500 square feet, for one 1kg of potatoes - 65 square feet – *www.Vegetarismus.ch*

Cattle pastures already cover one third of the land mass of Earth – *World Watch Institute*

Based on observations in Asian countries, a vegan diet requires 0.5 acres/person and a meat-based diet requires 3.5 acres/person – *Toronto Vegetarian Association*

It takes approx. 10 pounds of grains to produce 1 pound of meat – *2008 New York Times article*

Approx. 70% of grains in the US are fed to animals raised for food – *World Watch Institute*

Calorie-for-calorie meat requires seven times more fossil fuel to produce than plant-based foods – *World Watch Institute*

You save more water by not eating one kilogram of beef than not showering for a whole year – *John Robbins, The Food Revolution*

Ten kilograms of steak equals the water usage of the average household for a year – *John Robbins, The Food Revolution*

A vegetarian diet requires 300 gallons of water per day versus 4,000 gallons of water per day for a meat-based diet – *Frances Moore Lappe, Diet for a Small Planet*

Since 1970 140,000 square miles (2x size of Idaho) of tropical forests in Brazil alone have been changed into pastures for cattle – *www.Mongabay.com*

A 1997 study of endangered species in the southwestern United States by the Fish and Wildlife Service found that half the species studied were threatened by cattle ranching – *Steve Boyan, www.EarthSave.org*

The U.S. Government spends over \$100 million per year to eradicate animals such as wolves, badgers, black bear, bobcats, coyotes, gray fox, red fox, mountain lions, opossums, raccoons, skunks, beavers, porcupines, prairie dogs, blackbirds, cattle egrets that might threaten livestock – *The Center for Biological Diversity*

Scientists predict that oceans will be bare of any harvestable fish by 2048 – *Science Magazine, 2006*

One third of all fish caught is processed into fish meal to be fed to farm animals/fish – *World Watch Paper #171*

90% of the catch of Atlantic Menhaden is ground up and sold as poultry feed – *Mother Jones magazine, 2006, "Net Losses: Declaring War on the Menhaden"*

1 pound shrimp results in 10 pounds of by-catch – *U.N. FAO and Wikipedia*

In the US, a Senate Committee has estimated that 1.4 billion tons of solid manure is produced by farmed animals per year that is 130 times more than the waste produced by the human population – *International Vegetarian Union, 2002*

The Gulf of Mexico "dead zone" is 8,000 square miles and growing – *Washington Post, July 2008*

In 1995 25 million gallons of liquid hog waste was released into North Carolina's New River. This is an amount twice as much as the Exxon Valdez oil spill – *World Watch Institute*

Municipal garbage in the U.S. is only 2% of the total waste generated in the U.S. Liquid waste from animal agriculture makes up 70% of the total – *Elizabeth Royte, "Garbage Land"*

18% of all global warming can be attributed to animal-related agriculture. – *U.N. FAO*

Eating one pound of hamburger does the same damage as driving your car for more than three weeks – *Steve Boyan, EarthSave.org*

By volume, livestock are treated with eight times more antibiotics than humans – *World Watch Institute and the Union of Concerned Scientists*

Staphylococci infections resistant to penicillin have grown from 13% in 1960 to 91% in 1988 – *John Robinson, Diet for a New America*

The most common food borne diseases stem from eating meat caused by campylobacter, listeria, salmonella, parasites, cryptosporidium, pathogenic e.Coli – *The Union of Concerned Scientists*

A typical non-vegetarian will receive 93% of their dioxin and furan exposure from meat, fish, and dairy consumption – *EPA Dioxin Reassessment Summary 4/94 - Vol. 1, p. 37*

Other common chemicals in meat are arsenic, PCBs, and synthetic hormones – *World Watch Institute*

99% of U.S. mother's milk contains DDT versus 8% for U.S. vegetarian mothers – *John Robinson, Diet for a New America*