



## GREEN BUDDHIST ACTION DAYS - EBU Eco Dharma & BAM

We invite all Buddhists and other interested to join in actions for solely vegetarian or plant-based meals. We suggest starting with the 1st day of every month. If successful, one can gradually add the 15th day or extend it even more.

A vegetarian or plant-based diet is one of the actions each and everyone can contribute with to save our planet from global warming and is environmentally friendly. Eating mostly plant-based diet is one of the best things you can do to stop climate change – it's also delicious and joyful! Why and how is described below.

**When:** 1st day of every month (as a suggestion). If successful, one can gradually add the 15th day or extend it even more.

**Who:** We would like all Buddhist Associations to promote this initiative to their members, families and friends within Europe and possibly, worldwide.

**Where:** We shall promote the Green Buddhist Action Day through all interested Buddhist Associations, websites and social media.

**Why:** A vegetarian or plant-based diet can contribute to save our planet from global warming and is environmentally friendly. Eating mostly plant-based diet is one of the best things you can do to stop climate change – it's also delicious and joyful! Eating a veggie diet means 2.5 times less carbon emissions than a meat diet. A chicken breast takes over 542 litres of water to produce, that could fill up your bathtub 6.5 times. By eating vegetarian food for a year, you could save the same amount of emissions as if taking a small family car off the road for 6 months. A vegetarian diet uses less water. It takes far less water to produce plant protein than meat.

The population is set to rise to over 9 billion by 2050, we are consuming the planet's natural resources faster than the Earth can replenish them. By 2050 we'll need the equivalent of three planets resources to meet our current needs.

## How:

### 1. REDUCE CARBON

Our planet is heating up. By replacing meat with vegetarian sources of protein, (sustainable produced nuts, seeds, algae, beans and lentils for example), we can reduce carbon and other greenhouse gas emissions. The whole food production process of farm-to-plate totals 30% of all global greenhouse gas emissions.

### 2. SAVE EMISSIONS

By eating vegetarian food for a year, you could save the same amount of emissions as taking a small family car off the road for 6 months (4). You might not be able to stop using your car in day-to-day life but you can choose to eat mostly veggie food.

### 3. LAND AND WATER

More agricultural land is used to raise cattle than all other domesticated animals and crops combined. A vegetarian diet requires two-and-a-half times less the amount of land needed to grow food, compared to a meat-based diet. Livestock in the UK eat more than half of the 20 million tonnes of cereal grown. That's over 50% of wheat and 60% of barley.

A message to all friends:

**“EAT WELL to CHANGE the CLIMATE!!!”**

## Contact:

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