

### Eco Tip-Meat!

The 3 most impactful things we can do as individuals in the fight against the Climate Emergency are i) eat less meat ii) fly less iii) use green renewable energy for our homes. Other than that, inter-governmental policy and corporate decision making needs to happen. For these three weeks, we will consider each one and the associated mindset as the helpful 'Eco Tip'.

Perhaps part of the problem is how we have divided people almost like species-meat, vegetarian, vegan. People may say, 'I am vegan' etc and when planning a diet outside the home eg a conference, school or hotel may be asked 'are you vegetarian' and the answer then shapes your diet for the duration of the event. Would it be better that wherever possible we opted instead for 'plant based options'. Less familiar language but good for all, if we all eat less meat and dairy. Perhaps if everyone who eats meat or fish, decided to have days without either then that is better than 2% being strict vegan and the rest unthinkingly eating meat.

The problem with meat is the simple efficiencies of producing meat and the associate land mass required to host livestock and grow cereal based food which otherwise be used for human consumption. We lose forests to grow cereal crops for cattle. An Oxford University study published in the journal Climatic Change showed meat eaters being responsible for twice and a half times more CO2 emissions per day than a plant based diet.

So if "all or nothing" does not appeal, how about 'gradual', 'in moderation' with the realisation that plant based food is better for tackling climate emergency, your health and not forgetting animal welfare than the typical meat alternative.