

BYOB

That is, Bring Your Own Bag. If you don't accept those plastic bags when you're shopping, you'll take part in reducing one of the planet's most serious waste problems.

Change How You Travel

Look into healthy alternatives like walking or cycling. If you're too far, consider driving part-way, and cycling from there, or taking public transport.

Shop Vegan

Researchers at the University of Chicago showed that switching from an omnivore's diet to a vegan (totally vegetarian) diet reduces our carbon impact so substantially that our diets actually have more impact on the planet than our transportation!

Sea-derived animal products mean whole marine biocommunities are dying out in droves. They, too, represent suffering of conscious beings. And they are typically shipped via air and ground transportation, often needing energy-costly refrigeration.

Veganism is more than just an individual effort. Friends and family often admire our commitment, and learn about it with us. Schools and businesses can get on board as well by committing to serve only vegan food at events and by increasing vegan offerings in cafeterias. Government subsidies for corn are what allow for the cheap production of animal products -- vegans can help generate the political will to change such policies.

Adopting a vegan diet takes commitment, but it is not difficult. There are millions of vegans now living in the world, and pure vegetarian foods abound in grocery stores and restaurants. You might wish to find a friend who is willing to explore new vegan cuisine with you. Contact local vegan groups or find support on-line. And be prepared for abundance. Vegan cuisine involves a much wider variety of foods than many omnivores are used to. You don't have to try everything new at once, but don't be afraid to add new foods to your diet rather than simply trying to replicate your animal-based diet.

These great resources are available from Friends of Animals:

- Vegan Starter Guide -- *free online*
- Our cookbook, *Dining With Friends: The Art of North American Vegan Cuisine*
- Vegan Restaurant Guides for many major cities
- *The Victoria Vegan*, a monthly vegan newsletter: www.TheVictoriaVegan.com
- *Vegan Views discussion email list*: <http://groups.google.com/group/VeganViews>
- Contact our office for personalized information to help you get started
- To support this and our other programs, please become a member of Friends of Animals

And consider how other animals are exploited to produce food and clothing. Meat, dairy products, eggs, and leather all come from animals bred to serve our needs. Taking other animals seriously means allowing them to live on their own terms. Had we known this all along, we'd not be in this hot water today.

For more information about a vegan lifestyle, please contact Friends of Animals.

Friends of Animals 

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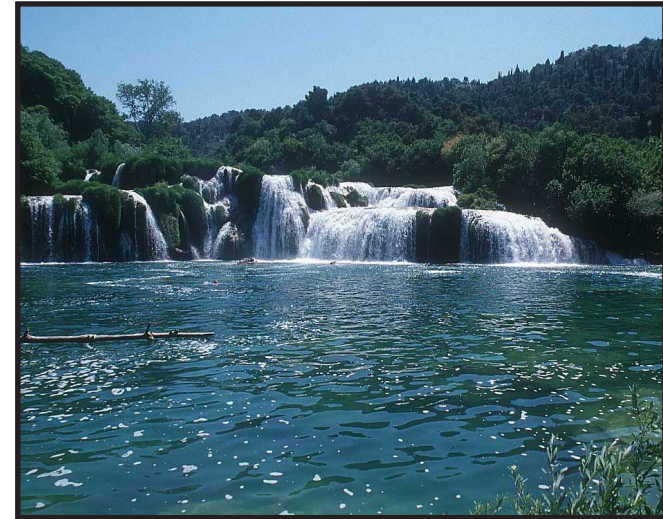
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Friends of Animals 

“Can I Prevent Climate Meltdown?”



In Bangladesh, people are already experiencing what are likely the effects of human-induced climate change. Intensified flooding has destroyed homes and turned fresh water ponds salty, forcing people to travel miles for drinking water. Rising sea levels are killing trees in biggest mangrove forest in the world, home to endangered Bengal tigers. A populous, low-lying country, Bangladesh is among the most vulnerable to climate change, yet Bangladesh causes a negligible amount of greenhouse gases. The way we live, work, travel and eat in North America makes a difference to survival in Bangladesh.

Similarly, although polar bears have not caused global warming, they're suffering its effects. Dependent on sea ice to hunt for food, polar bears are used to fasting in the summer. But

earlier spring ice break-ups mean polar bears must go longer without food. Some have turned to cannibalism. Others have drowned due to a lack of ice and more treacherous storms. Mothers used to give birth to three or four cubs at a time; now single births are most common. Hungry bears, increasingly drawn to human areas, are often shot.

Scientists tell us humans are responsible for the severe climate changes that will affect everyone, not just Bangladesh and the Arctic. So if it can be halted, it's up to us. The White House now acknowledges this. When the people lead, eventually the leaders follow.

Animal Agribusiness and Global Warming

The UN Food and Agriculture Organization's 2006 report, *Livestock's Long Shadow*, detailed how the milk and meat industries are linked to 18% of the world's greenhouse gas emissions -- more than the entire transportation sector.



The UN report examined the ways in which animal agriculture contributes to climate change:

- Ruminants such as cattle used for beef and dairy naturally produce methane as part of their digestive processes. Methane has over 20 times the warming power of CO₂.
- Giant lagoons of manure from pigs, chickens, and cattle release methane.
- Chemical fertilizers and pesticides also produce nitrous oxide and this gas has about 300 times the greenhouse potency of CO₂.

- Soils can store carbon, but growing feed crops causes its release into the atmosphere.

- Farming takes energy including diesel fuel for harvesting, electricity for irrigation pumps, heating and cooling buildings, and pesticide production. Vegetable crop farming takes much less.

- The oxygen-giving trees of the Amazon rainforest are being cut down at an alarming rate (70% is now gone!) not only to graze cattle, but also to grow soybeans, which are exported as animal feed.

All agriculture causes greenhouse gases, so the question is which forms of agriculture cause the least emissions. Within the agriculture sector, animal agriculture is responsible for 80% of methane emissions.

The resources and land devoted to growing food for animals could be used to directly grow vegetables and grains for humans. As London's *Guardian* newspaper and *Newsweek* both acknowledged in August 2007, seven kilograms of feed go into every kilogram of cattle flesh. Yet as the UN report noted, global meat production is expected to more than double by 2050.

Family farms aren't the answer. Giving animals more space means animal agribusiness takes up even more space on a finite planet. Studies suggest that a family-run dairy farm or cattle ranch can produce as much greenhouse gas as a factory, and neither type of business is necessary.

As the UN report stated, "There are reasons for optimism that the conflicting demands for animal products and environmental services can be reconciled.... The development of markets for organic products and other forms of eco-labeling are precursors of this trend, as are the tendency toward vegetarianism within developed countries...."

Ready to Be a Leader in Preventing Climate Meltdown?



We want our government to cut emissions and enforce other changes, but really, we need to begin at the individual level. Here's how to start:

Use a Push Mower

Get out the old manual mower and get some exercise. Save about 80 lbs. of fossil fuels per year, too.

Cut Down on Air Travel

One daily air route between Britain and Florida produces so much carbon dioxide that it would take building three giant wind farms to offset it. Consider enjoying local beauty spots. And as for business, much conferencing can be done over the Internet, through electronic discussion lists, podcasts and weblogs. If you aren't sure what those are, ask the nearest teenager ... and plunge into a vibrant new community.

Unplug Home Appliances

Electronic devices draw energy even when they're switched off. So pull the plug when you're not using them, and help eliminate the release of 1,000 lbs of carbon dioxide.

Plant a Tree

Trees breathe carbon dioxide and give off oxygen. Even dead trees provide spaces for animals, so, as much as you safely can, appreciate all trees.

Buy Organic

Avoid the chemicals that fill our atmosphere with nitrous oxide, an immensely potent greenhouse gas.

Buy Local Produce

Reduce the fuel energy needed to get items to the market. Most important of all, spare an animal (and the planet): Buy a vegetable!