

ONE DAY A WEEK, CUT OUT MEAT

Meatless Mondays Australia

MEATLESS MONDAYS AUSTRALIA

Meatless Mondays Australia provides:

- delicious and easy meat-free recipes
- information about the health benefits of a variety of different foods
- information about how reducing meat consumption can improve your health
- information about the impact of meat production on the environment and how you can reduce your carbon footprint



www.meatlessmondays-australia.com

Good for You
Good for the Planet



Meatless Mondays Australia

One day a week, cut out meat



Meatless Mondays Australia is part of a global campaign to encourage people to cut out meat on Mondays to improve their health and the health of the planet.

Reducing meat consumption:

- lessens the risk of chronic preventable conditions such as cancer, heart disease, diabetes and obesity
- helps slow climate change. Meat production accounts for more global greenhouse gas emissions than the entire transport sector

You can help by making every Monday a **Meatless Monday**.

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