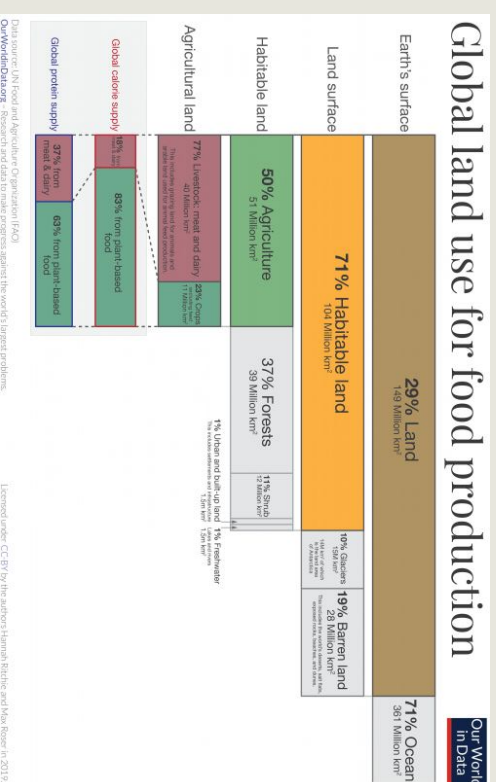
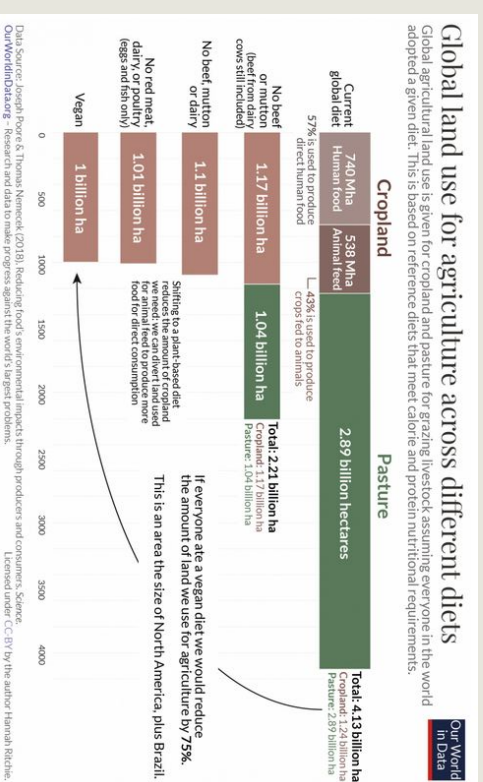


# **Why Meatless Monday ?**



# Environmental Effect

- 18% global greenhouse gas emissions
  - More than all transportation combined
- About 1,850 gallons of water per pound (beef)
  - About 39 gallons of water for 1 lb vegetables
- Meat industry land
  - Over 75% Agriculture land for meat/dairy
    - 17% calorie supply from
    - 33% protein from meat and dairy



# Health Benefits

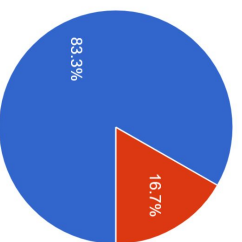
- Lower Heart disease
- Those who eat well balanced vegetarian meals have less:
  - Heart Disease
  - Hypertension (high blood pressure)
  - Obesity
  - Diabetes
  - Some types of cancer
- Overall much longer lives



# Pali High's thoughts

Would you be open to the idea that, on Mondays, the Cafeteria will serve Meatless Meals? This does NOT include the carts/windows which will still serve meat.

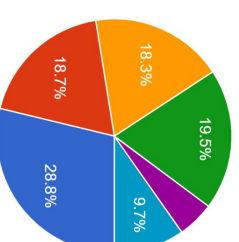
257 responses



● Yes  
● No

How often do you eat meat/poultry/fish?

257 responses



● Almost every meal  
● Every other meal  
● Once a day  
● Every few days  
● Rarely  
● Never

The background is a light beige color. It features several botanical line drawings: a large yellow semi-circle in the top left with a fern frond and a leaf; a small orange semi-circle in the top right with a sprig of leaves; a large white semi-circle in the bottom left with a monstera leaf and a sprig of leaves; and a large tan semi-circle in the bottom right with a monstera leaf and a fern frond. The text "Thank You !" is centered in a bold, black, serif font.

**Thank You !**