

MEAT FREE MONDAYS



HOW WOULD YOU LIKE TO IMPROVE YOUR HEALTH? REDUCE YOUR CARBON FOOT-PRINT? AND PROVIDE FINANCIAL SUPPORT FOR COMMUNITIES AFFECTED BY EXTREME WEATHER CAUSED BY CLIMATE CHANGE?

The Health Benefits of a Partial Vegetarian Diet

Here are some ways in which avoiding meat products can enhance your health:

1. Weight loss
2. Lowering Cholesterol
3. Reduced risk of cancer
4. Heart healthy
5. Diabetes

These benefits will not automatically happen when a person stops eating meat. Alongside a vegetarian diet you should:

- Make sure you get the right number of calories
- Eat a variety of fruits, vegetables, and whole grains
- limit your intake of processed foods and alcohol
- Avoid unhealthful fats and added sugar and salt
- engage in an overall healthful lifestyle, with plenty of exercise.





The Impact of reducing your meat intake on your carbon footprint

Food accounts for 10 - 30% of a household's carbon footprint. Meat products have larger carbon footprints per calorie than grain or vegetable products because of the inefficient transformation of plant energy to animal energy, along with the methane released from manure management and enteric fermentation in ruminants. Moving to a more plant-based flexitarian diet could reduce greenhouse gas emissions by as much as 52 per cent.

The Impact of Extreme Weather on the Global South

During their sabbatical Dave and Cath visited the Diocese of Kondoia in Tanzania ([https://kondoia.anglican.org/Groups/263068/Dioce se_of_Kondoia.aspx](https://kondoia.anglican.org/Groups/263068/Dioce%20se_of_Kondoia.aspx)). They saw the effects of the extreme weather associated with Climate Change. These include, extreme temperatures, droughts, crop failures and food insecurity. We would like to support programs in Kondoia Diocese aimed at reducing these such as the introduction of drought resistant maize by asking you to donate the cost of the meat you would have bought to a special fund. You can do this by making a payment to our bank account with the reference Kondoia.



Please donate to Christ Church Chislehurst

20-14-33 account 40254444

Please reference your donation 'Meat free'