

Meatless Monday Proclamation

[citations included as reference only]

WHEREAS the United Nations recognizes that “Livestock are one of the most significant contributors to today’s most serious environmental problems¹,” and

WHEREAS recent studies and reports have demonstrated that we can lower our carbon footprint simply by reducing the amount of animal-based foods we eat²; and

WHEREAS a plant-based diet has been shown to use fewer resources and cause less pollution;³ and

WHEREAS more than two-thirds of the adult population in the United States and nearly a third of children and teens are overweight or obese,⁴ and obesity is associated with a higher risk of various health ailments including heart disease and type-2 diabetes; and

WHEREAS the American Dietetic Association recognizes “appropriately planned vegetarian diets ... may provide health benefits in the prevention and treatment of certain diseases” and that vegetarians tend to have lower rates of heart disease, obesity, hypertension, and type 2 diabetes⁵; and.

WHEREAS a growing number of people are reducing their meat consumption to help prevent animal cruelty;

WHEREAS national nonprofit organization Compassion Over Killing encourages people to choose vegetarian foods as a way to help build a kinder, cleaner, and healthier world, and has worked with elected representatives across the country to implement Meatless Monday proclamations and programs; and

WHEREAS several U.S. cities, including San Francisco, Los Angeles, and Washington, DC have adopted Meatless Monday proclamations or resolutions encouraging residents to participate in Meatless Mondays; and

WHEREAS a weekly reminder to restart healthy habits on Mondays encourages success;

NOW THEREFORE, THE _____ COUNCIL hereby dedicates and proclaims all Mondays as “Meatless Mondays” in support of comprehensive efforts to protect the environment, our health, and animals. We encourage residents to participate by choosing meat-free foods and eating more plant-based meals at least once a week.

¹ Food and Agriculture Organization of the United Nations. November 29, 2006. “Livestock a Major Threat to Environment.” <http://www.fao.org/newsroom/en/news/2006/1000448/index.html>

² Eshel, Gidon and Martin, Pamela. 2005. “Diet Energy and Global Warming.” University of Chicago. <http://geosci.uchicago.edu/%7Egidon/papers/nutri/nutriEl.pdf>

³ American Dietetic Association. 2007. Position of the American Dietetic Association: Food and Nutrition Professionals Can Implement Practices to Conserve Natural Resources and Support Ecological Sustainability.” *Journal of the American Dietetic Association* 107: 1033-43

⁴ http://www.meatlessmonday.com/images/photos/2010/08/mm_community_kit.pdf

⁵ http://www.vrg.org/nutrition/2009_ADA_position_paper.pdf