



INCREASED COSTS OF MEAT & MEAT ALTERNATIVES

INTRODUCTION

This is the **second** in a four part series about improving your health while simultaneously reducing your impact on the environment.

Part 1 of 4 – Health Improvements

Part 2 of 4 – Increased Costs of Meat & Alternatives

Part 3 of 4 – Environmental Impacts of Meat Production

Part 4 of 4 – Personal Experiences

EASE OF MEAT REDUCTION

Many of the recipes you enjoy can be easily modified into meatless versions. Consider one of your favorite meat dishes, like lasagna or tacos – each can be made meatless and are delicious substitutes. The key is finding the PLANT to take the place of the MEAT in the recipe. There are many options to choose from:

- Eggplants
- Sweet Potatoes
- Cauliflower
- Mushrooms
- Beans
- Lentils
- Beets
- Nuts
- Jackfruit
- Zucchini



COSTS SAVINGS

If you were to take your existing grocery list and swap your MEAT purchases for PLANT substitutes you could realize a significant savings. According to a recently published study in the Journal of Hunger & Environmental Nutrition, a typical 7-day vegetarian meal plan would net as much as \$1,000/year in annual savings. To check what your savings (in animals) would be, visit: [Vegetarian Calculator](#).

MEATLESS MONDAY

Meatless Monday is a movement that was established in 2003 with the mission of reducing meat consumption by 15% for personal health and the health of the environment. The website, [MeatlessMonday.com](#), contains a trove of useful information about the positive

impacts of reducing meat consumption. Going meatless on Mondays would have a positive impact on your health and your budget!

EATING OUT

The next time you eat at a restaurant, review the meatless versus meat menu items. Most salads come with the option to add protein, which is \$5-\$10 extra. You can also replace a beef burger with a veggie burger and the costs come down. Basically, you can eat out at a restaurant for \$5-\$10 cheaper per meal without the meat! For a family of four (4), that adds up quickly.

QUINOA VEGGIE BOWL 11.5

Edamame, shishito peppers, snap peas, peanuts, carrots, frizzled shallots, chili oil

top with: chicken 4.5 / shrimp 7.5 / salmon 7.5

EXAMPLE RECIPE

Give it a try! Below is a great meatless recipe to try for Taco Tuesday.

<https://cookieandkate.com/sweet-potato-black-bean-tacos/>

CARBON FOOTPRINT REMINDER

Even a slight reduction in your weekly meat intake could have a positive impact on your health, budget, and the environment. As an aside, you may be interested to check your carbon footprint:

<https://www3.epa.gov/carbon-footprint-calculator/>

One of our Green Team Members took the survey and determined that they (2-Person Household) produce about 10,000 lb CO₂ emissions per year. Compare that to the U.S. Average of 40,000 lb CO₂ emissions per year. Great Job!

What's your carbon footprint?

**THE SMALL THINGS WE DO DAILY
WILL MAKE A DIFFERENCE**