



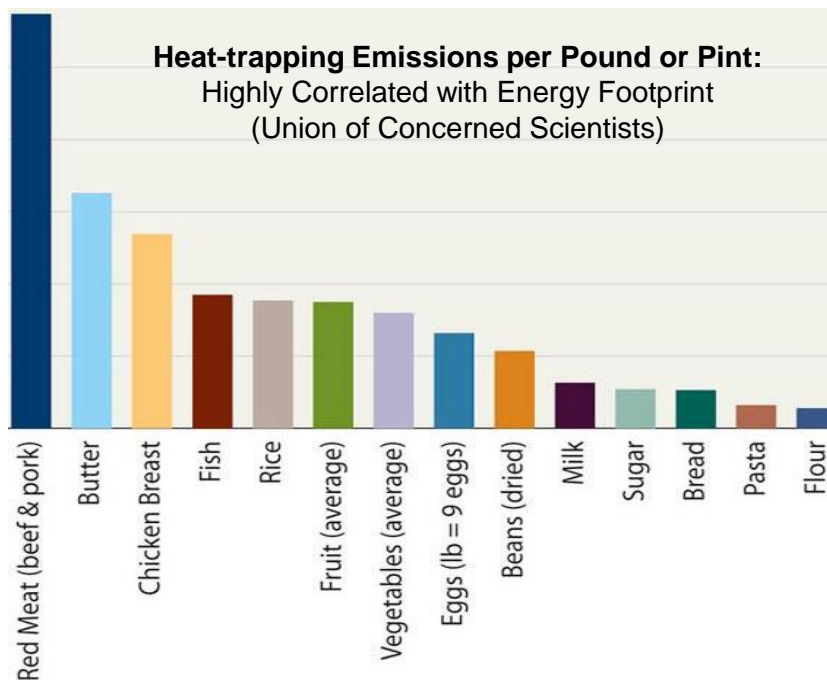
SHIFT TOWARDS A PLANT-RICH DIET APRIL ENERGY ACTION SHEET

This month's projected annual savings: up to \$600; 2.1% of energy use

This month, try eating less meat – especially beef - and dairy.

Reducing meat consumption by half can have the same impact as not driving for six months. The energy it takes to produce and transport our food accounts for **one seventh** of our total energy use – and, as the table below suggests, producing meat and dairy requires much more land and energy than other foods.

Of all the actions in this program, changing eating habits may be the most challenging. Fortunately, resources abound to make it easier and delicious. Start with small steps – see the back of this sheet - and celebrate the changes you make!



References available upon request from CreationCarePartners@gmail.com. This info sheet employs the Task of the Month concept developed by Dr. Stephanie Kimball for Earth Care, an affiliate of Hoosier Interfaith Power & Light.

HOW TO BEGIN

Even though a plant-rich diet can be delicious and good for your health, changing eating habits is no small potato! If you eat with others, meet as a household to discuss what everyone thinks of the idea. How does everyone feel about trying this? Why would you want to try it? Why not? Are there downsides? If so, how might you overcome them? How would you like to get started? Consider hosting or participating in a veggie potluck to try out recipes in good company. Start with do-able steps – and celebrate your successes!

Don't start whole hog. Begin with one day a week. Then build up your meatless muscles by adding more, month by month. Lots of people start with [Meatless Mondays](#).

Delectable or bust. As former meat-eaters know, eating veggie can be delicious. Choose a quick veggie cookbook from any number of websites – [here's one](#) - or try out some great individual recipes from [here](#) or many other cooking blogs.

If, at first, meat's a must, start by replacing beef with chicken and fish. In many places, a mouth-watering main course features small pieces of [chicken](#) or [fish](#) mixed with veggies and pasta or rice. Care for a [chicken and veggie stir-fry](#)?

No need to forego.... Meat substitutes like Beyond Meat mean that veggie sloppy Joes, burgers and meatballs taste like the real thing. Oat and soy milk are great for cereal, cooking and coffee. Veggie cheeses and sour cream can hit the spot.

Got protein? Even without meat substitutes, delicious high-protein options are endless – [black bean chili](#), [falafels with fixin's](#), [shepherd's pie](#), [burrito bowls](#), [lentil and spinach soup](#), [veggie stuffed peppers](#), [pasta e fagioli](#) and many more.

An important P.S. Energy-wise, shifting to a more plant-rich diet has a big impact on your energy footprint. In contrast, buying local or organic does **NOT** save much energy. The transport from farm to store represents a tiny part of a household's energy footprint – less than 0.6%!



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