



# Eat **Healthier** for the Planet

## Vegkit.com

Decreasing your meat intake generally reduces the greenhouse gas emissions associated with your diet and will be healthier for you. The Australian red meat industry says their industry makes up 10.7% of Australia's greenhouse gas emissions.

Research has found removing beef and lamb from the family diet and replacing it with other meat results in a 30% reduction in greenhouse gas emissions from the food. Replacing all meat with plant substitutes and fish results in over a 50% reduction in greenhouse gas emissions associated with food consumption.

If you are thinking about reducing your meat intake, or even becoming vegetarian or vegan, a great place to start is the **Vegkit.com** site.

The site has the following:

- advice on nutrition;
- recipes;
- short read articles;
- a shopping guide; and,
- you can order the VegKit, a booklet with lots of helpful tips on reducing your meat intake while enjoying food more by increasing the variety of vegetables in your diet.



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