



Thank you for taking **The EatKind** Pledge

By reducing and replacing your consumption of animal products, you are joining millions of people around the world in taking a stand for the planet! And it has never been easier (or tastier) to do so. Long gone are the old clichés about having to give up your favourite foods, or about plant-based foods being bland and expensive. We have put together four different ways you can pledge to eat for the planet, regardless of where you are on your journey.



1. Start with easy swaps!

Try starting out slowly with small changes such as swapping out dairy milk for plant milk and processed meats for meat alternatives such as plant-based burgers, nuggets and sausages.

These swaps might be small but they are also very impactful!

One liter of cow's milk emits 3 times more greenhouse gases than one liter of soy milk, and requires more than 22 times more water and 12 times more land.

2. Set a meat-free day (or two)!

To help you get into the swing of things, you can make one or two days a week free of meat and dairy. Not only will it give you a day to experience delicious plant-based food but you will also be reducing your weekly meat intake by almost 30%, which is in line with the recommendations set out in the [National Food Strategy](#).

85% of food-producing land globally is used to rear livestock, even though meat and dairy only accounts for one third of our calories. Plant-based protein produces 70 times less greenhouse gas emissions than the same amount of beef and uses 150 times less land!

3. Go plant-based at work!

Choosing to eat plant-based food at work helps create routine in your diet without making you feel limited. It is also a great way to eat healthy and delicious food whilst you figure out how to cook equally dynamic dishes at home.

We conducted a [greenhouse gas report](#) on the food emissions at The Houses of Commons and found that a 50% reduction in meat and dairy products would result in a 31% reduction in emissions!

4. Try eating more local and seasonal produce!

For those who already have a plant-centric diet and want to reduce their food footprint even further, you can try eating more British produce. But fear not, there are some great British producers who are growing food you would never expect possible, such as quinoa and fava beans!

Our greenhouse gas report also identified that 69% of produce was out-of-season and that swapping to seasonal, British produce would result in a 68% reduction in emissions and an 82% drop in transport emissions.

#EatKind for the planet



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