

## The power of plant-based food

By encouraging citizens to increase their plant-based food choices and see the same shift at city events, facilities, and institutions we can:

**Mitigate Climate Change:** Plant-based foods have significantly lower greenhouse gas emissions and can combat climate change.

**Preserve Ecosystems and Biodiversity:** Choosing more plant-based foods reduces deforestation, protects natural habitats, our fresh water supply and promotes biodiversity conservation.

**Improve Public Health:** Plant-based food choices are associated with lower risks of chronic disease.

### Learn more:

#### Environment

Earthsave Canada



#### Film

Eating Our Way to Extinction



#### Nutrition

Challenge 22



## Other actions we can take

### NATIVE PLANTS

Help our pollinators & insect biodiversity by adding native plants!  
Start a native garden at home or, if permitted, on your city owned road allowance / boulevard.

## How you can get involved

Would you like to volunteer with the Plant-Based Cities Movement and help address the negative effects of food emissions?

#### Website:

[plantbasedcities.org](https://plantbasedcities.org)



#### Contact us:

[hello@plantbasedcities.org](mailto:hello@plantbasedcities.org)



**The Plant-Based Cities Movement** combines research, education, and advocacy to help people choose more plant-based food options.

Cities are where 82% of Canadians live and the food consumption there is a major contributor to greenhouse gas emissions.





## CITIES WORK FOR A SUSTAINABLE FUTURE

By increasing plant-based foods in our homes and businesses while advocating these choices to our city leaders, we can reduce our city's greenhouse gas emissions from food.

We can work towards having plant-based food choices offered at city events and in all their facilities.

Food emissions can be included in city, town or regional Climate Action Plans for all their institutional procurement.

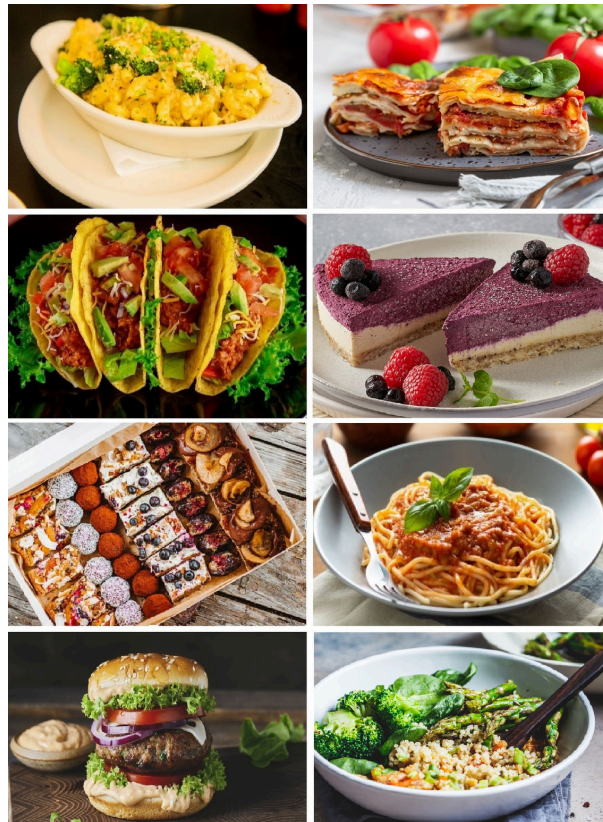
Our local citizens can individually and collectively participate to help protect our environment.

## FOOD

"A shift to a more plant-based food system could reduce agricultural greenhouse gas emissions by up to 73%."

Poore and Nemeck, Science 2018  
Study conducted at Oxford University

## 100% Plant-Based Meals



## FOR BETTER HEALTH

# WHY EAT PLANT FOODS?

- Boost your immune system
- Reduce inflammation
- Maintain a healthy weight
- Increase fiber
- Lower your cancer risk

THE UNIVERSITY OF TEXAS  
MDAnderson  
Cancer Center  
Making Cancer History®

Credit: The University of Texas MD Anderson Cancer Center  
iStock.com/givima / iStock.com/Svetlana Malysheva

One effective way to fight climate change is with our food choices. Choose plant-based options.

## RECIPES:

The Simple  
Veganista



Veggie  
Inspired



Whole Food  
Plant-Based



Plant-Based  
on a Budget

