



OUR PLANET IS IN CRISIS

Cutting Emissions Starts with Food



What the Science Says:

- Avoiding animal-based products is one of the most effective, quick acting ways in which we can cut greenhouse gas emissions.
- Diets higher in plant-based foods reduce greenhouse gases, water use, and land pressure.
- Cities can accelerate climate action by adopting plant-forward food policies across public facilities, services, and programs.

Mobilize Your Community

Use these 2025 reports to engage neighbours, community groups, and your city councillor in discussions about climate-smart food systems. .

Bring in Expert Voices

Invite the Plant-Based Cities Movement to provide a virtual or in-person talk on transforming local food systems for climate, health, and resilience.

Need Support?

The Plant-Based Cities Movement helps cities implement plant-forward policies that cut emissions and strengthen resilience.

Contact the
Plant-Based Cities Movement at
hello@plantbasedcities.org



plantbasedcities.org

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WHAT YOU CAN DO



- ✓ Email your councillor. Ask them to support a plant-forward food motion that protects climate, health, and biodiversity.
- ✓ Talk to your city councillors about adopting plant-based food policies in municipal programs, events, and facilities.
- ✓ Encourage restaurants and grocery stores to offer more plant-based options and place them first.
- ✓ Reduce fossil-fuel use to the maximum extent possible.
- ✓ Talk with friends, family, and community groups about food's contribution to warming emissions.



Scan to learn more.

These 2025 reports show the planet is nearing irreversible tipping points.



The good news: even small shifts in our daily food choices can make a big impact.

STATE OF THE CLIMATE REPORT

Earth's Vital Signs
Flashing Red



FULL REPORT

EAT-LANCET COMMISSION 2.0

Diet Change Needed
for a Livable Future



FULL REPORT

PLANETARY HEALTH CHECK

7 of 9 Planetary
Boundaries Breached



FULL REPORT

What's happening



- Record heat & forest loss
- Oceans heating & ice melting

Why it matters



Livestock emit nearly a third of human caused methane emissions.

How you can help



Ask your councillor to include food-system emissions in your community's climate mitigation plans.

FOREST FIRES

What's happening



- Globally, red meat must drop 50%. In Canada, meat must drop much further.
- Plant-based food must double.

Why it matters



Without change, food WILL push warming past 1.5°C.

How you can help



Ask city councillors/staff to make plant-based defaults standard at city events and meetings.

GLACIAL ICE MELT

What's happening



- 7 of 9 boundaries exceeded
- Accelerating biodiversity loss

Why it matters



Animal agriculture is the main driver behind four of those crises.

How you can help



Build support among councillors and the public for a plant-forward procurement motion.

CORAL BLEACHING