

Alderman Pounder Infant and Nursery School

Eskdale Drive Chilwell Nottingham NG9 5FN

Telephone: 0115 9252928

Email: office@aldermanpounder.notts.sch.uk

Website: www.aldermanpounder.notts.sch.uk

Head Teacher: Miss J. Hemsley



Friday 21st June 2019

Dear Parents/Carers,

With information about climate change, making us more and more aware of our impact on the planet, the eco team wanted to alert you to how you can get healthier and help to save the planet too! There is a big link to being vegan or vegetarian and helping to save the planet.

But do not worry if you currently think going veggie is unthinkable, just keep reading because at the end of our facts we give you some tips that even meat eaters can follow to help.

Let's begin by looking at these 3 simple but thought provoking facts! :



Eating a veggie diet means 2.5 x less carbon emissions than a meat diet.



A chicken breast takes more than 542 litres of water to produce, that's enough to fill up your bathtub 6.5 times.



By eating vegetarian food for a year you could save the same amount of emissions as taking a small family car off the road for 6 months.

Then please consider the top 10 reasons why meat eating is causing environmental problems:

1 Overheating the planet: We humans eat about 230m tonnes of animals a year, twice as much as we did 30 years ago. We mostly breed four species – chickens, cows, sheep and pigs

"Making a difference as we grow together."



– all of which need vast amounts of food and water, emit methane and other greenhouse gases and produce mountains of physical waste.

2 Eating up land: Nearly 30% of the available ice-free surface area of the planet is now used by livestock, or for growing food for those animals. One billion people go hungry every day, but livestock now consumes the majority of the world's crops.

3 Drinking too much water : Eat a steak or a chicken and you are effectively consuming the water that the animal has needed to live and grow. Equally, it takes nearly 1,000 litres of water to produce one litre of milk. A broiler chicken, by contrast, is far more efficient, producing the same amount of meat as a cow on just 1,500 litres.

4 Causing deforestation: Global agribusiness has for 30 years turned to tropical rainforests – not for their timber but for the land that can be used to graze cattle or grow palm oil and soya. Millions of hectares of trees have been felled to provide burgers for the US and more recently animal feed for farms for Europe, China and Japan.

5 Poisoning the earth: Industrial-scale agriculture now dominates the western livestock and poultry industries, and a single farm can now generate as much waste as a city.

6 Spoiling the oceans: The present oil pollution disaster in the Gulf of Mexico is not the only problem that the region faces. Most summers between 13,000-20,000 sq km of sea at the mouth of the Mississippi become a "dead zone", caused when vast quantities of excess nutrients from animal waste, factory farms, sewage, nitrogen compounds and fertiliser are swept down the mighty river. This causes algal blooms which take up all the oxygen in the water to the point where little can live.

7 Ruining the air: Anyone who has lived close to a large factory farm knows the smells can be extreme. Aside from greenhouse gases such as methane and carbon dioxide, cows and pigs produce many other polluting gases.

8 Making us prone to disease: Animal waste contains many pathogens including salmonella and E coli, which can transfer to humans through water run-off or manure or touch. In addition, millions of pounds of antibiotics is added to animal feed a year to speed the growth of cattle. But this contributes to the rise of resistant bacteria, and so makes it harder to treat human illnesses.

9 Draining the world's oil: Our farming economy is based on oil, which is why there were food riots in 23 countries when the oil price peaked in 2008. Every link in the chain of events

that brings meat to the table demands electricity, from the production of the fertiliser put on the land to grow the animal feed, to pumping the water they need from the rivers or deep underground, to the fuel needed to transport the meat in giant refrigerated ships and the supermarket shelves. According to some studies, as much as one-third of all fossil fuels produced in the United States now go towards animal agriculture.

10 Meat's costly, in many ways: sadly meat eaters get increased chances of obesity, cancers, heart diseases and other illnesses as well as a hole in the pocket. A meat diet is generally considered twice as expensive as a vegetarian one.

So here are some solutions that the eco team propose:

- 1) take part in Meat free Mondays – do what it says – do not eat meat on Monday :)
- 2) If you are going to eat meat then, as one eco rep said - “do the poo one!” – Which means buy organic produce. This is because an organic system is much more sustainable than other types of animal agriculture.
- 3) Become a flexitarian - the Flexitarian Diet is a style of eating that encourages mostly plant-based foods while allowing meat and other animal products in moderation. It's more flexible than fully vegetarian or **vegan** diets.
- 4) Become a Vegetarian or vegan - but be aware that even some vegetarian products such as soya can have serious environmental; impacts.

Anyhow definitely food for thought! So as a family perhaps you could review the impact your diet has on the environment and consider cutting down or stopping your meat eating habits. This could have a great impact on our climate.

Thank you for considering all of our facts.

The Eco Team

