



## **MEDIA RELEASE**

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# **A shift to plant based diets must be part of National Food Plan**

Transitioning to sustainable, compassionate, vegan, plant based diets should be a priority for Australian food policy, vegan groups said in their submissions on a National Food Plan today.

“The development of a National Food Plan is an opportunity to reflect on our use of animals for food and consider alternative diets and food systems that could promote compassion, sustainability and good health,” said Greg McFarlane, President of the Vegan Society NSW.

“There is sound evidence that vegan diets are nutritionally adequate during all stages of the lifecycle. In fact science supports a low-fat, plant-based diet for optimal health,” said McFarlane.

The vegan groups’ submission recommends that the National Food Plan aim to:

- Ensure all Australians have access to affordable and adequate fresh fruits and vegetables and other plant foods irrespective of income by 2015.
- Improve the health of Australians and lower the burden on the health system by reducing the incidence of dietary related diseases.
- Use Australia’s land resources more effectively and sustainably.
- End the use of animal agriculture systems within the next 20 years by building up and supporting Australia’s fruit, vegetable and grain producers.

“We have known for some time now that climate change is a real threat to Australia’s food supply, yet we continue to produce and consume greenhouse gas intensive meat and dairy products that only contribute to the problem.”

“Animals are suffering and being killed in order to meet our unhealthy and unsustainable appetite for meat and dairy products. We really need to question our practices and begin the necessary changes as soon as possible.”

“It is crucial that the Australian Government initiate regulatory reforms and develop innovative measures to facilitate the uptake of plant based diets. This should include the setting of targets for reductions in meat and dairy consumption”.

“Australians deserve to be educated about the many benefits of plant-based diets and supported by government. A good first step is to make sure fruits and vegetables and other plant foods are accessible and affordable to all Australians, including those living in regional and remote communities.”

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***The Vegan Society NSW** is a community-based, non-profit organisation in New South Wales, Australia. Our aim is to promote the many benefits of veganism and provide quality service, support and up-to-date information to vegans and the general community.*

***Vegan Australia** is a new national vegan organisation that aims to promote veganism to the broader Australian public. Vegan Australia envisions a world where all animals live free from human use and ownership. Compassion is the foundation of Vegan Australia – compassion towards animals, people and the earth. Vegan Australia believes that the starting point for people to put this compassion into action is to become vegan and to encourage others to become vegan.*