



MEAT-FREE COOKING DEMONSTRATION

See how to create delicious and nutritious
meat-free meals... Taste the results...
Learn how to reduce your eco footprint...

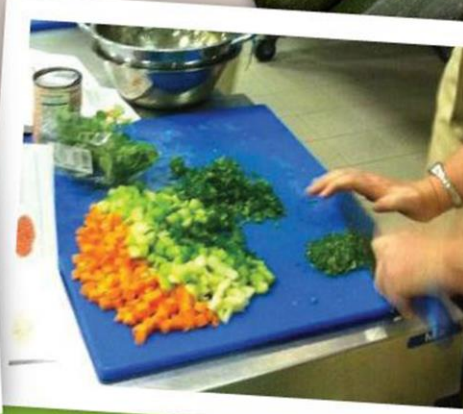
When: Saturday 28th May, 2016 at 10.00 am – 12.30pm

Where: Southern Highlands Shanti Mission
2792 Canyonleigh Rd., Canyonleigh NSW 2577
(10 min from Moss Vale Station)

Facilitator: Ling Halbert

Cost: By donation

Register: mayaabhadni@gmail.com
or contact MayaBhadni on 0410 460 345



This workshop is run by ARRCC a non-profit multi-faith network and Shanti Mission Harmony Centre at Southern Highlands Canyonleigh NSW, a registered charity.



Australian Religious Response to Climate Change

ARRCC

A multi-faith network
committed to taking action
on climate change.

WHY MEAT-FREE?

There are many reasons for choosing to reduce the amount of meat in your diet:



It's good for
THE PLANET

Eating less meat is one of the most effective things you can do to reduce your impact on the environment.

Animal products make up a third of the average Australian's ecological footprint, while the farming of animals uses 50% of the continent and is responsible for over 90% of land degradation. In addition, livestock, particularly cattle and sheep, are a major source of methane, directly contributing to over 10% of Australia's greenhouse gas emissions.



It's good for
YOUR HEALTH

Many Australians eat more meat than is necessary, and particularly in the case of red and processed meats, more than is healthy.

The (over)consumption of meat – particularly red and processed meat, has been linked to higher incidence of diseases, high blood pressure, type 2 diabetes, certain cancers and obesity.

Increasing the amount of healthy, fresh produce you eat can increase your mineral and vitamin intake.



It's good for
THE POOR

Meat production has significant impacts on the world's poor living in developing countries who struggle to get enough food to eat.

Currently nearly half of the world's cereals are being used for animal feed instead of feeding people.

If people in rich countries like Australia (where per capita meat consumption is ten times higher than in the poorest countries) reduce our meat intake, there would be more food for everyone.



It's good for
ANIMALS

Most of us know that pets have a great capacity to love and feel joy, pain and suffering. Animals raised for food are no different.

Over 500 million animals are slaughtered in Australia every year. But even before that, the conditions they are often subject to are appalling. Cows, pigs and hens kept in cages so small they can't move around, crowded with so many others they live and breathe in their own excrement.