

# HEALTHY DIET

## HEALTHY PLANET



STUDENT  
ENERGY  
at  
Western University

### Project Summary

The current food production system paired with the average meat-eating diet is a recipe for disaster with respect to the environment. 26% of global greenhouse gas emissions come from food, with over half of that accounted for by animal products. Red meat is 35x more damaging to the environment than vegetables, and therefore, going vegan for 2/3 of your meals could cut your food-related CO2 emissions by 60%. The overall carbon footprint of a vegetarian is half of a meat eater, yet simply cutting out red meat can make a world of difference.

Join our mission to eat responsibly. Two weeks is all we ask for. By comparing a week of your average diet with a week of either no beef, vegetarianism, or veganism, you will be able to tangibly see the difference you can make in saving our planet. You choose the impact you want to make.

### How to Complete

Download this [excel sheet](#) to track your food intake over two weeks.

#### Week 1:

This first week is a base week in which you eat as you normally would on any given week. The spreadsheet will calculate the total impact per food item for the week, allowing you to analyze your footprint.

#### Week 2:

The second week involves actively trying to cut down or cut out on certain foods to reduce your environmental impact through diet. You choose the impact you want to make. At the end of week 2, you will be able to compare the two weeks using the comparison tab's graph. At the end of the week



### Calculating Your Impact & Submitting

1. Download the excel template.
2. Input your daily food intake for week 1.
3. Set goals for areas you want to reduce intake or cut out foods entirely.
4. Input your daily food intake for week 2.
5. Compare week 1 and week 2 in the "comparison" tab and use the graph to visualize the difference!
6. Input the savings value provided for both GHG emissions and water usage in the google sheets [here!](#)



@studentenergyuwo



Student Energy at Western Univeristy

# HEALTHY DIET

## HEALTHY PLANET



STUDENT  
ENERGY  
at  
Western University

### Additional Resources & Links

- Use this [tool](#) to calculate your carbon footprint
- Vegetarianism isn't the only way to help the environment... Find out how to eat your way to a smaller carbon footprint [here](#).
- Find some additional nutritional tips to reduce your carbon footprint [here](#).

### Contact Us

If you have any questions around this project or the project program, please feel free to reach out to us through email at [western@studentenergy.org](mailto:western@studentenergy.org) ! Please include the project title in the subject line so we can be sure to help you better!



@studentenergyuwo



Student Energy at Western Univeristy