



CLIMATE-HEALTHY MENUS COMMITMENT



We, the undersigned, pledge to do the following in our on-site food service program by 2019:

1. **REDUCE PURCHASES OF RED MEAT BY 30 PERCENT**, as measured by weight of beef, pork, or lamb per dollar of revenue.
2. **INCREASE PURCHASES OF PRODUCE AND LEGUMES BY 15 PERCENT**, as measured by weight of fruits, vegetables (excluding potatoes), peas, beans, lentils, and other plant-based foods purchased per dollar of revenue.

Name:

Title:

Company:

Date:

Climate-Healthy Menus

BACKGROUND

CLIMATE CHANGE POSES A GRAVE THREAT TO OUR PLANET. In addition to recycling or reducing electricity consumption, simple changes to our diets can help reduce our contribution to the greenhouse gas (GHG) emissions that are fueling climate change.

RELYING ON MORE PLANT-BASED FOODS AND LESS RED MEAT CAN EFFECTIVELY IMPROVE THE HEALTH OF THE PLANET. Current red meat consumption (meat from ruminants and pigs) has enormous impacts; globally, livestock production emits approximately 15 percent of all GHGs—roughly equal to the fuel burned by all the world’s vehicles combined.

CURRENT RED MEAT CONSUMPTION LEVELS ARE HARMFUL TO HUMAN HEALTH. Recent reports published by the World Health Organization and the U.S. government’s Dietary Guidelines Advisory Committee underscore the link between eating too much red meat and health risks like obesity, heart disease, diabetes, and cancer. Americans still eat an average of 3.1 ounces of red meat per day—nearly double the daily maximum of 1.8 ounces recommended by health experts. Those who lower their consumption by just one serving of red meat per day reduce their risk of mortality by 7 to 19 percent.

ON-SITE FOOD SERVICE PROGRAMS CAN PLAY A LEADING ROLE IN THE SHIFT TO REDUCED U.S. RED MEAT CONSUMPTION. Together, the top three food service contractors purchase approximately 183 million pounds of red meat annually. Individual sites and cafeterias can use their purchasing power to improve the health of their customers and the environment by shifting to climate-healthy menus.

It is time to reduce red meat consumption—one of the most effective ways to improve human health is also one of the most effective ways to reduce our climate footprint. Climate-healthy, plant-forward menus can provide innovative, fresh, diverse, and delicious food that improves human health and reduces GHG emissions.



For more information,
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