

## Vary the Menu

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save **910 lbs** CO<sub>2</sub>!

**Fact:** Cows are a major contributor to greenhouse gases due to their digestive systems as well as the land, food and water required to raise them.

**Act:** Eat just *one less pound of beef* each week and save carbon and 130,000 gallons of water. Recipe hint: Try substituting ground turkey for beef.

## Vary the Menu

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Student Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Parent Initials: \_\_\_\_\_

We pledge to eat less beef all year

**COOL** the **earth**