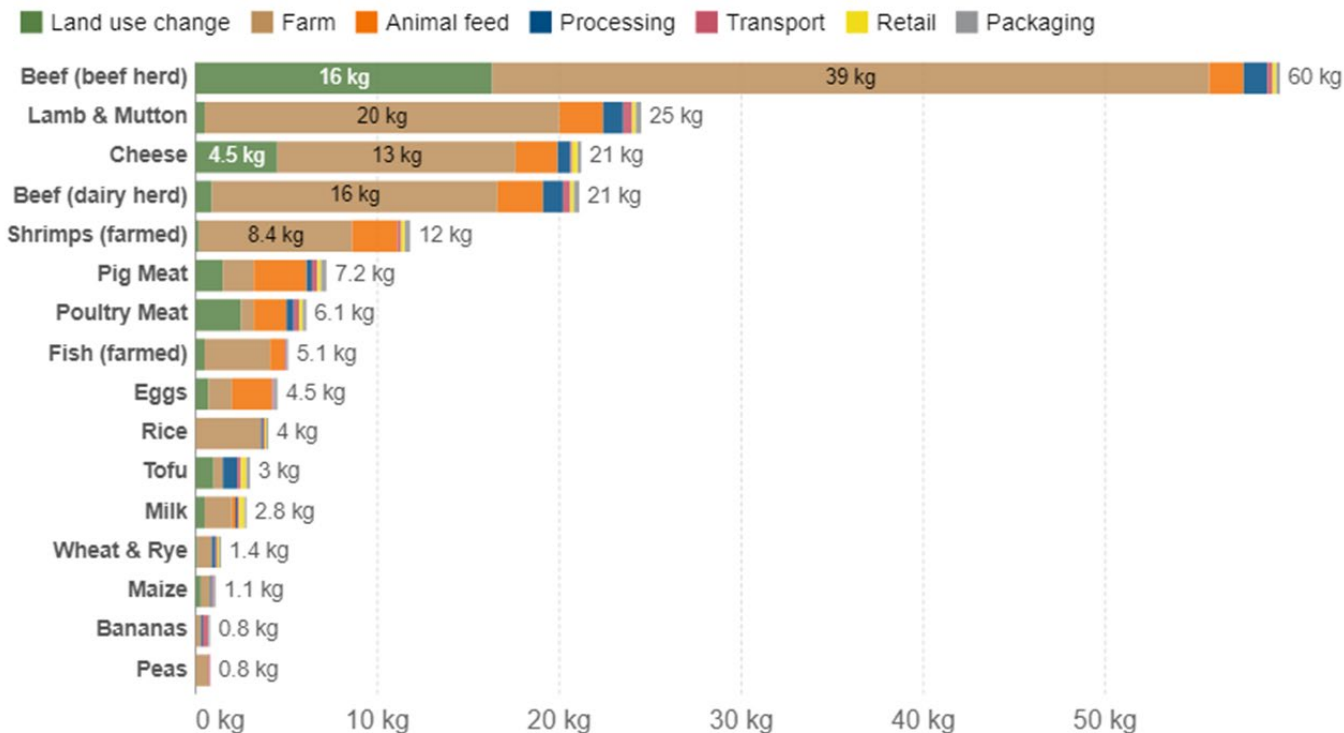


Climate Crisis – cutting out or cutting down on meat

Food: greenhouse gas emissions across the supply chain

Greenhouse gas emissions are measured in kilograms of carbon dioxide equivalents (kgCO₂eq) per kilogram of food. This means non-CO₂ greenhouse gases are included and weighted by their relative warming impact.

Our World
in Data



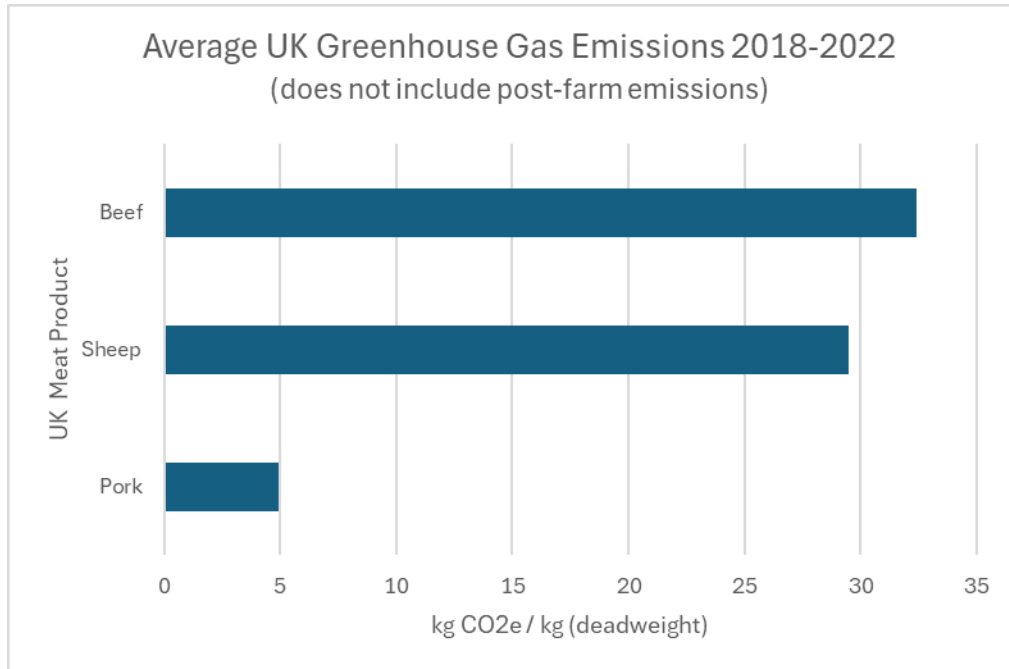
Source: Poore, J., & Nemecek, T. (2018). Reducing food's environmental impacts through producers and consumers. Science. OurWorldInData.org/environmental-impacts-of-food • CC BY

Our global food system is responsible for around 1/3 of all greenhouse gas emissions.

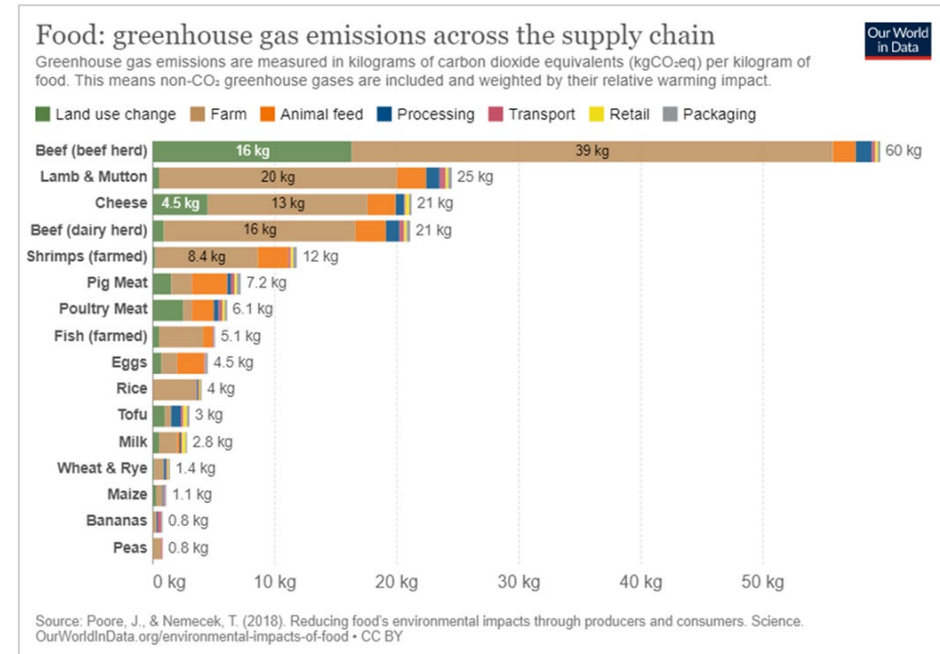
At a global level, greenhouse gas emissions from meat products are typically higher than traditional vegetarian and vegan foods.

Cutting down on meat or giving up meat altogether is a worthwhile change that anyone can make if they want to reduce their own personal carbon footprint.

Climate Crisis – emissions from UK reared animal meats



<https://ahdb.org.uk/knowledge-library/carbon-footprints-food-and-farming> (accessed on 28/08/2024)

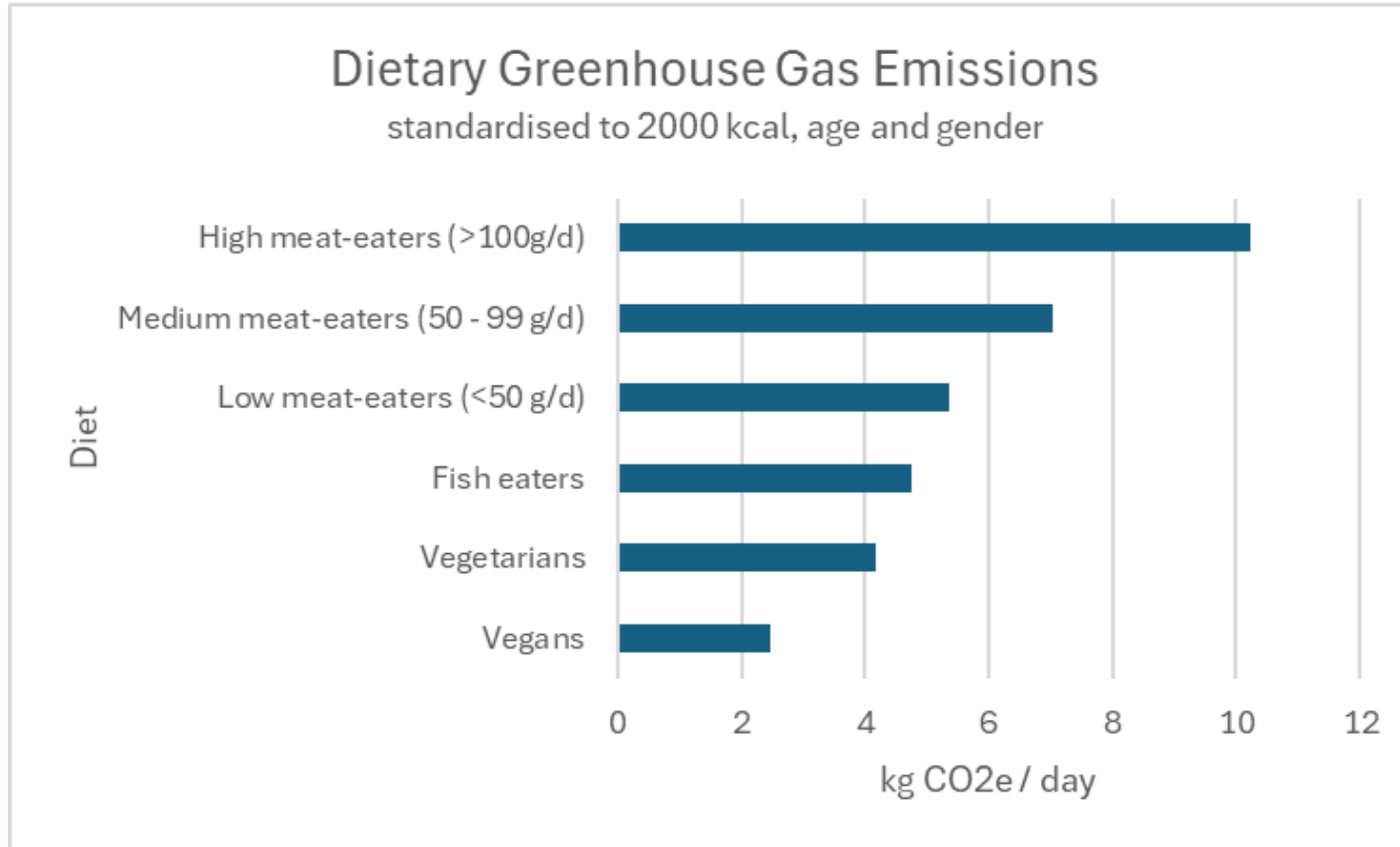


UK farming practices can be considered amongst the most sustainable in the world, with many grass-based, grazing systems.

However, the average reported UK emissions are still considerably higher than most traditional vegetarian and vegan foods.

Hence, cutting out or cutting down on meat, irrespective of its country of origin remains one of the easiest things anyone can do to reduce their carbon footprint.

Climate Crisis - greenhouse gas emissions and dietary choices



‘Despite substantial variation due to where and how food is produced, **the relationship between environmental impact and animal-based food consumption is clear and should prompt the reduction of the latter.**’

Vegans, vegetarians, fish-eaters and meat-eaters in the UK show discrepant environmental impacts. Scarborough et al, Nature Food 2023

Food as medicine or medicine as food?



The European Prospective Investigation into Cancer and Nutrition (EPIC) Oxford study has been assessing the health of 65,000 UK volunteers since the 1990s.

Among many findings it reports that vegetarians and vegans have:

- 37% less risk of developing diabetes
- 22% less risk of coronary heart disease
- 12% lower risk of cancer, with significantly lower risks for stomach cancer, bladder cancer and blood cancers, such as leukaemia.

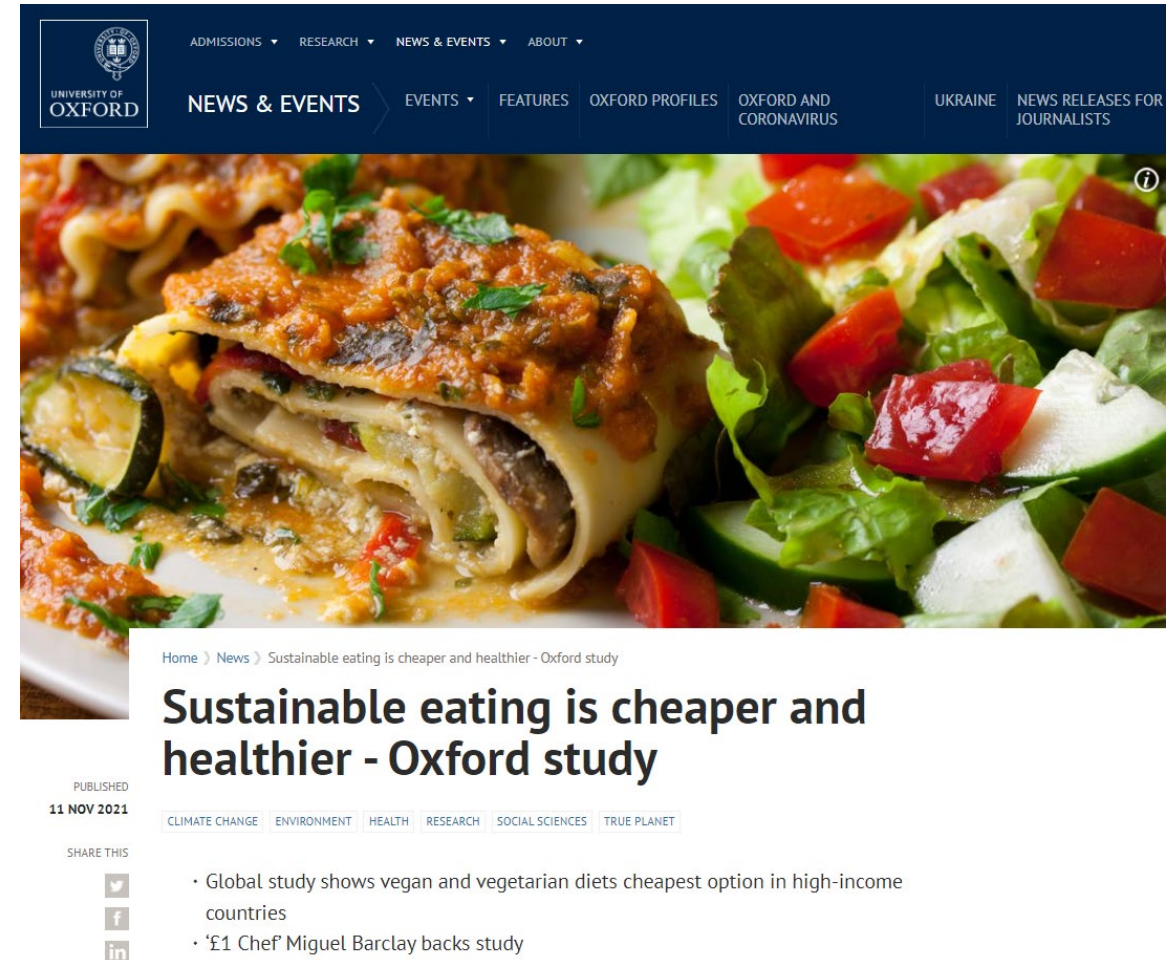
Eating veggie on a budget

In high income countries like the UK, cooking wholefood vegetarian and vegan meals can be cheaper than meat-based diets

- Vegan diets reduced food costs by up to 1/3
- Vegetarian diets were a close second
- Flexitarian diets, with low amounts of meat and dairy, reduced costs by 14%

Of course, you will spend more if you eat lots of processed ready-meals and meat-substitutes.

So, base most of your diet around vegetarian and vegan whole foods, learn some new recipes and have fun! It's a cheap way of providing great tasting, healthy food.



The screenshot shows the University of Oxford website with a dark blue header. The header includes the University of Oxford logo and navigation links: ADMISSIONS, RESEARCH, NEWS & EVENTS, and ABOUT. Below the header, there is a secondary navigation bar with links: NEWS & EVENTS, EVENTS, FEATURES, OXFORD PROFILES, OXFORD AND CORONAVIRUS, UKRAINE, and NEWS RELEASES FOR JOURNALISTS. The main content area features a large image of a dish with pasta, vegetables, and a tomato-based sauce. Below the image, the article title 'Sustainable eating is cheaper and healthier - Oxford study' is displayed. The article is dated 11 NOV 2021 and includes a 'SHARE THIS' section with social media icons for Twitter, Facebook, and LinkedIn. The article text mentions that a global study shows vegan and vegetarian diets as the cheapest option in high-income countries and that '£1 Chef' Miguel Barclay backs the study.

UNIVERSITY OF OXFORD

ADMISSIONS RESEARCH NEWS & EVENTS ABOUT

NEWS & EVENTS EVENTS FEATURES OXFORD PROFILES OXFORD AND CORONAVIRUS UKRAINE NEWS RELEASES FOR JOURNALISTS

Home > News > Sustainable eating is cheaper and healthier - Oxford study

Sustainable eating is cheaper and healthier - Oxford study

PUBLISHED 11 NOV 2021

CLIMATE CHANGE ENVIRONMENT HEALTH RESEARCH SOCIAL SCIENCES TRUE PLANET

SHARE THIS

- Global study shows vegan and vegetarian diets cheapest option in high-income countries
- '£1 Chef' Miguel Barclay backs study

Help solve the biodiversity crisis

In 2021, the UK agriculture industry was made up of 216,000 farm holdings. The utilised agricultural area was 17.2 million hectares of land, 71% of the UK land total.

The Utilised Agricultural Area (UAA) includes arable and horticultural crops, uncropped arable land, land for outdoor pigs, temporary and permanent grassland and common rough grazing.

Total utilised agricultural area has remained between 17 and 18 million hectares since 2000.

Total croppable area consists of cereals, oilseed, potatoes, other arable crops, horticultural crops, uncropped arable land and temporary grass.

In 2021, the total croppable area was 6.1 million ha, just over 1/3 of the UAA.

In 2020, 121,000 hectares of agricultural land were used to grow crops for bioenergy. This represents just under 2.1% of UK arable land.

Around 30% of this land was used for biofuel (biodiesel and bioethanol).

In 2021:

Woodlands
1.1 million
hectares
on farmland
6% UAA

Cattle
9.6 million

Permanent grassland
10.0 million ha
58% UAA

Permanent grassland is grassland that has not been sown in the last 5 years.

Common rough grazing
1.2 million ha
7% UAA

Sheep
33 million

Temporary grassland
1.2 million ha
7% UAA

Pigs
5.3 million

Poultry
190 million

Dairy Herd
1.9 million

Other arable crops
713 thousand ha
4% UAA

Oilseeds
352 thousand ha
2% UAA

Horticulture
161 thousand ha
1% UAA

Potatoes
137 thousand ha
1% UAA

Uncropped arable land
265 thousand ha
2% UAA

Cereals
3.2 million ha
19% UAA

The average UK farm size in 2021 was 81 hectares. However, almost half of all farms were less than 20 hectares in size.

2.1

Agriculture in the UK Evidence Pack

The UK ranks in the bottom 10% of countries globally for biodiversity
(Biodiversity Intactness Index)

Farming can play a big role in improving our biodiversity as 70% of land across the UK is used for agriculture and 85% of this land is used to graze and grow feed for animals
(WWF 'The Future of Food' 2022)

Cutting down on meat consumption and reducing the size of animal herds could free up grazing land for rewilding and carbon capture

And growing crops – cereals, beans/peas, fruit and vegetables - for human consumption, rather than animal consumption could improve food security in the UK

The controversial one!



We are a nation of animal lovers!

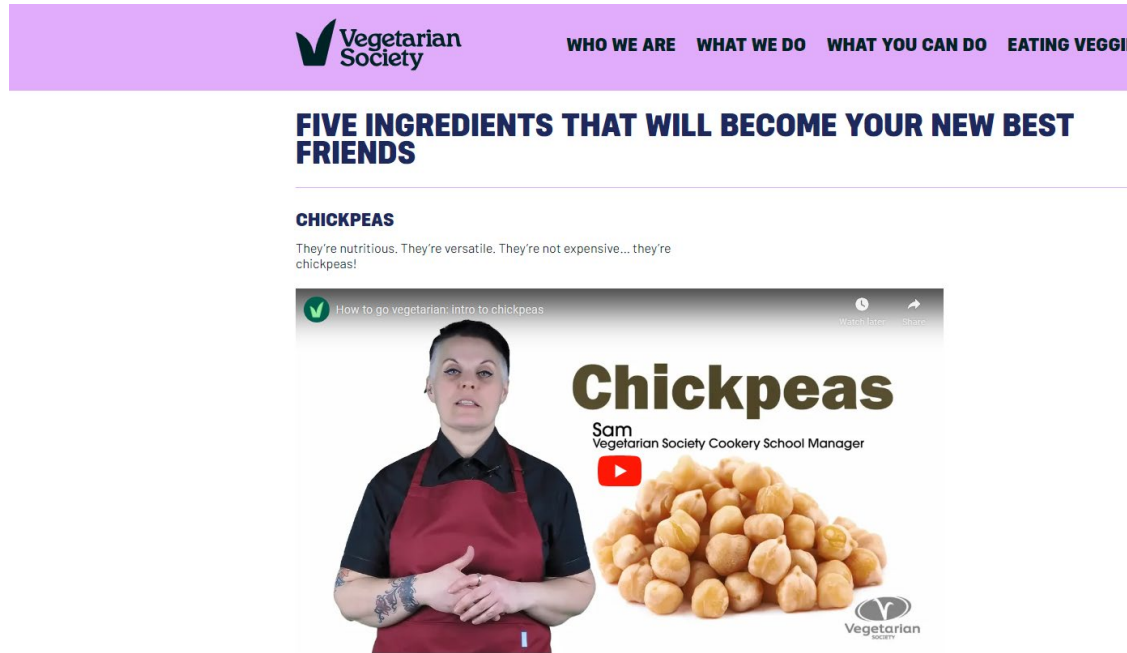
But maybe it's time to think about the animals we value and why?

Studies have shown that pigs are actually more intelligent than dogs.

Perhaps it is time to reassess our relationship with food and animals.

Particularly when great tasting and healthy veggie food is available everywhere!

TOP TIP No. 1



The screenshot shows the Vegetarian Society website header with navigation links: WHO WE ARE, WHAT WE DO, WHAT YOU CAN DO, and EATING VEGGIE. Below the header is a section titled "FIVE INGREDIENTS THAT WILL BECOME YOUR NEW BEST FRIENDS". Under this, there is a sub-section for "CHICKPEAS" with a short paragraph: "They're nutritious. They're versatile. They're not expensive... they're chickpeas!". Below the text is a video player showing a woman, Sam, the Vegetarian Society Cookery School Manager, standing next to a large pile of chickpeas. The video title is "How to go vegetarian: Intro to chickpeas".

Treat The Week As An Adventure!

A chance to try something new, have fun and experiment.

We have a range of great information to help you on your way.

TOP TIP No. 2

Keep It Familiar To Begin With

Enjoy a meat-free version of your favourite meal with no extra effort, don't feel pressured to launch straight into unfamiliar exotic meals!

There are all sorts of vegetarian products available that can swap out for meat including beans, jackfruit, banana blossom and tofu plus products such as vegetarian beef-style mince, chicken-style pieces, burgers, veggie meatballs and nuggets.

If you're not keen on the first meat substitute you try, don't let it put you off trying other kinds - some brands and products are better than others.

You will already eat all sorts of vegetarian meals, beans on toast, scrambled egg, pizza, vegetable soup! These familiar dishes help you easily manage the change.



TOP TIP No. 3

Explore New Recipes

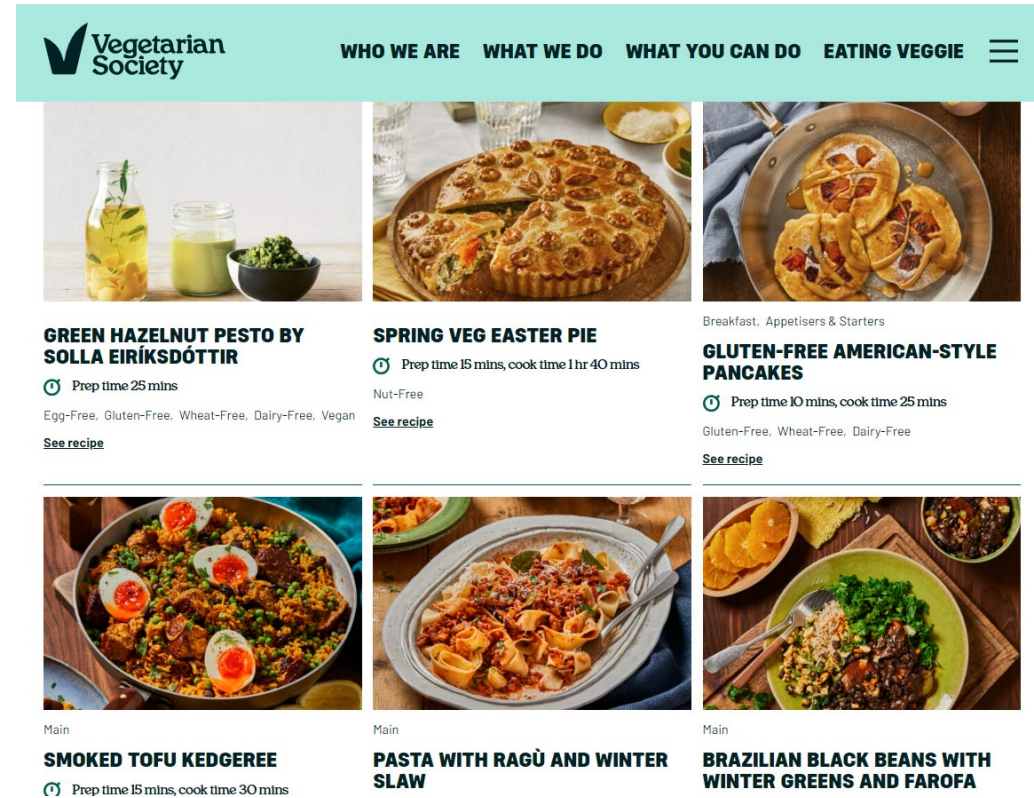
There is a world of adventure awaiting you!

Visit the Vegetarian Society's 'Eating Veggie' pages for delicious recipes and lots more info.

From quick and easy 15-minute meals to dishes that will wow your dinner party guests.

Remember: lots of existing cuisines already have a strong vegetarian heritage, particularly Indian and Thai cuisines.

And do check out our handy *Going Veggie* and *Going Vegan* guides at [nationalvegetarianweek.org/local-authorities](https://www.nationalvegetarianweek.org/local-authorities)



The screenshot shows the Vegetarian Society website with a teal header. The navigation bar includes links for WHO WE ARE, WHAT WE DO, WHAT YOU CAN DO, and EATING VEGGIE, along with a hamburger menu icon. Below the header, there are six recipe cards arranged in a 2x3 grid. Each card features a food image, the recipe title, preparation time, dietary restrictions, and a 'See recipe' link.

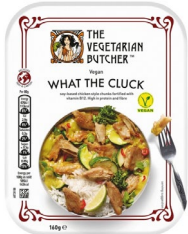
Recipe Name	Prep Time	Cook Time	Dietary Restrictions
GREEN HAZELNUT PESTO BY SOLLA EIRÍKSDÓTTIR	25 mins	-	Egg-Free, Gluten-Free, Wheat-Free, Dairy-Free, Vegan
SPRING VEG EASTER PIE	15 mins	1 hr 40 mins	Nut-Free
GLUTEN-FREE AMERICAN-STYLE PANCAKES	10 mins	25 mins	Gluten-Free, Wheat-Free, Dairy-Free
SMOKED TOFU KEDGEREE	15 mins	30 mins	-
PASTA WITH RAGÙ AND WINTER SLAW	-	-	-
BRAZILIAN BLACK BEANS WITH WINTER GREENS AND FAROFA	-	-	-

MIX IT UP!

NATIONAL VEGETARIAN WEEK
1ST - 7TH OCTOBER 2024



TOP TIP No. 4



Stop And Explore The
Plant Based &
Vegetarian Section In
Your Supermarket

You will be amazed at the
amount of great easy-cook
products now available.

Experiment and have a go!



MIX IT UP!

NATIONAL VEGETARIAN WEEK
1ST - 7TH OCTOBER 2024



TOP TIP No. 5

Don't Just Pick Up Your Usual Carrots And Broccoli!

Pause and explore the fruit and veg aisle – have a go with something new.

Eating a range of fruits and veggies aids nutrition and helps build a strong immune system.



Maybe it's now time to go beyond baked beans!

Stop and explore the variety of beans and pulses on offer.

Full of protein and fibre, who knew that lentils are such a nutritional powerhouse!

TOP TIP No. 6

Fall In Love With Your Slow Cooker!



Hot meals for the price of running a single light bulb.

Create simple but great tasting stews, chillies, ragus and curries.



TOP TIP No. 7

Experiment With Vegetables!



Grilling

Grilling veggies with a pinch of salt and pepper and olive oil is simple and delicious.

Oven Roasting

Cooking vegetables with a drizzle of olive oil in an oven brings out a sweet flavour.

Sautéing

Cooking vegetables in butter or oil on the hob improves the absorption of fat-soluble vitamins in the vegetables. Or you can sauté in water to avoid the fat in the oils.

Blanching

Briefly put vegetables in boiling water followed by ice water. Good for vegetable crudité with dips.

Don't just boil or steam!

TOP TIP No. 8

Want to keep going beyond the week? We do hope so! So... get building your veggie larder!

Herbs & Spices

Salt
Black pepper
Cayenne pepper
Chilli powder
Cinnamon
Cumin
Coriander
Garam masala
Garlic powder
Ginger powder
Onion powder
Basil
Oregano
Parsley

Umami Essentials

Soy sauce
Marmite
Henderson's Relish
Nutritional Yeast Flakes
Miso
Tahini
Stir-fry sauces
Vegetable stock cubes
Oils
Vinegars
Peanut butter

Dry, Frozen & Canned Goods

Pasta
Noodles
Beans
Chickpeas
Lentils
Rice
Quinoa
Frozen meat substitutes
Canned tomatoes

Fresh Foods

Fresh salad
Fresh vegetables
Tofu
Potatoes
Sweet potatoes
Onions
Garlic
Lemons / limes

