

EAT A PLANT-BASED DIET FOR A DAY—NO MEAT OR DAIRY

The internet is awash in information, from Harvard to Cleveland Clinic, on the health benefits of a plant-based diet. But what impact would moving away from meat and dairy have on our environment? Turns out, a LOT. We couldn't say it any better than this article entitled, "The Case for Plant Based" from UCLA.

<https://www.sustain.ucla.edu/food-systems/the-case-for-plant-based/>