

City of San Francisco – Veg Day Resolution

Whereas, a plant based diet is truly a **Green Diet** that reduces the serious ecological problems involved in livestock production which consumes fossil fuels; wastes grain; drains our vanishing water supplies; depletes our precious topsoil; pollutes our water with waste containing salmonella, e-coli, and antibiotic substances; pollutes our air with ozone destroying methane; and causes destruction of Rain Forests and wildlife habitat; and

Whereas, a 2009 [report](#) from World Bank environmental advisers, Goodland and Anhang, called *Livestock and Climate Change*, reveal that farmed animals and their byproducts are responsible for at least 32.6 billion tons of carbon dioxide per year, or 51 percent of annual worldwide greenhouse gas emissions. Goodland, who was the lead environmental adviser for the World Bank for 23 years, and Anhang, also an affiliate of the World Bank as a research officer and environmental specialist, conclude that replacing animal products with soy-based and other alternatives would be the best strategy for reversing climate change. The report states, “This approach would have far more rapid effects on GHG emissions and their atmospheric concentrations—and thus, on the rate the climate is warming—than actions to replace fossil fuels with renewable energy.” ; and

Whereas, findings from the United Nations Food and Agriculture Organization report prompted Rajendra Pachauri, head of the Nobel Peace Prize-winning Intergovernmental Panel on Climate Change (IPCC), to recommend that individuals reduce their personal carbon impact by decreasing their meat consumption and [noted](#) that, *“In terms of immediacy of action and the feasibility of bringing about reductions in a short period of time, it [reduced meat consumption] clearly is the most attractive opportunity. Give up meat for one day each week initially, and decrease it from there”*; and

Whereas, researchers at the University of Chicago [estimated](#) that switching to a plant-based diet would have a bigger impact than trading a sedan for a hybrid; and

Whereas, plant-based diets are good preventative medicine, therefore medical costs to individuals and the health care system would be drastically reduced; and

Whereas, Ghent, Belgium has recognized the relationship between diet and climate change by establishing a VegDay each week of the year in July 2009; and

Whereas, in April 2009 the City of Takoma Park, Maryland, adopted a Mayoral [Proclamation](#) designating April 24-30 “Takoma Park Veg Week,” to encourage citizens to choose vegetarian foods as a way to protect the planet, their health, and animals; and

Whereas, as part of the [Green Cincinnati Plan](#), the City’s Food Task Force [recommended](#) in February 2009 that residents replace some of the meat in their diet with fresh fruits and vegetables; and

Whereas, the American Dietetic Association [recognizes](#) that reduced meat consumption decreases the risk of various health and states, *“Scientific data suggests positive relationships between a vegetarian diet and reduced risk for several chronic degenerative diseases and conditions, including obesity, hypertension, diabetes mellitus, and some types of cancer”*; and

THEREFORE BE IT RESOLVED that the Board of Supervisors designate Mondays as Meat Free Mondays beginning March 22, 2010 to encourage restaurants, grocery stores, and schools to offer a greater variety of plant based options and to encourage residents to decrease their consumption of meat for their health and the health of the planet and animals.