

A Healthier You A Healthier Planet

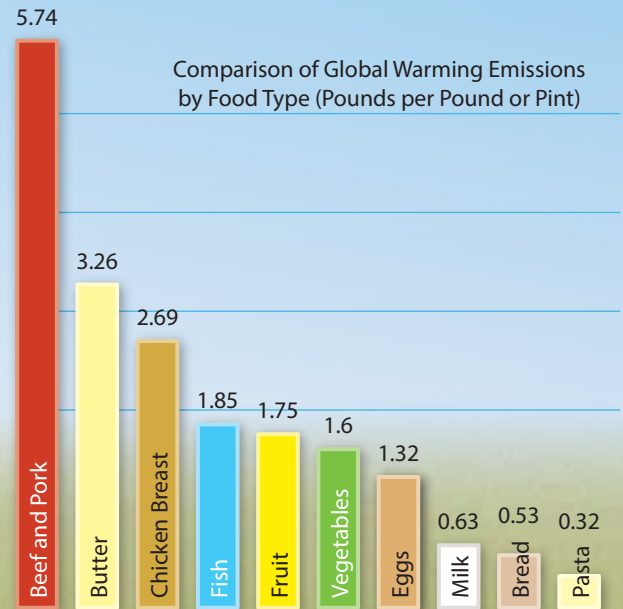
Join HUDs in “Less Meat Monday”

“choosing more healthful sources of protein in place of red meat can reduce chronic disease morbidity and mortality.”

- Frank Hu, HSPH



MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY



Source: UCS modeling.

Approximately 14% of our personal contribution to climate change is attributed to food and beverage. Reducing the amount of meat—especially beef—that you consume is the most effective way to lower your global warming emissions from your diet.

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GREEN TIP OF THE MONTH

SAVING RESOURCES, WORKING SMARTER



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