

By the time you read this, Paul McCartney will have breezed through Vancouver. Amongst other things, Sir Paul is an avid environmentalist and a strong promoter of a campaign called “Meatless Mondays”. This campaign was originally started during WWII to help keep rationing reasonable and was revived in 2003 in an effort to reduce the effect that meat eating has on the environment.

In 2006, a United Nations Food and Agricultural Organization report, *Livestock’s Long Shadow*, highlighted the environmental impact of meat-eating and the importance of making more environmentally and socially conscious food choices. That report indicated that about 18% of the world’s greenhouse gases are created from meat production. By adopting the meat free Monday concept, that could be reduced by 1/7th; a fantastic gain with little loss. It’s also healthy for you, and easier on the pocket book. Becoming vegetarian is beyond most people’s ability, but giving up meat (which means fish too) for one day a week is easy. There are billions of recipes out there but here you can find some ideas (and more information) at www.meatfreemondays.com.

For most people, the idea of trying to improve the environment seems an indomitable task at a personal level, but here is an easy way to make a real difference to your health, your budget, and your oceans.