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Evidence Finder - Meat Free Monday

'Meat Free Mondays' is a concept founded by Paul, Stella, and Mary McCartney. The aim of this campaign is to improve the health of individuals, and that of the planet, this can be done by having one day a week where your diet is completely meat free. According to The Food and Agricultural Organisation, 14.5% of all human made greenhouse gas emissions can be attributed to livestock, as well as more than one third of methane emissions. (EatRight.org, 2018) On the other hand, the mass increase in people who have decided to turn to a vegan diet has had a negative impact on the countries where many fruit and veg products are now being mass produced. An example of this is avocados and quinoa prices being so drastically increased in their countries of origin, that local people who rely on them are no longer able to afford them. The price of avocados in Kenya, the world's sixth largest exporter of the fruit, has increased to the highest recorded since 2014, prompting the country to ban all exportation of the fruit, as their supply was at risk. (Independent, 2018)

In conclusion, as individuals being more conscious of the meat content of your diet, and the impact that has on the environment can be beneficial to slowing the effects of climate change. However, there should also be a more wide spread awareness of how mass production and exploitation of fruit and vegetable production can have an adverse effect on some third world countries who rely on such produce.

Bibliography

Going Meatless Once a Week, by Monique Ryan, EatRight.org, 2018.
Why Veganism Isn't as Environmentally Friendly as you Think, by Emma Henderson, Independent.co.uk, 2018