



One meal for a healthier planet

**11<sup>th</sup>-17<sup>th</sup> June 2018**

**#WorldMeatFreeWeek**

**Give up meat for just one meal and save:**



ENOUGH CARBON  
EMISSIONS TO  
BOIL A KETTLE  
**388**  
TIMES



UP TO **11G** OF FAT  
EQUIVALENT TO  
**2**  
TABLESPOONS  
OF BUTTER



THE DAILY  
**9**  
WATER  
USAGE OF  
PEOPLE



UP TO **90** CALORIES  
THE SAME AS  
**2**  
JAFFA  
CAKES

**are you in?**

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**[www.worldmeatfreeweek.com](http://www.worldmeatfreeweek.com)**

to find out more and join us