

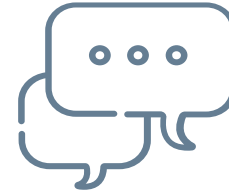
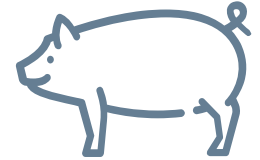
GenGreen Presentation

By Alexia



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WHAT IS MY PROJECT ABOUT

For my project, I wanted to reduce the amount of meat over the course of a month. I decided to do this because specifically my family eats a big amount of meat daily, and by decreasing that amount, we will reduce our carbon footprint.



WHY IS MY PROJECT IMPORTANT



Meat is bad for the environment. How? More than 80% of the plants we go are fed to live stock. When land is used to grow animals instead of crops, there is more fuel, water and energy used. Trees are cut down and animal waste pollutes rivers and streams. Looking at all the statistics, animals are the main source of emission of greenhouse gases.

SPREADING AWARENESS ABOUT
WHY MEAT IS BAD FOR THE
ENVIRONMENT



Since meat is such a big part of my day to day life and part of my meals and “nutrition”, I decided to see what would happen if I reduced this big amount that I consumed daily. Slowly but surely, I stopped buying chicken, pork and beef from the store and making dinner out of beans and chickpeas. As hard as that sounds, it was pretty tasty, easy, and good for the environment.



I WANTED TO SEE IF I CAN DO
IT AND HOW DIFFICULT IT WAS

HOW I EXECUTED MY PROJECT



01



MONTH OF JANUARY

Over the month of January, I recorded what type of food I eat daily. The results, me and my family eat some type of meat every single day for 2/3 meals of the day.



02

MONTH OF FEBRUARY

Over the month of February, I tried to reduce the amount of meat I ate and substitute different vegetables or different plant-based meals.



THE RESULTS



50,496 gCO₂eq/kwh ● ● ●

This is the amount of CO₂ released just by eating meat every single day for a month (January) . Can you imagine how big this number would be if everyone ate like me?

2640 gCO₂eq/kwh ● ● ●

This is the amount of CO₂ released for the month of February, when I replaced every meat I ate with alternative or plant-based meals.

42,968 gCO₂eq/kwh ● ● ●

This is the final amount of GHG emissions that I reduced by doing this project. This is proof that just by eating vegetables, meat alternatives and only eating meat for one of the weeks of a month, that is how much you can really reduce your carbon footprint.

THINGS YOU CAN DO

01

CUT OUT MOST OF THE MEAT

Try and reduce the amount of chicken, pork and beef that you eat daily.

02

REPLACE IT WITH VEGETABLES

Eat plant-based meals and replace the meat with beans, chickpeas, or any other vegetable of your choice.

03

BUY ORGANIC OR LOCALLY

Organic food is grown without any GMOs or any added hormones, so you get the vital vitamins and minerals naturally. Win win!

04

GROW YOUR OWN

As hard as this might sound, it isn't. By growing your food, you know what goes into your food (no chemicals or additives)

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