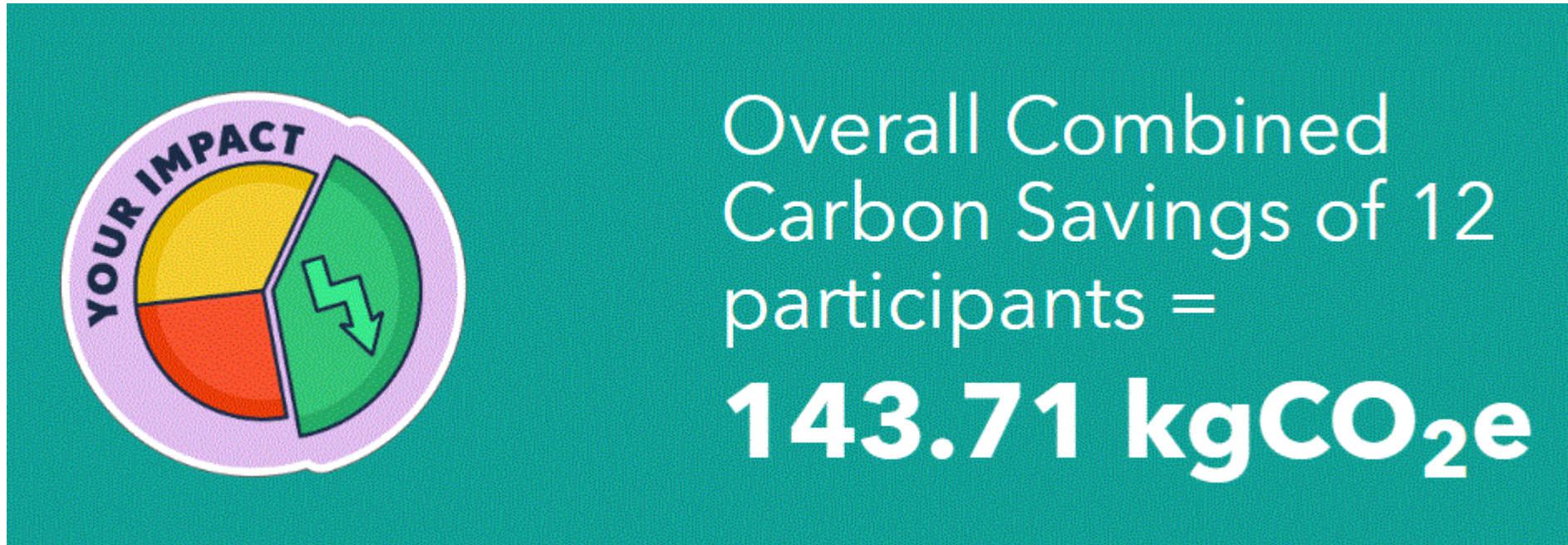


Eco Schools 2025-26



Cut Your Carbon Results



This is roughly equal to driving an average car about 350-400 km, powering an average UK home's electricity for 1-2 months or making 14,000 cups of tea!

Well done to everyone who took part!

Veganuary and Plant-based Foods



What is Veganuary?

Veganuary is a world-wide campaign that encourages people to try a vegan diet for the entire month of January. People taking part pledge to eat only plant-based foods for 31 days, exploring benefits for health, animals, and the planet.



What does it mean to be vegan or vegetarian?

Vegetarian: Being vegetarian means not eating meat or fish. Most vegetarians still eat food produced by animals, such as, milk, butter and eggs.

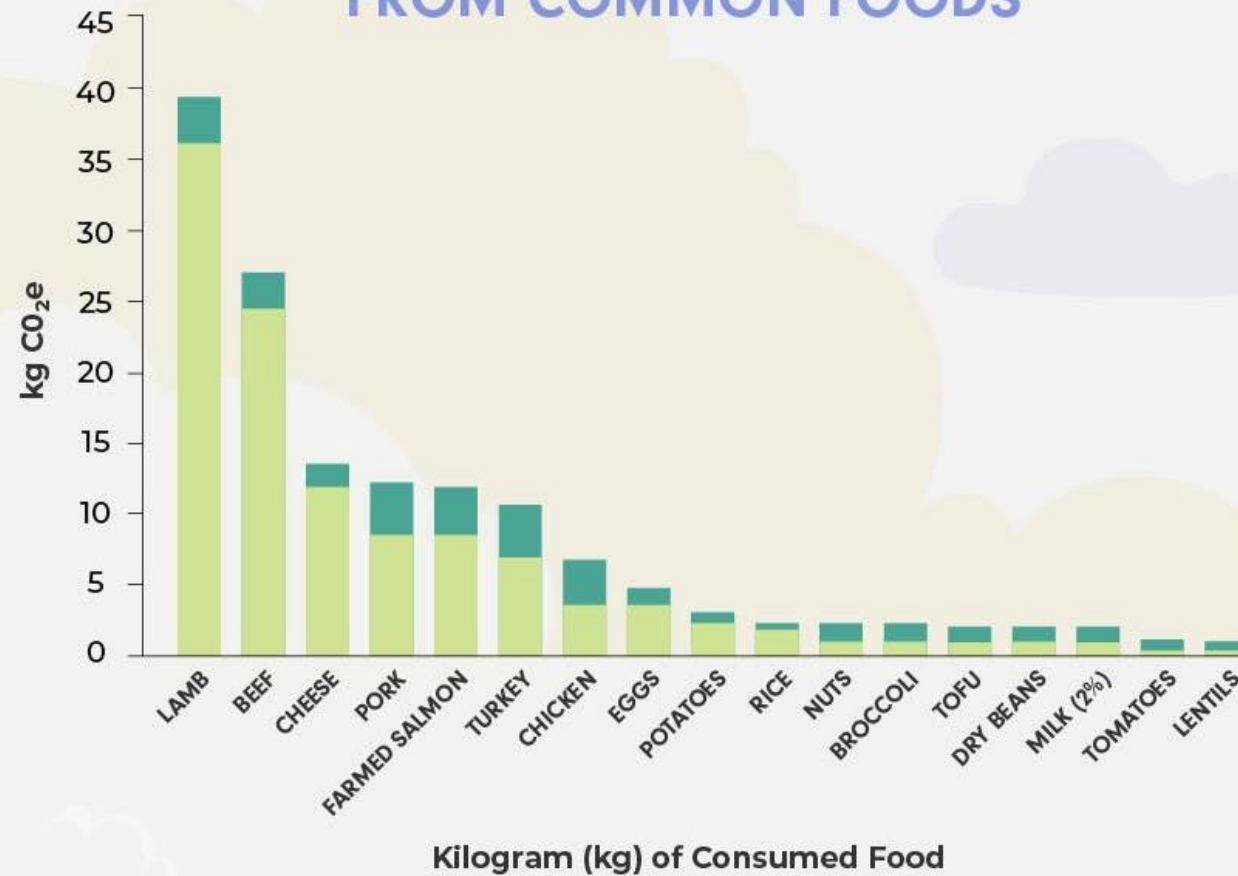
Vegan: Being vegan means not eating any animals or food produced by animals (e.g. dairy, eggs and honey). Vegans also avoid buying things made from animals, such as leather or fur, or anything tested on animals. Their diet consists of fruits, vegetables, grains, nuts and seeds.

People who choose to follow a vegan or vegetarian diet often do so for ethical, environmental, or health reasons.

Why is eating plant-based foods better for the planet?

- **Reduced Greenhouse Gases:** Farming animals produces lots of greenhouse gases, such as methane.
- **Less Land Use:** Farming animals uses lots of land for grazing and feed. Plant-based crops need far less land which frees it up for nature and biodiversity. By needing less land, plant-based diets slow deforestation and habitat destruction.
- **Lower Water Footprint:** Producing meat, especially beef, uses enormous amounts of water compared to most plant foods like beans or oats.
- **Decreased Pollution:** Animal waste and fertilizers run off into waterways, causing pollution that damages ecosystems.

GREENHOUSE GAS EMISSIONS FROM COMMON FOODS



Different foods have vastly different carbon footprints. The graph above shows total emissions, including production (in green) and all other emissions associated with bringing a product to market, such as processing, transport, and waste disposal (in turquoise).

According to a University of Oxford study, if everybody cut meat and dairy from their diet there could be...

- A 49% reduction in greenhouse gas emissions from food production.
- A 76% reduction in land used for food.
- A 49% reduction in pollution from fertilisers running into lakes and rivers.



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What can we do?

Start with what you choose to eat. Even eating a little less meat, fish and dairy will make a difference.

Help your friends and family cut down the amount of meat they eat. You could try suggesting a meat-free day or days.

Research by Oxford University shows that if every family in the UK swapped a red meat (beef, pork or lamb) meal to a vegan meal just once a week, the environmental impact would be the same as taking 16 million cars off the road.

Make sure you eat all the food on your plate, especially if it is meat, to avoid waste.