TO FIGHT HUNGER

MENU OF CHANGE

CHANGE MENU

HOW GOVERNMENTS CAN SAVE PEOPLE, ANIMALS, AND THE PLANET

LAV

TRADITIONAL MENÙ

SPAGHETTI ALLA CARBONARA

More than 17% of Amazon Rainforest has already been destroyed to produce animal feed, which comes mostly from Argentina and Brazil. In these countries, virgin forests are now being deforested to make way for agricultural crops, releasing large amounts of CO2 and reducing their ability to absorb it in the future. *

BEEF WELLINGTON WITH VEGETABLES

As of today, global temperature has already risen by about 1°C with more and more extreme climate events, reaching +2C° will result in catastrophic consequences. **

PERUVIAN CEVICE

In the last decades, we have experienced a dramatic rise in marine ecosystem disruption and formation of marine dead zones, also known as biological deserts.

CRÈME BRULEE

Climate change has caused at least 2 million human deaths in the last 50 years.***

THE MENU OF CHANGE

LEGUME SOUP

A traditional dish of the Mediterranean diet, rich in proteins, antioxidants and anti-cancer vegetables, providing healthy amounts of vitamins A and C, minerals and fiber. This dish requires zero animal suffering and about a fifth of the water used to produce meat (Our World in Data).

SOY AND PEA PROTEIN BURGER

A food with nutritional values comparable to those of animal origin. Nowadays, many variables of veggy burgers are available, including in large retailers, at low cost. They have up to 70 times less impact on the environment than omnivorous alternatives, in addition to not being correlated with an increased risk of cancer or cardiovascular disease (Carissima Carne). They are also suitable for low-calorie diets or people with specific health requirements.

VEGETABLE COUS-COUS

A typical North African dish, also popular in Sicily and many other parts of the world, rich in phosphorus, potassium, and minerals, which have a positive effect on brain and muscle health. In particularly hot weather it allows for replenishment of essential vitamins and minerals. The addition of vegetables and mixed nuts makes it a complete dish with almost 20 times less impact on the climate than meat, egg and dairy preparations (Our World in Data).

CELL-CULTURED STEAK

A real possibility for the near future, which will avoid animal suffering and exploitation, even for those who will not have adopted yet a fully plant-based diet. Large-scale distribution is expected by 2030, with costs lower than 10$ per kg. An option, according to the most recent LCA (Life-Cycle Assessment) studies, that could cut emissions responsible for climate warming by up to 92%, air pollution by up to 93%, a nd water use by up to 78% (CE Delft).

THE BILL

Food has an impact on the environment, on human health, on animals and their living conditions.
Through a Life Cycle Assessment (LCA) study, we calculated the impacts of the most consumed types of meat in Italy and compared them to those of soya and peas, two important vegetable protein sources.

CLIMATE CHANGE

Emissions of CO2 and other climate-altering gases (CO2 equivalents) are the main cause of global warming and climate change.

WATER USAGE

Water use, for all types of meat, is determined predominantly from feed production and, in particular, fields irrigation. Water drank by animals and used to wash them also plays a role, whereas water consumption in the post-slaughter stages is negligible, referring mainly to waste and energy consumption.

PARTICULATE FORMATION

The agribusiness sector is the main contributor to the formation of particulate mainly through ammonia emissions from the storage and spreading of manure (which represents more than 80% of total agricultural ammonia emissions in Italy).

LAND OCCUPATION

Agricolture's impact on nature and ecosystems, considering 18 different characterization factors for different land uses, such as the space required for feed production and the space dedicated to animal farming.

100gr. Beef protein		13 kg CO2eq	290 lt	0,038 kg PM10	12,5 m2
100 gr. Pork protein		5 kg CO2eq	43 lt	0,011 kg PM10	5 m2
100 gr. Chicken		3,75 kg CO2	50 lt	0,007 kg PM10	2,7 m2
100gr. Pea protein		0,22kg CO2eq	6,6 lt	0,0005 kg PM10	1,2 m2
100gr. Soy protein		0,16 kg CO2eq	38 lt	0,0004 kg PM10	0,8 m2

* "The hidden cost of meat's production and conspumption" by LAV & Demetra

** https://climate.copernicus.eu/surface-airtemperaturefebruary2023#:~:text=The%20average%20global%20temperature%20for,above%20the%201850%2D1900%20level.

*** https://www.aljazeera.com/news/2023/5/22/climate-change-causes-2m-deaths-in-50-years-poor-suffer-most-un#:~:text=In%20a%202021%20report%20covering,50%2C000%20such%20deaths%20each%20year.

OUR REQUEST FOR

UN FOOD SYSTEMS SUMMIT + 2 STOCKTAKING MOMENTS

THE RECIPER FOR SUSTAINABLE FOOD SYSTEM

Food choices have an impact on climate, human health and animal exploitation: the current food model has dramatically negative effects. No ecological transition is possible without a food transition.

TO COMBAT CLIMATE CHANGE, IMPROVE HUMAN HEALTH AND STOP ANIMAL SUFFERING,

WE ASK GOVERNMENTS TO:

STOP FUNDING INDUSTRIAL ANIMAL FARMING

CONVERT ANIMAL FARMING IN PRODUCTION FACILITIES OF PLANT-BASED FOODS

PROVIDE INCENTIVES FOR PLANT-BASED PRODUCTION AND CONSUMPTION CHOICES, SUCH AS VAT REDUCTIONS

SUPPORT SCIENTIFIC RESEARCH AND COMMERCIAL INVESTMENTS IN CELLULAR AGRICULTURE AND OTHER TECHNOLOGIES APPLIED TO PLANT-BASED ALTERNATIVES.

"A SYSTEMATIC REVIEW FOUND THAT HIGHER CONSUMPTION OF ANIMAL-BASED FOODS WAS ASSOCIATED WITH HIGHER ESTIMATED ENVIRONMENTAL IMPACT, WHEREAS INCREASED CONSUMPTION OF PLANT-BASED FOODS WAS ASSOCIATED WITH AN ESTIMATED LOWER ENVIRONMENTAL IMPACT".

THE VEGAN DIET HAS THE HIGHEST CLIMATE CHANGE MITIGATION POTENTIAL, WHEREAS THE MEDITERRANEAN DIET HAS THE LOWEST" - IPCC

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