

green monday

Green Monday 致力宣揚健康、環保、低碳的生活方式，推廣綠色生活態度。只需每星期素食一天，便可有助減少碳足跡和改善健康。

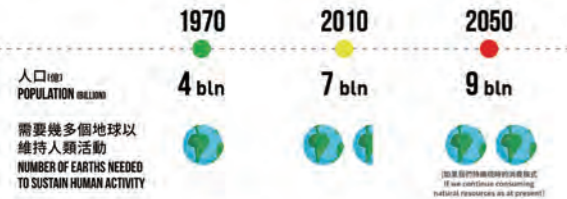
Green Monday is a social enterprise that promotes low carbon, healthy and sustainable living. Going green one day per week is a simple and effective way to reduce our carbon footprint and improve our health.



2050

我們還可以生存嗎？ CAN WE STILL SURVIVE?

科學家早已預測，如果人類維持目前生活模式，繼續製造大量碳排放，到了2050年，全球平均氣溫上升超過兩度，地球就等於末期病患，不再宜居。Scientists have warned us that if we don't cut back on our contemporary lifestyle and carbon footprint, global average temperature will increase by over 2°C by year 2050, and Earth will no longer be habitable.



WHY GREEN MONDAY?

Go Green 可以緩和全球暖化，對環境的可持續性有很多益處。愛因斯坦曾說過：沒有什麼能比素食更能改善人的健康和增加人類在地球上生存的機會。Go Green can alleviate global warming and benefit to environmental sustainability in many other ways. Albert Einstein said that nothing would benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet.

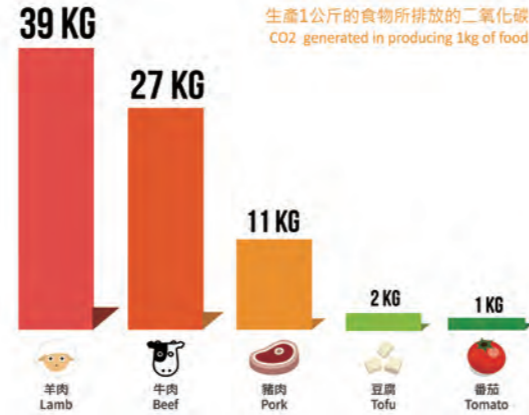
THERE IS NO PLAN B BECAUSE WE DO NOT HAVE A PLANET B



2016年是歷史上最熱的一年
2016 Hottest Year on Record

緩和全球暖化 SLOW DOWN GLOBAL WARMING

全球暖化的主要來源之一就是溫室氣體排放，畜牧業所排放的溫室氣體甚至多於汽車、貨車、火車和飛機的總排放。The livestock industry is one of the biggest contributors to global warming, emitting more greenhouse gases than all our cars, trucks, trains and planes combined.



Source: Environmental Working Group

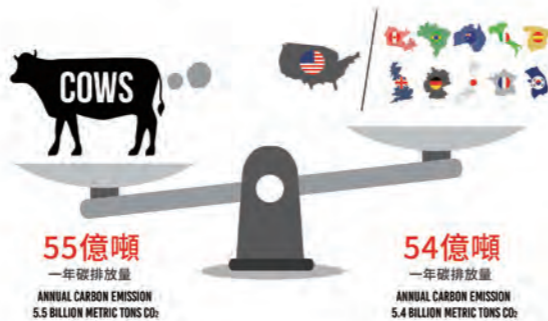


全球暖化又關「牛」事?
Are Cows Causing Global Warming?

15億隻牛的迷思 THE MYTH OF 1.5 BILLION CATTLE

牛是反芻動物，會排放大量甲烷，甲烷的全球暖化威力 (Global Warming Potential) 比二氧化碳要強28-36倍。因此，牛肉的碳排放比其他肉類高出一大截。全球牛肉的碳排放比澳洲、巴西、加拿大、德國、英國、日本和南韓等十個國家加起來還要高，亦相等於美國一年的碳排放。

Cows produce more CO2 than Australia, Brazil, Canada, France, Germany, Italy, Japan, South Korea, Spain & U.K. COMBINED. Or it equals to the annual carbon emission of United States.



Source: <https://www.epa.gov/ghgemissions/understanding-global-warming-potentials>
<https://www.globalcarbonatlas.org/en/CO2-emissions>
https://suprememasterstv.com/climate-change-public-service-announcements/?tw_id=181



全球都口渴！聯合國預測2030年40%國家缺水
A thirsty world! UN: World Faces 40% Water Shortfall by 2030

節省用水 REDUCE WATER USAGE

畜牧業消耗地球大量的水資源，而動物排泄物更會破壞世界各地的河流和海洋生態系統，污染珍貴的水源。The livestock industry is one of the biggest water-consuming sectors and a major polluter of our precious water resource as runoff from manure disrupts rivers and coastal ecosystems around the world.



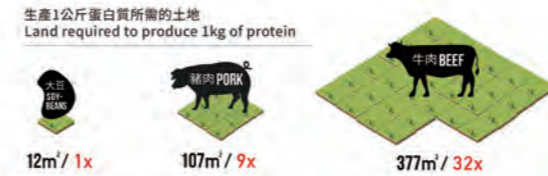
Source: www.virtualwater.eu



全球有21億人超重和18億人挨餓，為什麼不可以餓飽全世界？
2.1 billion people are overweight and 1.8 billion people are under starvation. Why can't we end the hunger?

餵飽更多人 RELIEVE HUNGER PROBLEM

我們將大量穀物飼養牲畜，以滿足我們對肉食的需求，而不是給飢餓的人。相比起生產植物性食物，生產肉食產品只換來少量的食物，養活一小撮的人。We funnel large quantities of grain, soybeans and corn to livestock instead of feeding starving humans. Indeed, raising animals for food is inefficient. It consumes a lot of resources, producing only a small amount of food compared with growing crops.



在1英畝土地養牛或種大豆可餵飽的人數
No. of people who can be fed by raising cattle or growing soybeans on 1 acre of land

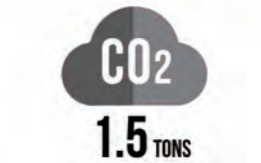


Source: <http://www.earthoria.com/global-hunger-the-more-meat-we-eat-the-fewer-people-we-can-feed.html>



素食一年的環保效益 YOUR IMPACT FOR GOING GREEN A YEAR

減少碳排放量 (噸)
Tons of carbon emissions prevented



拯救動物數量
Number of lives saved



減少所需樹木吸收同等量二氧化碳
Trees needed to absorb the same amount of CO2



所節省水可供應人數
Drinking water saved that you can feed...



LET'S GREEN MONDAY
每週一素食
每週減碳減排

www.greenmonday.org
Green Monday



單在美國，我們每日就用四十一噸的抗生素在家畜身上。
41 tons of antibiotics are fed to livestock each day in the U.S.

肉食的真相 IS MEAT REALLY WHAT YOU THINK IT IS?

工廠式農場是一種工業化的生產過程，以追求經濟效益為目標，希望在最小的成本下，生產最多的肉類(利潤)。因此，動物的基本福利會被忽略和受到不人道對待。In factory farms, animals are being treated as meat producing machines as owners aim to maximize production for more profit while investing minimum. As a result, farm animal protection is often being ignored and they are exposed to abusive acts.

農場飼料添加大量抗生素和激素，令到雞隻生長速度比五十年前增加一半，但身形卻大兩倍。可是，雞隻體重急遽增加，這使牠們本身可承受的重量，以致牠們需要長期蹲下，這站立也有困難。Massive amount of antibiotics and growth hormones are added in feed as growth promoters, the growth rate of chicken has been shorten by 50% but double in size compared to 50 years ago. Sadly, chicken hardly bare their own weight and end up with severe leg problem.

畜牧業利用抗生素催動物生長、預防及治療疾病，濫用抗生素令細菌產生抗藥性，而這些抗藥性可經過食物轉運至人類，令疾病難以治療，引致更高的發病或死亡率。The use of antibiotics in farm animals as growth promoters and for the prevention and treatment of animal diseases has generated antibiotic-resistant bacteria. This antibiotic resistance can be transmitted to humans through animal food consumption and is now a major public health problem, causing illnesses that are difficult to treat, and resulting in increased morbidity and even mortality.

想了解更多，可以觀看以下電影或書籍 For details, you can watch or read below movies and books:

- 《食品真相 Food Inc.》
- 《良心農場 Project Animal Farm》
- 《肉類真相 The Meat》
- 《洪水氾濫 The Flood》
- 《不倫不類的真相 An Inconvenient Truth》
- 《動物權利 Defending Animals》
- 《飲食與環境：素食、有機和再生食物的自然史 The Omnivore's Dilemma: A Natural History of Four Meals》
- 《王子 Dàjià》

Source: <https://organicconsumers.org> | <https://onngreenplanet>