

Global Footprint Network's Earth Overshoot Day campaign-

Move the Date Step:

Step: Beef Up My Plant-Based Diet

Here are some steps I will commit to, in order to follow through with my pledge to limit my meat consumption, dairy consumption, and increase my green intake! (A greener diet for a greener world!)

- 1.) **Open A Dialogue:** Talk to my parents to discuss switching to a vegetarian lifestyle. I will take time to educate them on the damages the meat industry places on our resources, as well as the contributions it has to the rising levels of CO₂, and the benefits of switching to a vegetable-based diet can have.
- 2.) **Research Options:** I will do research on how to pursue a vegetarian diet, as well as ways to keep the commitment long-term. I will find recipes that are simple and easy to execute, and utilize vegetables and fruits as well as protein alternatives.
- 3.) **Shop Locally:** I will start going to the Victoria Gardens Farmers Market every Friday with my mom to pick local produce to both reduce my ecological footprint, limit plastic packaging, and to fuel my vegetarian diet.
- 4.) **Meal Prep:** I will prepare meals in bulk, and in advance over the weekend, using the recipes gathered. This will enable me to make full, healthy and sustainable vegetarian meals for the following week, meaning I will not have an excuse to eat meat products throughout the week if I'm busy.
- 5.) **Spread the Word!** I will recruit some of my friends to join the movement to switch to a vegetarian diet as well! This will motivate me, as well as a larger group of people to limit

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meat consumption and even better, reduce the negative impact we have on the environment. Gentle and gradual education about the harms of the meat industry is also part of my plan.

My pledge:

This is an image I took off all the fresh produce we had at home. I hope I can continue to maintain a vegetarian diet for the future of our planet.



**I pledge to switch to
a plant-based diet.**

- Emeline Myung

By switching to a plant-based diet, I hope to reduce the environmental consumption of the meat-industry, and #MOVETHEDATE of Earth Overshoot Day and create a more sustainable future.