

1 [Meat-Free Mondays]

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3 **Resolution declaring every Monday as “Vegetarian Day” to urge all restaurants,**
4 **grocery stores, and schools to offer a variety of plant based options to improve the**
5 **health of San Francisco residents.**

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7 WHEREAS, The Plant based diet is truly a Green Diet that reduces the serious
8 ecological problems involved in livestock production; and

9 WHEREAS, The 2009 report from World Bank environmental advisers, Goodland and
10 Anhang, called “Livestock and Climate Change”, reveals that farmed animals and their
11 byproducts are responsible for at least 32.6 billion tons of carbon dioxide per year, or 51
12 percent of annual worldwide greenhouse gas emissions. Goodland and Anhang concluded
13 that replacing animal products with soy-based and other alternatives would be the best
14 strategy for reversing climate change; and

15 WHEREAS, The findings from the United Nations Food and Agriculture Organization
16 report prompted Rajendra Pachauri, head of the Nobel Peace Prize-winning
17 Intergovernmental Panel on Climate Change, to recommend that individuals reduce their
18 personal carbon impact by decreasing their meat consumption; and

19 WHEREAS, Plant-based diets are good preventive medicine and could help reduce
20 medical costs to individuals and the health care system; and

21 WHEREAS, In July 2009, Ghent, Belgium recognized the relationship between diet
22 and climate change by establishing a VegDay each week of the year; and

23 WHEREAS, In April 2009, the City of Takoma Park, Maryland, adopted a Mayoral
24 Proclamation designating April 24-30 “Takoma Park Veg Week,” to encourage citizens to
25 choose vegetarian foods as a way to protect the planet, their health, and animals; and

2 WHEREAS, In February 2009, as part of the Green Cincinnati Plan, the City’s Food
3 Task Force recommended that residents replace some of the meat in their diet with fresh
4 fruits and vegetables; and

5 WHEREAS, The American Dietetic Association recognizes that reduced meat
6 consumption decreases the risk of various health problems, stating, “Scientific data suggests
7 positive relationships between a vegetarian diet and reduced risk for several chronic
8 degenerative diseases and conditions, including obesity, hypertension, diabetes mellitus and
9 some types of cancer”; now, therefore, be it

10 RESOLVED, That the Board of Supervisors designates every Monday as “Veg Day” to
11 encourage restaurants, grocery stores, and schools to offer a greater variety of plant based
12 options to improve the health of San Francisco residents and visitors, and to increase the
13 awareness of the impact a GREEN DIET would be on our planet.

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