



Nourishing compassion for our bodies, the earth and all beings.

## **Diet and Climate Change - Actions for Individuals and Sanghas**

We have personal and collective power to make a difference in reducing climate change by changing the way we eat. The following ideas are ones offered by the Plant-Powered Earth Holders. For more information on the ways our diets are related to climate change, please see the educational piece “Diet and Climate Change” produced by the Plant-Powered Earth Holders.

- Plan a sangha activity where you hold a plant-based potluck and watch a movie promoting a plant-based diet. Movie examples may include *Forks Over Knives* or *Cowspiracy*.
- Move toward reducing our animal foods consumption by 50%, as our teacher, Thich Nhat Hanh, encourages us to do. He writes:  
“Thay believes that it is not so difficult to stop eating meat, when we know that we are saving the planet by doing so.  
Lay communities should be courageous and give rise to the commitment to be vegetarian, at least 15 days each month. If we can do that, we will feel a sense of well-being. We will have peace, joy, and happiness right from the moment we make this vow and commitment.  
We only need to be vegetarian, and we can already save the earth. Being vegetarian here also means that we do not consume dairy and egg products, because they are products of the meat industry. If we stop consuming, they will stop producing. Only collective awakening can create enough determination for action.”
- Modify some of your traditional recipes that you usually make with meat or dairy, and make them without the meat or dairy or use a meat substitute. As an example, if you usually eat pasta sauce with sausage, make it with a marinara sauce with broccoli pieces and onions.