"Scientific research suggests that the most effective way to help diners make healthy, sustainable food choices is to shift our collective diets to mostly plant-based foods.

Growing plants for food generally has less of a negative impact on the environment than raising livestock, as livestock have to eat lots of plants to produce a smaller amount of food."

— Culinary Institute of America and Harvard School of Public Health, 2014

Animal Agriculture’s Little-known Impact —

- Greenhouse gas emissions (14.5%)
- Freshwater use (17% of the freshwater extracted globally)
- Deforestation (70% of Brazilian Amazon forest loss)
- Biodiversity loss (30% of global loss)
- Pollution of our waters and oceans.

5 Tips for Migrating to Plant-Based Eating —

- Replace dairy with nut and coconut milks
- Instead of cheese, try nutritional yeast, crumbled tofu or all the plant-based cheese options in your local health food store
- Substitute eggs with scrambled tofu
- Use vegetable stock instead of beef or chicken stock
- Replace meat with veggie burgers, tempeh, Portobello mushrooms.

WELCOME

We invite you into a plant-based lifestyle of health and vitality — and a world where our food choices support a healthy planet.
It just so happens that what’s best for your health is also best for the Earth. When you eat in harmony with your body & the planet, everyone thrives.

The good news is: a plant-based, whole foods diet helps us maintain excellent health and can even dramatically improve it. Nourishing food, it turns out, is the best medicine.

“People who ate the most plant-based foods were the healthiest and tended to avoid chronic disease.”

— T. Colin Campbell, author of The China Study: The Most Comprehensive Study of Nutrition Ever Conducted

“There’s so much confusion out there, yet the science is all saying that a whole-foods, plant-based diet that’s low in refined carbs like sugar and white flour is the most healthy way to eat.”

— Dr. Dean Ornish
We are eating our way towards dangerous climate change. Yet there is a hopeful step we can take towards a healthier planet.

Studies have found that if people understand the devastating impact of animal agriculture to the Earth that they might change what they put on their dinner table. We bet you care deeply about our forests, oceans, air, soil and future generations. Join us in migrating to a plant-based diet, a hopeful step towards a healthier planet.

“Preventing catastrophic warming is dependent on tackling meat and dairy consumption, but the world is doing very little.”

— Rob Bailey, Chatham House Report

“Saving water at home is good, but since 86% of humanity’s water footprint is not in people’s homes but in making food, natural fibers, oils and energy, it is crucial to consider what you buy as well.”

— Professor Arjen Hoekstra

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PLANT BASED CLIMATE

What’s the Water Footprint of Your Diet? — (L = Litres)

- Cheeseburger = 2400 L
- 1 Egg = 196 L
- Cheese Pizza = 1260 L
- Stick of Butter = 1387 L
- 2 Pound Cut of Beef = 15,400 L
- 1 Banana = 160 L
- 1 Avocado = 161 L

— Your Water Footprint: The Shocking Facts about How Much Water We Use to Make Everyday Products
Nourishing plant-based food is the best medicine for us as well as the planet.

5 Tips for Adopting a ‘Save the Planet Diet’ —

· Eat plant-based foods
· Cook and eat whole foods
· Support organic, local and sustainable agriculture
· Reduce packaging and recycle the rest
· Plan meals to avoid wasting perishable items

A plant-based diet might feel daunting — or you may already be highly motivated to make a shift. We think embracing plant-based, whole foods might be the most delicious and life-changing thing you’ve done.

“We help people to begin truly healthful diets, and it is absolutely wonderful to see, not only their success, but also their delight at their ability to break old habits and feel really healthy for a change.”

— Dr. Neal Barnard, Physicians Committee for Responsible Medicine

Nutritious Egg Substitutes (1 Point = 1 Egg) —

· 2 Tbsp. potato starch
· 1/4 cup mashed potatoes
· 1/4 cup canned pumpkin or squash
· 1 Tbsp. ground flax seed simmered in 3 Tbsp of water.
At Food Forest Organics, nourishing ourselves and caring for the planet go hand in hand. For more information please ask our staff.

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