OMNI
VEGETARIAN/VEGAN ACTION NEWSLETTER,
WEDNESDAY (2ND WEDNESDAYS), SEPTEMBER 12, 2018.

Edited by Dick Bennett for a Culture of Peace, Justice, and Ecology
http://omnicenter.org/donate/

Forward this newsletter to help advance vegetarianism and veganism.
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OMNI’s SEPTEMBER VEGETARIAN/VEGAN POTLUCK is
Wednesday, SEPTEMBER 12, 2018 (2ND Wednesdays), at OMNI, Center for Peace, Justice, and Ecology. We start eating at 6:00. All are welcome.

OMNI’s director is Gladys Tiffany. OMNI is located at 3274 Lee Avenue parallel to N. College southeast of the Village Inn and south of Liquor World. More information: 935-4422; 442-4600. Or take College to Harold St (at Flying Burrito), turn east (right if you’re heading north). Go one block to Lee and turn left. Go one block to Bertha. We’re the gray brick on the corner, 2nd house south of Liquor World, solar panels on roof!

CONTENTS: OMNI’s Vegetarian/Vegan Action Newsletter
#52, September 12, 2018

Health, Nutrition
Good Medicine (Summer 2018), Physicians Committee for Responsible Medicine
NADG, Government Consumer Protection
Protection of Animals, Empathy, Compassion
Morton, *Humankind*
*Good Medicine*
*Peta Global* (Summer 2018)
*VegNews*
*LTE*
*Climate Catastrophe Mitigation and Adaptation*
*PETA Global*, outstanding articles on vegetarian/vegan opposition to meat

Health, Nutrition

“Scientific Review Shows Benefits of a Plant-Based Diet for Heart Health”
“Unanimous Passage of Bill Calling for Plant-Based Meals for Patients and Prisoners.”
California State Senate.
“Moby Says Get the Junk Food Out of SNAP.”
Interview of Dan Buettner, author of *Blue Zones of Happiness*. “Eating and Living Like the World’s Longest-Lived People.”
President of the Physicians Committee Dr. Neal D. Barnard’s books:: *The Cheese Trap, Power Foods for the Brain, 21-Day Weight Loss Kickstart, Breaking the Food Seduction, Foods That Fight Pain*.

The Sept.-Oct number of *VEGNEWS* (I’ll bring a copy Sept. 12)
Book Reviews 73
*The Vegan 8* by Brandi Doming. 8 ingredients or less recipes.
*Vegan Recipes from Spain* by Gonzalo Baro.
“Get Digital.” Veg happenings in social media, blogs, podcasts, apps, and more.
“Food Politics” by Jasmin Singer about Cory Booker, VegVegen, “fighting against corporate interests
that are undermining the public welfare.” This could also be listed under Protection of Animals.

Nature Valley. *NADG* (8-26-18)
Deena Shanker. “Nature Valley Drops Claim of ‘100% Natural’ After Suit.” Glyphosate (Roundup) was found in their products. Thanks to consumer protection regulations by affirmative gov.

**Protection of Animals, Empathy, Compassion**


“Celebrities Help Pass Cruelty-Free Cosmetics Act in California Senate.”


“Gruesome, Real-Life Tales of Rape and Murder: Are Animal Experiments Psychopaths?” Visit PETA.org/StopExperiments and tell Congress to stop this violence.

“PETA's Corporate Commandos: How They’re Taking Down the Mohair Industry.” Companies banning mohair.


LTE, John McPherson (Searcy), “Tendency for Cruelty,” *NADG* (8-13-18). Protests cruel treatment of animals throughout history and links it to the tendency also “to be cruel to humans.”

LTE, Lauralee Darr (Mena), “Kindness and Respect.” *NADG* (8-14-18). Thanks Karen Martin’s “How Factory Farms Affect Humans,” protests cruelty of factory farming and how it spoils taste of meat, and appeals: humans and animals “all should be treated with kindness and respect.”


Farm Sanctuary headquartered in NY State, rescues cruelly treated animals and educates against cruelty to animals.
Climate Catastrophe Mitigation and Adaptation

Fight Climate Change by Going Vegan  [https://www.peta.org/issues/animals-used-for-food/global-warming/](https://www.peta.org/issues/animals-used-for-food/global-warming/)

Climate change has been called humankind’s greatest challenge and the world’s gravest environmental threat. According to the United Nations (U.N.) report *Climate Change 2014: Impacts, Adaptation, and Vulnerability*, climate change is having an impact on every continent, affecting agriculture, human health, ecosystems, water supplies, and even people’s livelihoods. Many conscientious people are trying to help combat climate change by driving more fuel-efficient cars and using energy-saving light bulbs, but these measures simply aren’t enough.

If you’re serious about protecting the environment, the most important thing that you can do is **stop eating meat, eggs, and dairy “products”**.

How Animal Agriculture Contributes to Climate Change

Feeding massive amounts of grain and water to farmed animals and then killing them and processing, transporting, and storing their flesh is extremely energy-intensive. And forests—which absorb greenhouse gases—are cut down in order to supply pastureland and grow crops for farmed animals. Finally, the animals themselves and all the manure that they produce release even more greenhouse gases into our atmosphere.

**Greenhouse-Gas Emissions**

Carbon dioxide, methane, and nitrous oxide are all powerful greenhouse gases, and together, they cause the vast majority of climate change.

**Carbon Dioxide**

Burning fossil fuels (such as oil and gasoline) releases carbon dioxide. Since it takes, on average, about 11 times as much fossil fuel to produce a calorie of animal protein as it does to produce a calorie of grain protein, considerably more carbon dioxide is released. Researchers acknowledge that “it is more ‘climate efficient’ to produce protein from vegetable sources than from animal sources.”

Chatham House, an international affairs think tank, has called for a carbon tax on meat to help combat climate change. Of course, eating vegan foods rather than animal-based ones is
the best way to reduce your carbon footprint. A University of Chicago study even showed that you can reduce your carbon footprint more effectively by going vegan than by switching from a conventional car to a hybrid.

Methane

The billions of animals who are crammed onto U.S. factory farms each year produce enormous amounts of methane. Ruminants—such as cows, sheep, and goats—produce the gas while they digest their food, and it’s also emitted from the acres of cesspools filled with the feces that pigs, cows, and other animals on these farms excrete. The U.S. Environmental Protection Agency has shown that animal agriculture is globally the single largest source of methane emissions and that, pound for pound, methane is more than 25 times as effective as carbon dioxide at trapping heat in our atmosphere.

According to Vasile Stanescu, a scholar at Mercer University, animals raised by “organic” methods emit even more methane than animals on factory farms do. He believes that so-called “free-range” or “pasture-raised” animals are “significantly worse” in terms of greenhouse-gas emissions.

Nitrous Oxide

Nitrous oxide is about 300 times more potent as a greenhouse gas than carbon dioxide. According to the U.N., the meat, egg, and dairy industries account for an astonishing 65 percent of worldwide nitrous-oxide emissions. (Use the N-Calculator to calculate your nitrogen footprint and to see how you can lower your nitrogen usage.)

What Other Experts Say

The U.N. believes that a global shift toward plant-based food is vital if we are to combat the worst effects of climate change. Globally, animal agriculture is responsible for more greenhouse gases than all the world’s transportation systems combined.

An Oxford University study, published in the journal Climatic Change, shows that meat-eaters are responsible for almost twice as many dietary greenhouse-gas emissions per day as vegetarians and about two and a half times as many as vegans. The researchers found that the diets of people who eat more than 3.5 ounces of meat per day—about the size of a deck of playing cards—generate 15.8 pounds of carbon-dioxide equivalent (CO$_2$e) each day, whereas vegetarians and vegans are responsible for 8.4 pounds and 6.4 pounds of CO$_2$e, respectively. The study indicated that the dietary greenhouse-gas emissions among meat-eaters were between 50 and 54 percent higher than those of vegetarians and between 99 and 102 percent higher than those of vegans.
Overall, the study’s authors concluded that the production of animal-based foods causes significantly greater greenhouse-gas emissions than the production of vegan foods. Many other scientists around the world have reached the same conclusion. Researchers with Loma Linda University in California found that vegans have the smallest carbon footprint, generating a 41.7 percent smaller volume of greenhouse gases than meat-eaters do.

When scientists at Chalmers University of Technology in Sweden calculated ways to combat climate change, they found that cutting greenhouse-gas emissions from transportation and energy use alone isn’t enough to curb climate change. Dr. Fredrik Hedenus, the lead scientist of the study, said that “reducing meat and dairy consumption is key to bringing agricultural climate pollution down to safe levels.”

Similarly, Ilmi Granoff from the Overseas Development Institute in the U.K. has urged officials to forget about coal and cars, because the “fastest way to address climate change would be to dramatically reduce the amount of meat people eat.”

You Can Help Stop Climate Change

The U.N. says that raising animals for food is “one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global.” The most powerful step that we can take as individuals to halt climate change is to stop eating meat, eggs, and dairy “products”. Order PETA’s free vegan starter kit and do your part to save the planet and animals today!

Donate Now

The diet that helps fight climate change - Vox
https://www.vox.com/.../mediterranean-diet-pescatarian-climate-chan...
Dec 12, 2017
Eating our way out of climate change ... Even so, the U.S. still has one of the highest per capita meat ...
We won’t stop climate change unless we eat less meat | New ...
https://newint.org/blog/2017/09/15/meat-climate
Sep 15, 2017 - To stop climate change, we need to eat less meat ... But if the aim of all this was to reduce meat consumption, those efforts have failed.
CiCi's Pizza Buffet

A regular adult buffet is $6, a child's $3.50. You can pick up a spinach pizza and then pile on all the veggies you want from the buffet. You can also order a freshly-made pizza for vegetarians at no extra cost.

Health, Nutrition
Wiley Barnes will reveal more about our edible yards.

Selected Items from “Vegetarian Starter Kit,” Physicians Committee for Responsible Medicine

Tyson's Feels Protein-Threatened?
VegNews Reviews Cookbooks

Protection of Animals, Empathy, Compassion
Summer Issue of PETA Global Arrived Today
Books Defend Animals

Planet, Climate
3 Arguments on Why Eating Meat is Bad for Humans and the Planet

END VEGETARIAN/VEGAN ACTION NEWSLETTER  August 8, 2018.