

# YOUR CHOICES MATTER

BY CHOOSING A **PLANT-FORWARD MEAL** YOU CAN...



**Improve water quality**  
for 100s of communities



**Reduce greenhouse gases**  
by up to 96%



**Reduce land use**  
by up to 86%, protecting  
forests and natural areas  
that absorb CO2



**Reduce energy use**  
by up to 89%



**Improve air quality**  
by reducing 3 major  
pollutants



**Improve soil health**  
so we can grow food for  
future generations



PRACTICE  
Greenhealth