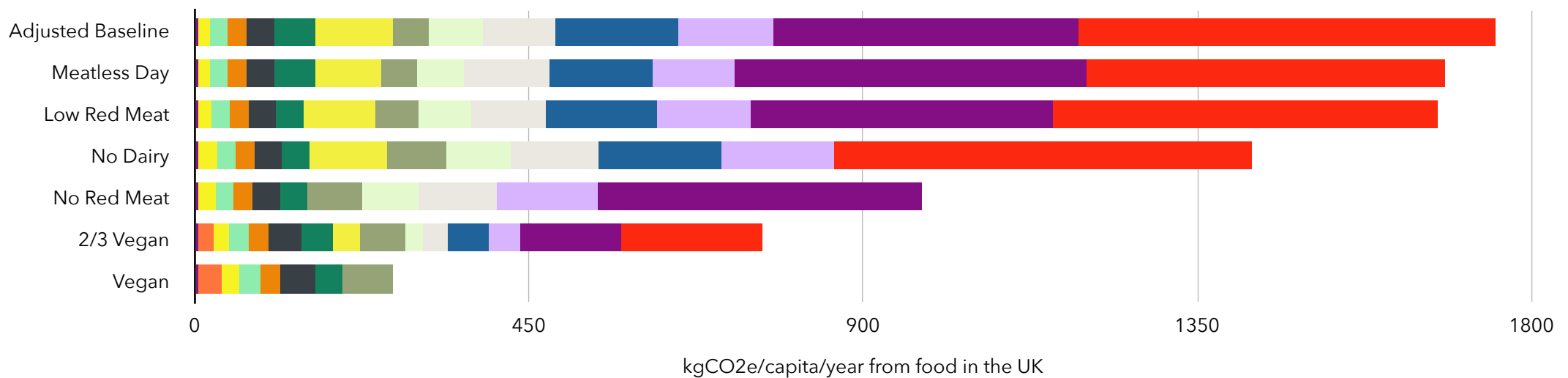


HOW TO CHANGE YOUR DIET



WHY?

Changing how you eat is one of the biggest things you can do for the Climate and your health. Here's why:

- It's big: **21-37% of global emissions** are caused by the food system.
- It's healthy: **eating processed meat caused 130,000 additional deaths** in 2017.
- It's impactful: just by changing your diet, **you could reduce your emissions from food by 84%**.
- School have made it easy to change your diet at WinColl.

At WinColl, **our diets emit up to 210% of the national average**, and the UK is already 13th worst in the world in terms of per capita food emissions. We should be among the first to transition.

SOURCES

21-37% of global emissions: IPCC special report on climate change, desertification, land degradation, sustainable land management, food security, and greenhouse gas fluxes in terrestrial ecosystems.

Processed meats (anything salted, cured, fermented, smoked, etc.): GBD (Global Burden of Disease) 2017 Risk Factor Collaborators.

Graph & ...from food by 84%: Kim et al. (2019)

For full sources, see climatesoup.co.uk/20230423-foodposter/.

HOW?

Here are the options we've had confirmation from Chartwells and Mr Leicester-Thackara (COO) are possible:

- 1. Going completely vegetarian/vegan.**
- 2. Switching just lunches/dinners to veggie/vegan.**

This allows people to reduce meat consumption without making a completely binary choice.
- 3. Switching red meat for white meat.**

You can ask not to have red meat and get white meat (instead of veggie food). For such a small change, this is really impactful.
- 4. No meat at breakfast.**

No one really eats this much meat for breakfast at home right?

Any of your housemaster, matron, or head chef should be able to help you if you ask. Your parents may be asked to confirm the change.

If you have any concerns or would like help, email sgs2@Wincoll.ac.uk, AIC@wincoll.ac.uk, or O_Mitcham@wincoll.ac.uk.

Key: **bovine meat**, **dairy**, **poultry**, **pig meat**, **eggs**, **aquatic animals**, **grains**, **sheep and goat meat**, **sugars**, **vegetables**, **vegetable oils**, **fruits**, **starchy roots**, **pulses and soy**, **nuts and seeds** (right to left).