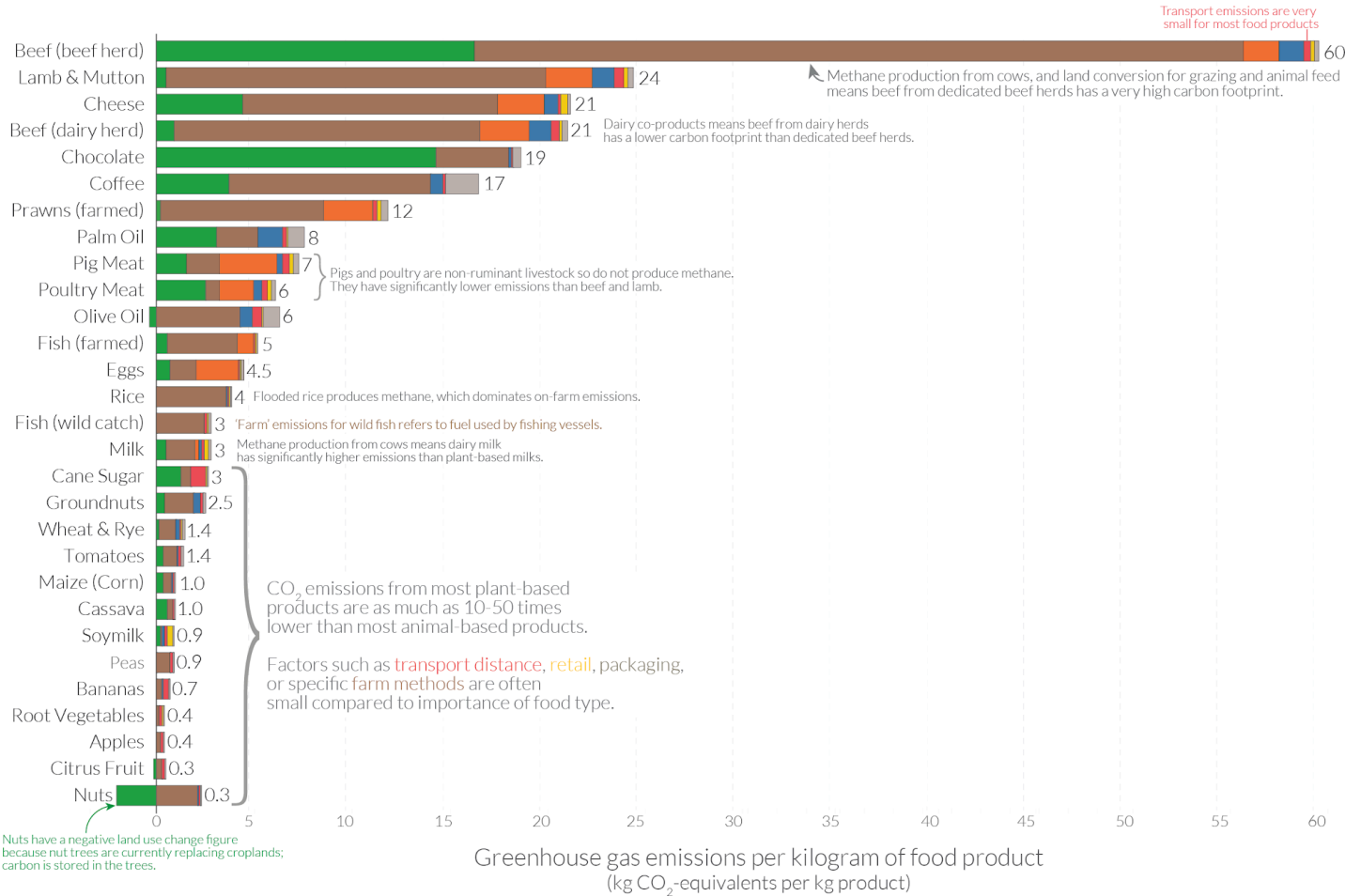


Why is AMERSA promoting vegetarian and vegan food choices at the annual meeting?

Food production is responsible for about one quarter of the world's greenhouse gas (GHG) emissions. Despite the frequent adage to "eat local," in fact, the GHG emissions from food transport make up a tiny fraction of the total produced by food. What you eat is far more important than where your food comes from, as shown here: ¹

Food: greenhouse gas emissions across the supply chain



Note: Greenhouse gas emissions are given as global average values based on data across 38,700 commercially viable farms in 119 countries. Data source: Poore and Nemecek (2018). Reducing food's environmental impacts through producers and consumers. *Science*. Images sourced from the Noun Project. OurWorldInData.org – Research and data to make progress against the world's largest problems. Licensed under CC-BY by the author Hannah Ritchie.

Choosing to reduce or eliminate meat and dairy from our diets is one of the most impactful personal choices that we can make to reduce our GHG emissions. A study from Lund University in Sweden estimates that on average, eating a plant-based diet saves about 0.8 metric tons of CO₂-equivalents per year. By comparison, each roundtrip transatlantic flight saves 1.6 metric tons, and living car-free for a year saves 2.4 metric tons. ²

By reducing meat consumption at the annual meeting and encouraging vegetarian and vegan food choices, we are encouraging AMERSA members to experiment with a meat-free or meat-and-dairy-free diet as a way that we can take direct steps to improve our impact on the environment.

- [You want to reduce the carbon footprint of your food? Focus on what you eat, not whether your food is local - Our World in Data](#) Hannah Ritchie (2020) - Published online at OurWorldInData.org. Retrieved from: <https://ourworldindata.org/food-choice-vs-eating-local> [Online Resource]
- [The four lifestyle choices that most reduce your carbon footprint | Lund University](#)