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Meat-free Mondays

“Meat-free Mondays” is an international campaign that encourages people throughout the world to refrain from eating meat on Mondays, or at least once a week, to improve not only their health, but that of our planet. Cape Town endorsed this campaign in 2010. You may have heard about it on the radio. According to a study commissioned by the United Nations Food and Agriculture Organization (FAO) in 2006, livestock is estimated to be responsible for 18 percent of harmful greenhouse gas emissions, which represents a bigger share than the transport industry. This study considered all the factors that go into the production of meat: for example, clearing and irrigation of land for feed crops, grazing land, water consumption and gas emission. Eating meat is certainly not bad. It contains many essential vitamins, minerals and proteins. However, for the benefit of the health of our planet, the “Meat-free Mondays” campaign asks us to live without this precious food source on only one day a week. Not consuming meat for certain periods is not a new concept. For example, many Christians observe Lent (this year from 9 March to 23 April) which marks the preparation of the 40 days between Ash Wednesday and Easter. During this time, they abstain from eating what they like (in many cases meat) during this period. Be it for religious, cultural, environmental or health reasons forgoing meat once in a while is definitely a good choice.

Written by Susanne Fuchs.

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