
THE TRUTH ABOUT MEAT FARMING



The choice you can make

What is wrong with meat farming you ask, and I answer, everything. Meat farming and eating is inhumane and horrific. I believe that meat farming should be banned and animals should be treated fairly and ethically. I have been vegetarian for as long as I could choose my diet. Lots of people ask me, “how can you *not* eat meat?” and I answer, “how can you *bear* eating meat?”. Meat farming uses million of dollars worth of Australia’s resources, and for what? So we can torture and kill innocent animals then devour them? When you sit down and eat a big roast dinner do you ever bite into a chunk of meat and think, “I am eating an animal

The terrible conditions of one of Australia’s chicken farms, 2012

that has died for me"? All of the meat you eat, that animal you're slobbering over, had a life. A life that could have been spent frolicking in sunny fields. But you just keep on eating that roast...

The world's cattle consume enough food to feed 8.7 billion peopleⁱ. That is more than the whole enitre world! Imagine how much more food we could have. Imagine how that could help world hunger. Meat farming uses 43% of Australia's agricultural waterⁱⁱ, and to produce one kilogram of beef you need twenty-five kilograms of grain. That's a gigantic amount of grain for not a lot of meat. I believe that meat farming is unethical and is destroying our economy. We could save the world. Everyone can. Every single person can stop buying meat, can stop earting animals and instead, save them. Don't think that because you're just one person you can't save the world. YOU CAN!



Cattle farming in Northern Territory

In China, there is a growing trend of people buying meat onlineⁱⁱⁱ. This

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shows how distanced meat production has become from the consumers. It shows that many people don't care where there meat is produced and how the animals are treated. This scares me.

I recognise that lots of Aussies eat meat regularly and that many people rely on meat as their main protein. But, this can all change. Human bodies were not developed to consume such large quantities of meat. It is scientifically proven that meat is bad for your health when consumed in large quantities^{iv}. There is a fairly new organisation called Meatless Monday, and yes, you guessed it, this organisation is promoting not eating meat on mondays^v. Meatless Monday

is a great way to start your vegetarian journey. You can sign up online and there are heaps of great recipes to start you off.

Meat farming is destroying our environment. Cattle farming produces methane, a greenhouse gas that ruins the ozone layer. The negative impact of methane gas is twenty-three times more harmful to the earth than carbon dioxide^{vi}. Cows produce up to one hundred and twenty kilograms of methane gas a year,^{vii} and one hundred kilograms of methane gas is equivalent to over two thousand kilograms of carbon dioxide. Therefore, I think it is clear that cattle farming is terrible for our planet. As Damian Carrington, the environment editor of *The Guardian* states, “more than 80% of farmland is used for livestock but it produces just 18% of food calories and 37% of protein”. Why are we risking our planet for so little in return?

Meat farming is horrific and sad. Poor, innocent animals are slaughtered and all for our enjoyment. By reducing your meat intake you lower your risk of heart diseases as well as stopping methane gas from destroying our planet. I believe that climate change is a real issue and it needs to stop or at least be delayed, and reducing methane gas is a great start. Meat farming uses more resources and food than it produces^{viii}. So, will you join me on this journey? Take your first step this Monday and make it meatless!

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ⁱ www.veganaustralia.org.au

ⁱⁱ www.vegan.org.au

ⁱⁱⁱ Leonie Thorne, 2018

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^{iv} Carina Wolff, 2017

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^v meatlessmonday.com

^{vi} timeforchange.org

^{vii} timeforchange.org

^{viii} veganaustralia.org.au