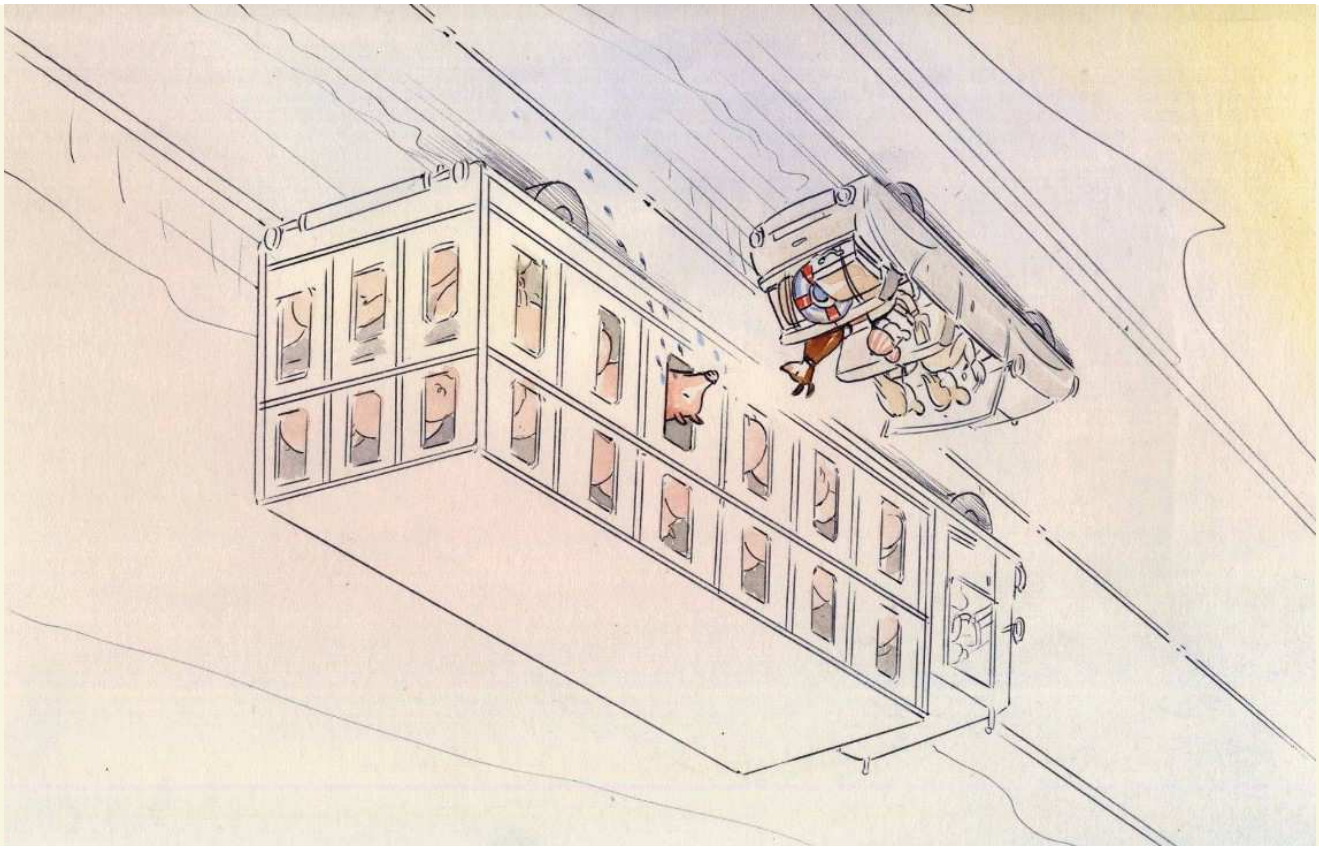
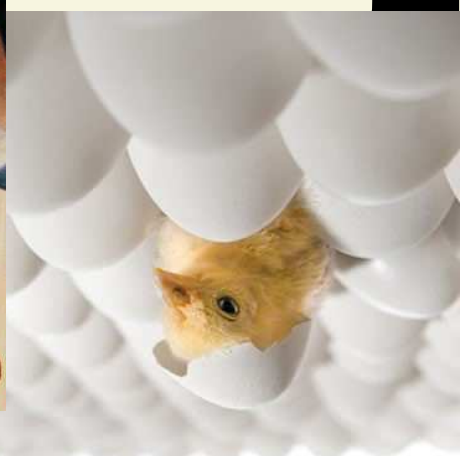
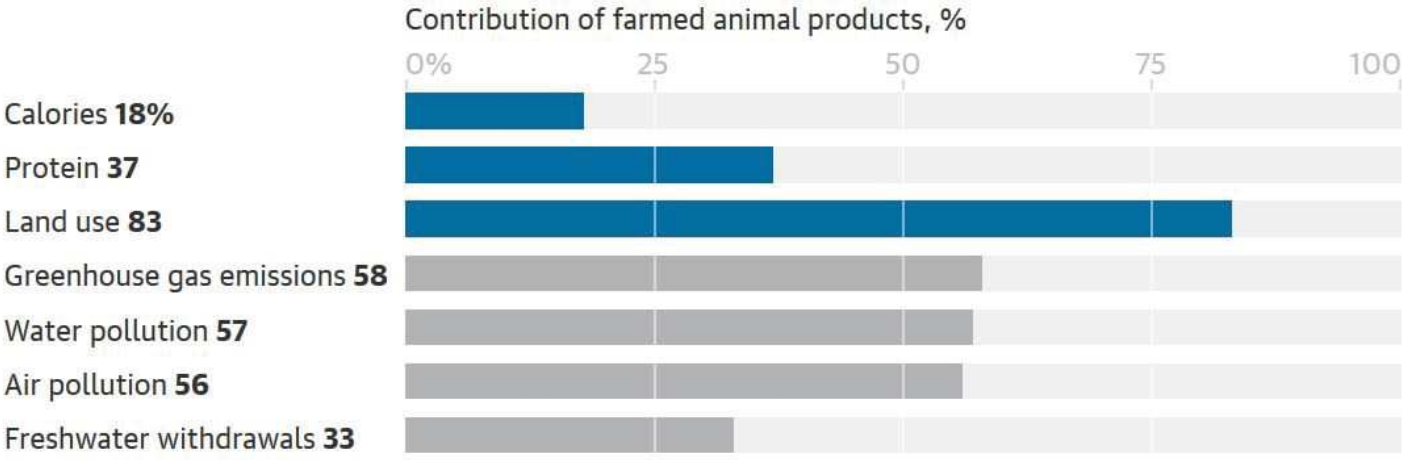
SOUCITNĚ OTEVŘI OČI

PHDR. TEREZA VANDROVCOVÁ, PH.D.

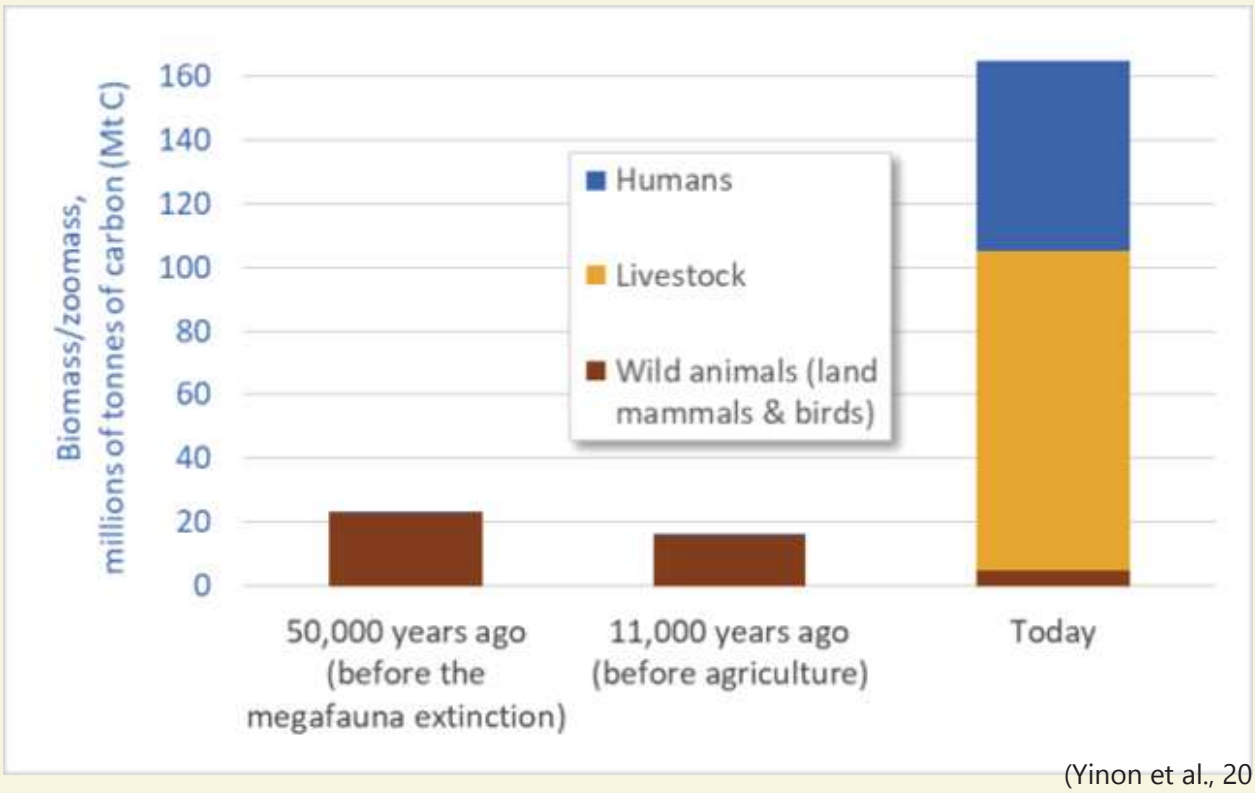




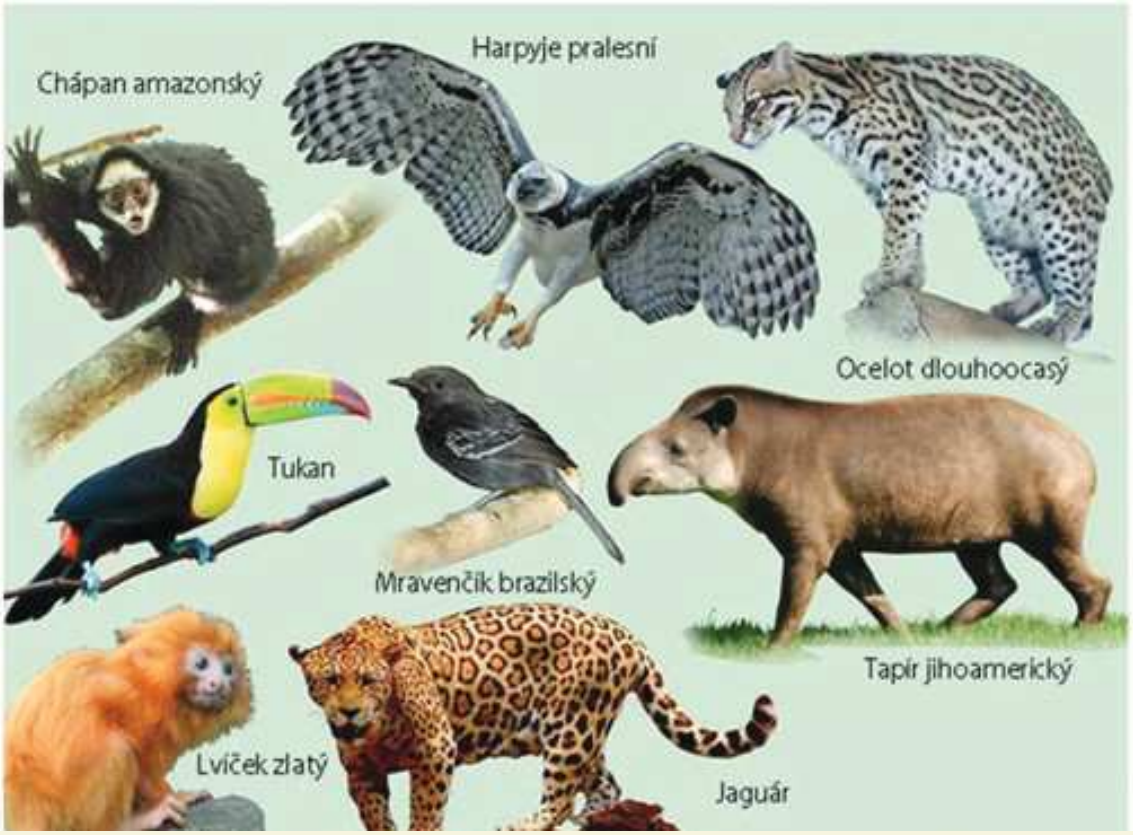
More than 80% of farmland is used for livestock but it produces just 18% of food calories and 37% of protein



Guardian Graphic | Source: Poore and Nemecek, Science

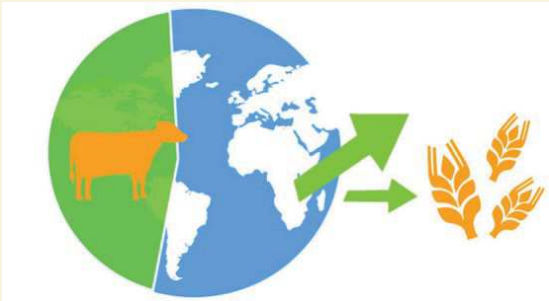


(Yinon et al., 2018)



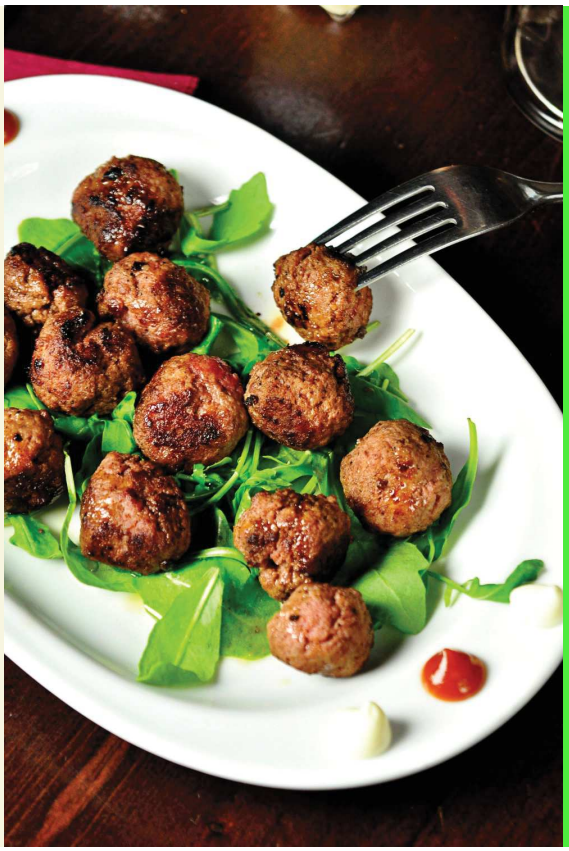
OXFORD STUDY - CLIMATIC CHANGE
(SCARBOROUGH ET AL. 2014)

- *Dietary greenhouse gas emissions of meat-eaters, fish-eaters, vegetarians and vegans in the UK*
  - 50% reducetarian: **30%** less dietary GHG emissions
  - Vegetarian: **45%** less
  - Vegan: **60%** less

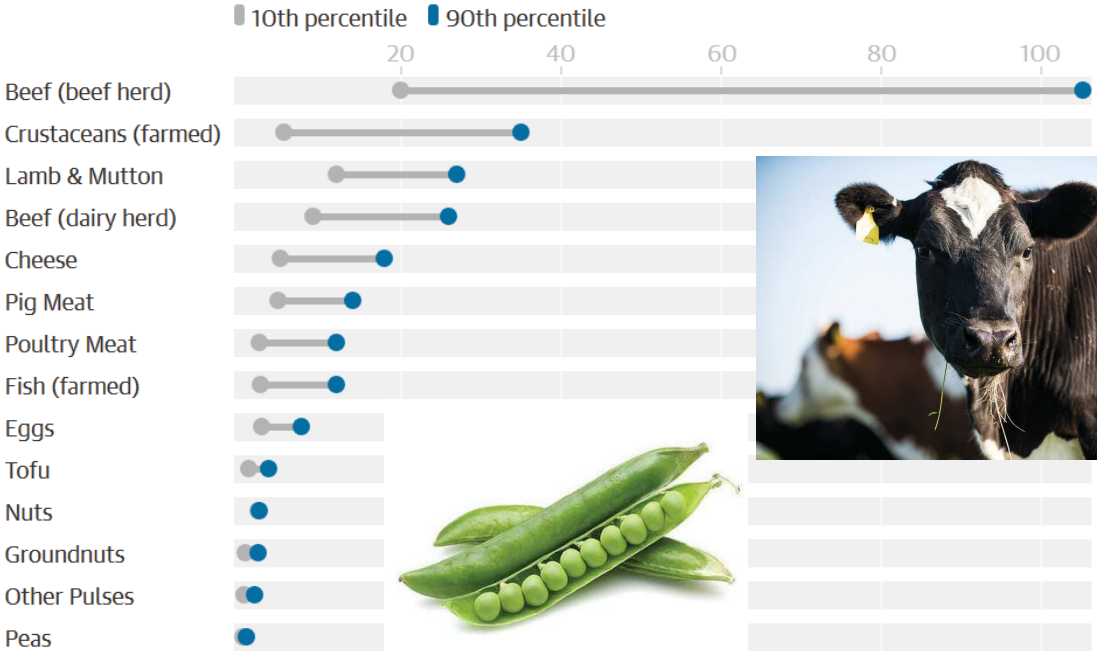


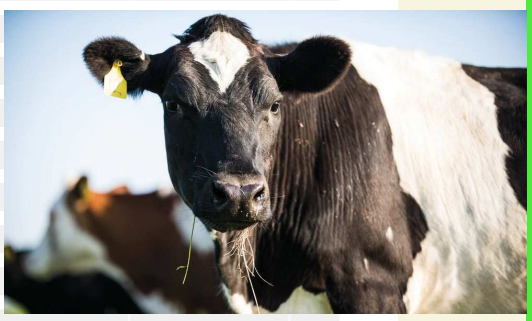
SCIENCE
(POORE, NEMECEK, 2018)

- Data from 40.000 farms in 119 countries
- 40 food products and their impact on the environment
- Avoiding meat and dairy products is the single biggest way to reduce your environmental impact on the planet. (Poore & Nemecek, 2018)



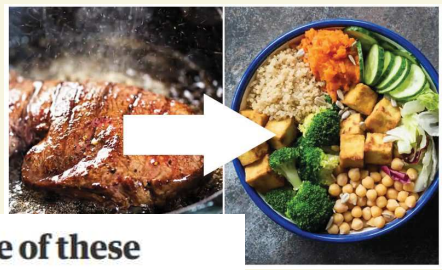
Beef results in up to 105kg of greenhouse gases per 100g of meat, while tofu produces less than 3.5kg

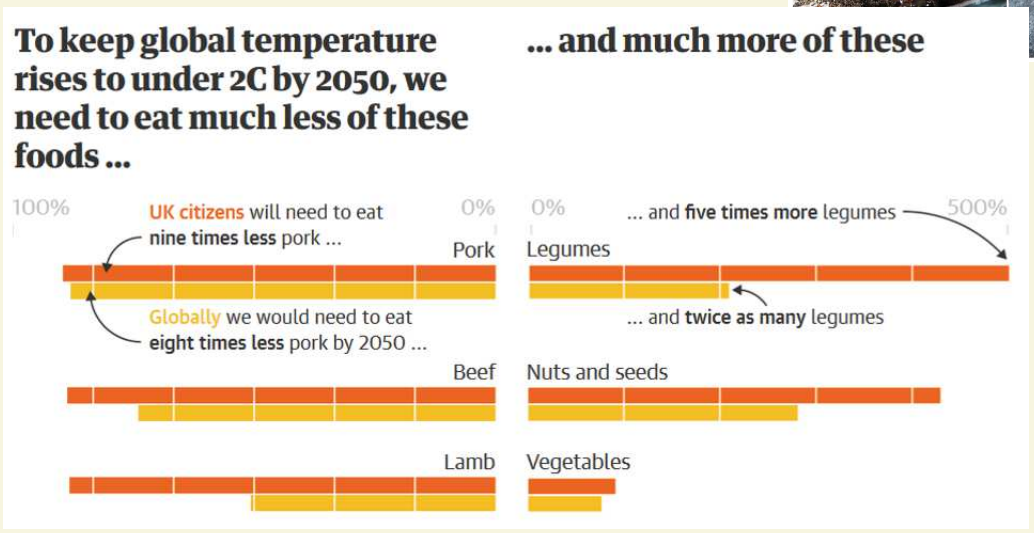




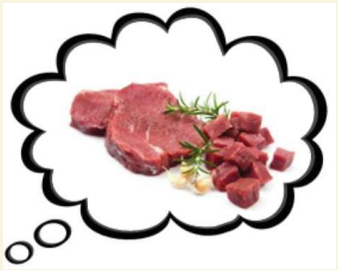
Guardian Graphic | Source: Poore and Nemecek, Science

NATURE
(SPRINGMANN ET AL., 2018)



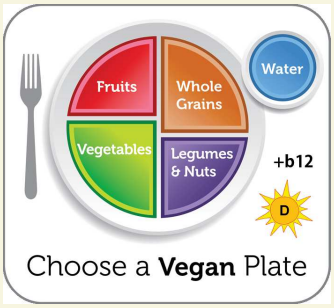


ŠANCE NA ZMĚNU?

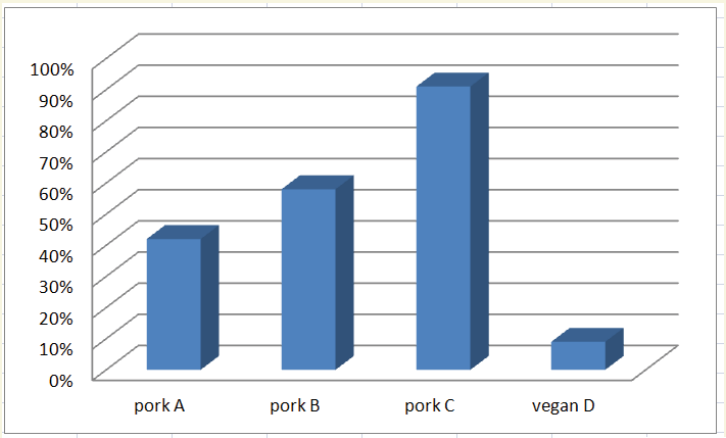


ZMĚNA PARADIGMATU

- Sabaté, J. (2003). „The contribution of vegetarian diets to health and disease: a paradigm shift?“
- Well planned plant-based diet (with a proper B12 intake) is safe and might have benefits.



PŘEDSUDKY

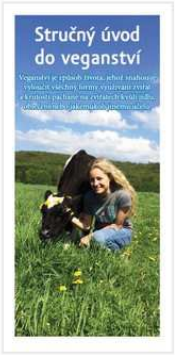


SOCIÁLNÍ IZOLACE

EMPATICKÝ PŘÍSTUP K LIDEM

OCHUTNÁVKY A VIRTUÁLNÍ REALITA

- V různých městech v Česku, nově také v Globusu



BUDOVÁNÍ KOMUNITY

- Veganské večeře, pikniky
- Projekt VEGAN BUDDIES

-> ANIMALRIGHTSMARCH.CZ

THE OFFICIAL ANIMAL RIGHTS MARCH

PRAHA, 17. SRPEN 2019

DÍKY ZA POZORNOST

TEREZA@VANDROVCOVA.CZ