



a better world begins on your plate

# plant-based eating

ANIMAL PROTECTION OF NEW MEXICO

## FACTS ABOUT YOUR DIET AND SOCIAL JUSTICE

Plant-based eating doesn't just help protect animals, the environment, and your health. It's also a powerful way to help protect other people. The industries that produce foods using animal body parts and secretions are extremely harmful to many humans, disproportionately affecting people of color and low-income communities. **Every time we purchase food, not only are we voting with our dollars for more of that type of food, but we are also voting in favor of the production practices involved in that type of food.** Whether you're using cash, food stamps, or other assistance, your buying power is equally significant.

### HAZARDOUS WORKING CONDITIONS, UNFAIR PAY, AND EXPLOITATION

**Working in a meat processing plant is the most dangerous job in America.<sup>3</sup>**

**Meat processing facilities target undocumented people to hire for dangerous jobs that they are unable to fill with US citizens.<sup>1</sup>**

Meat packing workers experience carpal tunnel syndrome at nearly **20 times higher rates** than workers in other industries.<sup>1</sup>

Some meat processing employees have been **forced to wear diapers** as a result of not being allowed to take bathroom breaks.<sup>2</sup>

In 2018, the Trump administration passed legislation allowing chicken producers to obtain a waiver to increase allowable slaughter speeds, permitting them to **slaughter 175 birds per minute** (up from the allowable 140 birds per minute) which greatly increases risk of injury for workers.<sup>4</sup>



There have been many cases of meat processing companies reporting employees' immigration status to the authorities immediately after the employees got severely injured or had advocated for better working conditions.<sup>1</sup>

### FOOD DESERTS AND LACK OF ACCESS TO HEALTHY FOODS

**Many communities whose residents are primarily people of color or low-income have a lack of access to healthy and affordable food.<sup>5</sup>**

Following a plant-based diet and teaching others how to shop for, cook, and/or grow plant-based foods empowers those with

limited access to healthy and affordable food options.

Purchasing exclusively plant-based foods and/or growing your own food influences the market and urges food vendors to stock more healthy foods, thus increasing access.

### WORLD HUNGER

**The world's farmers produce enough plant-based foods to feed 1.5 times the world's population<sup>12</sup>, yet over 840 million people experience chronic hunger, and even more experience food insecurity and undernourishment.<sup>14</sup>**

Meat production is a highly inefficient means of producing food. It takes **5-20** pounds of grain to produce one pound of beef.<sup>18</sup>

Each year over 700 million tons of human grade food is fed to livestock.<sup>13</sup>

"On a global scale, when staple foods (grains, soy, corn, etc.) are used as animal feed to produce resource-intensive animal-based foods, the global food supply is lower relative to demand and food prices are higher than many can afford."<sup>15</sup>

If Americans reduced their meat consumption by just **10%**, an additional **100 million** people could be fed with the resources that would have been used to grow food for livestock.<sup>17</sup>



As the world's population increases there will soon not be enough land or other resources to produce enough meat to feed everyone. The only solution to a sustainable food system is to shift towards plant-based diets.<sup>16</sup>

### SYSTEMIC RACISM

**Concentrated Animal Feeding Operations (factory farms) are disproportionately located in communities of color, contaminating the air, water, and soil, causing poor health outcomes for residents.<sup>6,7</sup>**

The USDA's Food Guidelines for Americans encourage all Americans to consume 3 servings of dairy per day.<sup>11</sup> Yet lactose intolerance is far more prevalent in people of color (as high as **90%** in indigenous people and people of African descent, and as low as **15%** in people of European descent).<sup>8</sup>

<sup>1</sup><https://www.propublica.org/article/case-farms-chicken-industry-immigrant-workers-and-american-labor-law>

<sup>2</sup><https://www.oxfamamerica.org/explore/research-publications/no-relief/>

<sup>3</sup><https://vegnews.com/2017/5/meat-processing-named-most-dangerous-job-in-us>

<sup>4</sup><https://www.washingtonpost.com/business/2018/10/16/trump-team-makes-controversial-change-allow-chicken-plants-operate-faster-speeds/>

<sup>5</sup><https://foodispower.org/access-health/food-deserts/>

<sup>6</sup>[https://publiclab.org/system/images/photos/000/024/152/original/Christine\\_Ball-Blakely.pdf](https://publiclab.org/system/images/photos/000/024/152/original/Christine_Ball-Blakely.pdf)

<sup>7</sup><https://foodispower.org/environmental-and-global/environmental-racism/>

<sup>8</sup><https://milk.procon.org/view.resource.php?resourceID=000661>

<sup>9</sup><https://www.theatlantic.com/business/archive/2014/06/how-dairy-milked-prisoners-ends-up-on-whole-foods-shelves/372937/>

<sup>10</sup><https://vegnews.com/2017/6/wisconsin-dairy-industry-taps-prisons-for-workers>

<sup>11</sup><https://www.choosemyplate.gov/dairy>

<sup>12</sup><https://medium.com/@jeremyerdman/we-produce-enough-food-to-feed-10-billion-people-so-why-does-hunger-still-exist-8086d2657539>

<sup>13</sup><https://vegnews.com/2016/2/5-ways-being-vegan-saves-the-planet>

<sup>14</sup><https://awellfedworld.org/global-hunger/>

<sup>15</sup><https://awellfedworld.org/scarcity-vs-distribution/>

<sup>16</sup><https://www.globalcitizen.org/en/content/9-reasons-why-veganism-can-save-the-world/>

<sup>17</sup><https://p2infohouse.org/ref/45/44125/em2%20unit%206%20second%20try.pdf>

<sup>18</sup><https://www.economist.com/feast-and-famine/2013/12/31/meat-and-greens>