

# Reflections Training Academy

A recent survey by [comparethemarket.com](http://comparethemarket.com) has found that there are 3.5 million vegans in the UK. These facts should give some food for thought (excuse the pun!) as a discussion topic.



Topic of the  
Month!  
September 2018

## DID YOU KNOW?

- Vegan means not eating or using any animal products, such as meat, fish, eggs, cheese, honey or leather. Vegans get all the protein they need from nuts, seeds and cereals.
- The delivery service, Just Eat, recently released statistics concerning the food orders it had received from its customer base of 20 million. According to the Mirror, there was a 987% increase in the demand for vegetarian or vegan options in 2017.

## WHY MIGHT PEOPLE BECOME VEGAN?

According to the Food and Agriculture Organization of the United Nations:

- **82% of starving children live in countries where food is fed to animals, and the animals are eaten by western countries**
- **1000 gallons of water are required to produce 1 gallon of milk**
- **Animal agriculture is responsible for 18% of greenhouse gas emissions, more than the combined exhaust from all transportation.**

- **As many as 40% (63 billion pounds) of fish caught globally each year are discarded**
- **The leading causes for rainforest destruction are livestock and feed crops**
- **Growing feed for livestock consumes 56% of water used in the US**
- **According to The National Geographic it is possible that we will have fishless oceans by 2048**

What do you think?

- Are you conscious of where your food comes from?
- Do you ever have meat-free or vegan meals?
- Have you thought about the impact of farmed animals on the environment?
- Do you consider how healthy the foods you choose to eat are? How do you measure this?
- Do you get your '7 A Day' of fruit and vegetable portions?
- Where do you choose to find information about healthy eating?