

MAY MEAT CHALLENGE

Take the 31-Day Challenge!

May Meat Challenge (check all that apply)

- I am already eating an 80% organic plant-based diet.*
I will participate by going 100% organic, local, and plant-based on or before May 31.
- I am currently eating a diet of animal products along with some fruits, vegetables, and other plant foods.*
I will aim for an 80% organic, local, plant-based diet by May 31 and choose organic, grass-fed/grass-finished, certified humane, pasture raised meat, eggs and dairy and organic, sustainable, farmed fish that is raised without toxic chemicals. My food will be minimally packaged and will be grown by local farmers using carbon reducing sustainable practices.
- I am currently eating a diet of animal products along with some fruits, vegetables and other plant foods.*
I will aim for a 100% organic plant-based diet by May 31.
- I will bring organic plant-based foods to all events I attend in May.*

One Day Challenge (or in addition to 31-Day Challenge)

- I will participate by eating an organic plant-based diet on Memorial Day and will learn good recipes for my favorite Memorial Day foods.* If I attend a gathering on that day I will bring organic, local, plant-based foods and introduce them to the people at the gathering as my contribution to reducing greenhouse gases and initiate a conversation about this topic.

Long-term Challenge (in addition to 31-Day Challenge)

- I will consider long-term changes to my diet that reduce greenhouse gases by eating more whole and unprocessed foods as well as shopping locally to support small organic and biodynamic farms with sustainable practices.



Endorsed by:

Compassionate Living, Peace & Justice Center, Our Green Challenge,
Moms Across America & Sonoma County Gazette

For more information go to OccupySonomaCounty.org or call 707-877-6650

Occupy Sonoma County embraces the egalitarian, deep democracy principles of the Occupy Movement with a regional strategy for effectively organizing countywide social justice campaigns that are globally relevant.

fnm: MayMeatChallenge_1805.sla 180430