

# EAT MORE PLANTS



## Learn and share the importance of our food choices.



This service-learning project is part of Pasado's Safe Haven's Girl Scout programs and helps meet requirements for:  
**Cadette Animal Helpers Badge**

## Learn more.

Eating more plants means finding ways to make sure we are eating fruits, vegetables, and other products that come from plants and not animals. This can help save lives of animals trapped in the food system, but it is also important for us to have healthy bodies, immune systems, and brains. It even helps the environment and other humans!

Provide Scouts with the below reading, or research the issues as a Troop here:

<https://www.pasadosafehaven.org/learn/>

## Understand community need and purpose of project.

Have you ever tried to eat an entire meal without animal products or by-products?

*Animal products are those that come directly from animals – it is meat like pork (pig), beef (cow), or chicken.*

*Animal byproducts are those that are made by animals – examples are milk, eggs, or honey.*

What restaurants in your community have food that you can order that does not contain animal products?

What about by-products? Research available options in your community.

*A person who avoids eating animal products eats a vegetarian diet.*

*A person who avoids eating animal products and byproducts eats a vegan diet.*

*These could both be referred to as a “plant-based diet.”*

## Plan and prepare.

Scouts compile information about the available plant-based restaurants in your community. Have them consider and discuss: What do you think would be the best way to share this information with others? Who would be interested in learning more about this?

## Spread your knowledge!

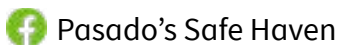
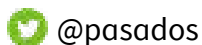
Share your project with the community!

## Share your work!

Share your project and/or journey with Pasado's Safe Haven to let us know how you taught others to eat more plants!

## Share your Scouts' journey and hard work with us!

education@pasadosafehaven.org



# WHY EAT MORE PLANTS?

## The facts about animals in the food industry are:

- 10 billion animals are used for food each year in the US. Many animals in the food industry are raised in confined conditions and do not get their needs met daily.
- Our society's high demand for animal products in the US places stress on the workers that are tasked with providing these products. It is a dangerous and upsetting job to raise animals for food, and most often is taken by those who need money – therefore they do not feel comfortable demanding better conditions.
- The demand for animal products is also a stress to our environment. Important ecosystems, like the Amazon Rainforest, are being quickly torn down to make space for raising animals for meat. This contributes to climate change and species extinction, because it is taking away the homes of animals who have lived there for years.

**Eating more plants means finding ways to replace animal products for healthier, more climate friendly food choices!**

*Find out more about our Girl Scout programs  
[www.pasadosafehaven.org/](http://www.pasadosafehaven.org/)*



*Created in partnership with*  
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