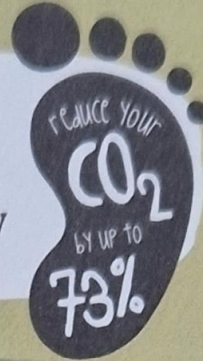


# WHY TRY PLANT-BASED?

From farm to fork, the production of animal products is taxing on our planet - From the crops and water needed to feed the animals, to the space, packaging and transportation. Huge areas are needed to grow food for animal consumption, which leads to deforestation, habitat loss and species extinction.

A plant-based diet is the best way to reduce your individual environmental footprint. You can cut your carbon footprint by up to 73% by eating plant-based.



for the planet



FOR THE animals

A large proportion of people choosing to eat fewer animal products, or removing them from their diets completely, do so to prevent cruelty to animals and to protect the animals' right to life. Choosing a plant-based meal means compassion and empathy are on your plate.



Trying plant-based for just one month can save around 30 lives!



Plant-based food can be healthier than its meat and dairy counterparts. Why? You'll tend to eat more good stuff like fruit and vegetables, foods with more fibre, and less saturated fats. This can help contribute to a lower risk of heart disease, type 2 diabetes, obesity and some cancers.

FOR your health



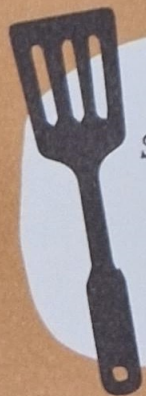
## WANT TO FIND OUT MORE?

Scan the QR code for access to:

- A delicious plant-based recipe to try at home.
- More information about plant-based practices.



SCAN ME



Mellors

At Mellors, we are committed to catering for all special dietary requirements. Speak to the Catering team if you have a special dietary requirement (medical, cultural or lifestyle) e.g. allergy, intolerance, vegan, and we will ensure you are catered for each day.