

## Vary the Menu

.....m000000

**910 lbs!**

Eat just **one less pound** of beef each week and save carbon and 130,000 gallons of water.

Because of their grassy diets, cows are major contributors to **greenhouse gases**. Plus for every pound of beef produced, 2,500 gallons of water is used to grow the grain that feeds the cow.

**Tip:** Try substituting ground turkey for beef in different recipes.

## Vary the Menu

.....m000000

Student(s): \_\_\_\_\_

Room #(s) / Teacher(s) \_\_\_\_\_

Parent Signature \_\_\_\_\_

We pledge to eat one less lb. of beef each week starting \_\_\_\_\_

**COOL the  
earth**

*Return 1 coupon per household.*