



WHAT YOU CAN DO



- ✓ **Email your councillor.**
Ask them to support a plant-forward food motion that protects climate, health, and biodiversity.
- ✓ **Talk to your city councillors**
about adopting plant-based food policies in municipal programs, events, and facilities.
- ✓ **Encourage restaurants and grocery stores**
to offer more plant-based options and place them first.
- ✓ **Reduce fossil-fuel use**
to the maximum extent possible.
- ✓ **Talk with friends, family, and community groups**
about food's contribution to warming emissions.



Scan (or click)
to learn more.

What the Science Says:

- Avoiding animal-based products is one of the most effective, quick acting ways in which we can cut greenhouse gas emissions.
- Diets higher in plant-based foods reduce greenhouse gases, water use, and land pressure.
- Cities can accelerate climate action by adopting plant-forward food policies across public facilities, services, and programs.

Mobilize Your Community

Use these 2025 reports to engage neighbours, community groups, and your city councillor in discussions about climate-smart food systems. .

Bring in Expert Voices

Invite the Plant-Based Cities Movement to provide a virtual or in-person talk on transforming local food systems for climate, health, and resilience.

Need Support?

The Plant-Based Cities Movement helps cities implement plant-forward policies that cut emissions and strengthen resilience.

Contact the
Plant-Based Cities Movement at
hello@plantbasedcities.org



plantbasedcities.org

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OUR PLANET IS IN CRISIS

Cutting Emissions Starts with Food



These 2025 reports show the planet is nearing irreversible tipping points.



The good news: even small shifts in our daily food choices can make a big impact.

STATE OF THE CLIMATE REPORT

Earth's Vital Signs
Flashing Red



FULL REPORT

EAT-LANCET COMMISSION 2.0

Diet Change Needed
for a Livable Future



FULL REPORT

PLANETARY HEALTH CHECK

7 of 9 Planetary
Boundaries Breached



FULL REPORT

What's happening



- Record heat & forest loss
- Oceans heating & ice melting

Why it matters



Livestock emit nearly a third of human caused methane emissions.

How you can help



Ask your councillor to include food-system emissions in your community's climate mitigation plans.

FOREST FIRES

What's happening



- Globally, red meat must drop 50%. In Canada, meat must drop much further.
- Plant-based food must double.

Why it matters



Without change, food WILL push warming past 1.5°C.

How you can help



Ask city councillors/staff to make plant-based defaults standard at city events and meetings.

GLACIAL ICE MELT

What's happening



- 7 of 9 boundaries exceeded
- Accelerating biodiversity loss

Why it matters



Animal agriculture is the main driver behind four of those crises.

How you can help



Build support among councillors and the public for a plant-forward procurement motion.

CORAL BLEACHING