



WHAT STUDENTS CAN DO

- ✓ Choose plant-based meals as often as possible.
- ✓ Ask campus dining to offer more plant-based options and place them first.
- ✓ Support efforts to reduce fossil-fuel use to the maximum extent possible.
- ✓ Encourage your program or department to include food-and-climate topics.
- ✓ Get involved with campus sustainability or climate action groups.



Scan (or click) to
learn more.



Need Support?

The Canadian University Initiative (a division of PBCM) supports campus shifts to climate-friendly, plant-based dining and student-led advocacy.

We can support with:

-  Menu audits & dining strategy
-  Student survey tools
-  Advocacy resources
-  Workshops & presentations
-  Campus collaboration

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



plantbasedcities.org

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Canadian University Initiative
A DIVISION OF PLANT-BASED CITIES MOVEMENT

OUR PLANET IS IN CRISIS

Students can help
shape the future.



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 university to include food-system emissions in their 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 dining staff to make plant-based defaults standard at cafeterias, 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



Share the findings of these reports. Build support with fellow students to increase plant-based meals.

CORAL BLEACHING