

**From:** Carla Kuijpers  
**Sent:** Sunday, March 27, 2022 10:13 PM  
**To:** SPPC <sppc@london.ca>  
**Subject:** [EXTERNAL] Speech on the public agenda - April 5, City Hall, Zoom

I consent to have the following letter/speech added to the public agenda:

Hello, my name is Carla Kuijpers.

I would like to commend and thank our hardworking City Council.

Today's scientific reports are warning us that animal agriculture is THE leading cause of climate change, creating more greenhouse gases than ALL transportation combined. While studying all 136 pages of the CEAP report, I was very disappointed to find no recommendations by City Council to change our diet to plant-based food while decreasing animal-based food, except for mention in one point, 2.6 b to be exact, and I quote: "*Encourage Climate-friendly diets and food choices*", followed by "(e.g. *buying foods grown and produced locally*)", as an example in brackets.

Even though buying and growing food locally DOES save fossil fuels, IT IS NOT AS EFFECTIVE AS FOLLOWING A PLANT-BASED DIET; it is of the UTMOST importance that London residents are informed that ONLY plant-based diets are truly climate-friendly. Meat, eggs, and dairy are NOT climate-friendly. Londoners need to hear this from their leaders at Council.

Why is there so much resistance by our leaders to recommend a plant-based diet, even though it is the easiest change EVERYONE can make IMMEDIATELY?

The London public needs to understand that animal agriculture is THE leading cause of climate change due to the billions of farm animals in meat, dairy, and egg industries. We need to be well-informed and convinced, in order to cooperate with the CEAP. A report from the United Nations states that "*meat production makes more greenhouse gases than all the planes, trains, and cars in the world*". Let's explain to Londoners why this is so. Ruminant animals, like cows and sheep, burp methane, which is 28 times more potent than CO<sub>2</sub>. Their feces release nitrous oxide, a greenhouse gas 156 times more potent than CO<sub>2</sub>. All of the deforestation for grazing land decreases the number of trees removing CO<sub>2</sub> from the atmosphere. Farm animals take in huge amounts of water and food, while their fecal matter pollutes soil and water. Londoners might be surprised to know that AS MUCH drinkable water goes into making ONE hamburger, as taking 60 showers.

The Canada Food Guide, revised in 2019, clearly recommends making fruits and vegetables HALF of our daily food intake. The other two quarters are whole grains and protein foods, such as tofu or beans. Teaching our children in elementary school about the new Food Guide is not enough to entice them to eat veggies and fruits; parents need to learn to make good food choices at home. How do we teach them? Libraries could offer cooking classes to make exciting plant-based dishes, while newspapers could distribute daily recipes. Lunchrooms and kitchens at high schools and universities could offer veggie burgers and dogs, beans, tofu wraps, and greens, while students take courses about climate-change prevention. We need to make our children understand. Our hospitals can provide fresh fruits and tasty veggie dishes, whereas churches and community centers could arrange plant-based potlucks. Buses could carry ads depicting "Soya Sundays", "Meatless Mondays" or "Tofu Tuesdays". Fast food restaurants will continue to add veggie dishes to compete with vegan restaurants.

The science is here: our forests will be gone within 20 years and our drinking water within 30. How long will we continue to have fresh air? London Climate Save recently invited City Council to the screening of "Eating Our Way to Extinction". Please watch this movie; there is little time left. Our Council needs to take a powerful stand against climate change; a change in diet is the easiest, most efficient, and most immediate one to make.

Thank you