



VEGGIE VINDICATOR

“Educates everyone on how to eat -
and appreciate - more veggies”

WHAT THEY DO:

Eats less meat, and more
vegetables, fruits, and
nuts

Buys funny-looking
veggies

Cooks new plant-based
recipes



Why do we need the Veggie Vindicator?

What we eat, and how that food is produced, affects our health but also the environment. Plant-based foods, such as vegetables, fruits, whole grains, legumes, nuts, and seeds, have a lower environmental impact than animal-based foods such as meat and dairy products. Plant-based foods generally use less energy, land and water, and cause less greenhouse gases. This does not mean you have to become a vegan or vegetarian. A healthy diet is one that provides adequate calories and nutrients from several different food groups. But by shifting to healthy diets that include sustainability considerations you can help the environment. Did you know that food makes up the largest part of a person’s water footprint (the amount of water consumed in your daily life), even when compared to taking baths or long showers? The production of one 150 gram beef burger, for example, requires about 2,250 liters of water. A 725 gram cheese-and-tomato pizza requires about 1,216 liters of water.

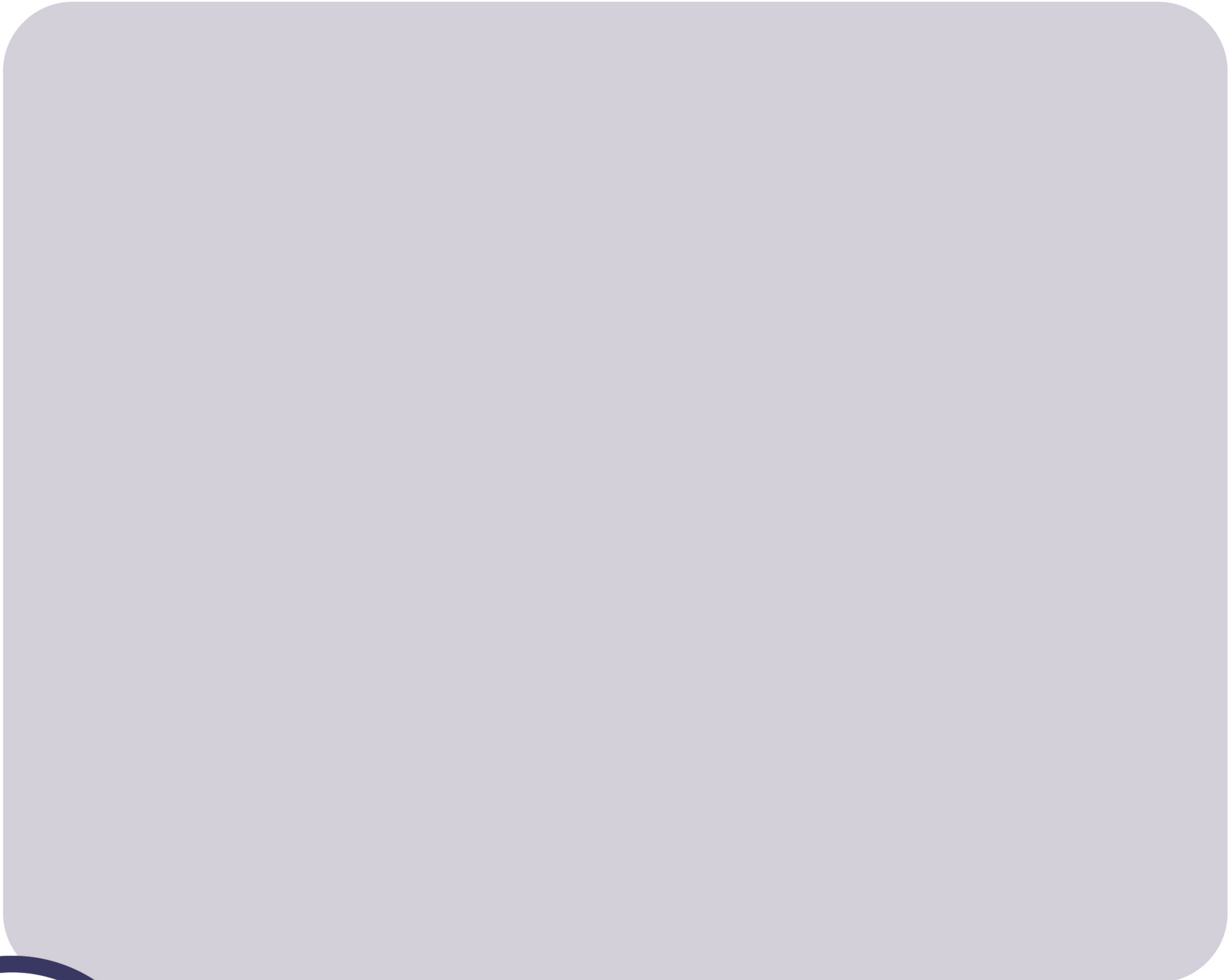
ACT NOW

SHARE THIS WITH FRIENDS AND USE THE HASHTAG **#ACTNOW**

www.un.org/sustainabledevelopment/climate-action-superheroes

YOU ARE A CLIMATE SUPERHERO!

DRAW YOURSELF AS A CLIMATE ACTION SUPERHERO



**GREAT JOB! SHARE THIS WITH FRIENDS AND
USE THE HASHTAG #ACTNOW**

www.un.org/sustainabledevelopment/climate-action-superheroes



DIY RECIPE CARD

VEGGIE APPRECIATION STYLE



Sometimes we forget how delicious and nutritious veggies can be. Use the recipe cards below to remind others to appreciate their veggies!

RECIPE

This recipe shall be known as _____

From the kitchen of _____ This recipe serves 1 2 3 4 5 6 7 8 9 10

● **INGREDIENTS** ●

● **DIRECTIONS** ●

HERO TIP:

Show your friends and family how delicious veggies can be with your new, powerful recipe!



SHARE THIS WITH FRIENDS AND USE THE HASHTAG **#ACTNOW**

www.un.org/sustainabledevelopment/climate-action-superheroes

CERTIFICATE OF COMPLETION



VEGGIE VINDCATOR



PRESENTED TO



FOR SUCCESSFULLY

Educating everyone on how to eat - and appreciate - more veggies



YOU ARE A CLIMATE ACTION SUPERHERO!

ACT NOW

SHARE THIS WITH FRIENDS AND USE THE HASHTAG #ACTNOW

www.un.org/sustainabledevelopment/climate-action-superheroes