Vegetarianism: For the Environment

Introduction

Attention I. I am going to start off by telling all of you exactly what I am going to be talking about today. Today I am here to try to persuade all of you to become vegetarians.

A. There are many reasons which I could use to persuade all of you to become vegetarians.
   1. For Instance, I could show you things like this (show picture).
   2. Or even this (show picture).

B. But the real reason I want you all to become vegetarians is because of this (show picture).
   1. This, as all of you know, is Earth, the planet that we all live on.
      a. The way in which Americans and other privileged nations consume and raise animals for food is detrimental to our environment.

C. As most of us know or are learning, small choices that we make now can greatly affect the future well being of this planet and those living on it.
   1. That is why I think it is important for me to tell all of you about the destructive practices of the meat industry.
   2. I have been a vegetarian for 9 months now, I have done plenty of research on the meat industry’s impact on the environment, and what I learned made me want to change my lifestyle immediately and I did.

Now that you know what we are going to be talking about, let’s get into to why we are talking about it.

Body

Need I. Livestock farming practices are harmful to the environment in many ways. First it wastes resources and second it causes pollution. (www.goveg.com)
A. There are a number of resources that are wasted when meat is raised for food.

1. The first being land and rain forests
   a. Cattle used to feed humans alone occupies 24% of land mass of the entire planet (Lewis, 1). And this statistic is from 1994, so I can only imagine what that percentage is now.
   b. Rain Forests are cut down more and more every year in order to grow crops of grain and soy (not the kind we eat) to feed livestock raised for food (www.goveg.com).

2. The second resource that is wasted is grain.
   a. It takes 16 lbs of grain to produce 1 lb of meat (Lewis, 1).
      i. That grain could instead be used to feed the millions of people who go hungry everyday (Gussow, 2).
   b. Overall, 70% of the grain we grow is used to feed livestock (Lewis, 1).
      i. And that is only enough grain just to keep these animals barely alive.

3. Water is also being wasted when animals are raised for food.
   a. It takes 5000 gallons of water to make just 1 lb of meat (www.goveg.com).
      i. All the while, millions go without clean water to drink everyday.
   b. This includes the water used for watering the crops used to grow food for livestock and the water actually given to the livestock to drink (www.goveg.com).

4. The last resource wasted is energy
   a. 1/3 of energy sources in the U.S. are used to produce livestock for food (www.goveg.com).

B. Our livestock raising practices also cause pollution.

1. Raising animals for food creates a lot feces left over.
   a. 20 tons of waste is produced for every American household (www.goveg.com).
   b. This waste is usually stored in large lagoons to rot.
      i. Meanwhile, bacteria and chemicals seep into the soil and ground water. Eventually polluting surrounding water sources for humans.
ii. Many people in surrounding towns complain of becoming ill (www.goveg.com).

2. Water is also polluted when animals are raised for food.
   a. Excessive amounts of livestock feces are drained down into rivers and lakes, polluting water with antibiotics, insecticides, pathogens and poisonous gases. (Weeks, Factory Farms, 3).
   b. In 1995, a manure storage lagoon broke open and spilled 25 million gallons of manure into the New River (Weeks, Factory Farms, 3). And that is only one example, there are hundreds more.
   b. Fish farms create pollution in the surrounding water of lakes and oceans (Weeks, Fish Farming, 2).
      i. This is because hundreds of thousands of fish are confined in a small area. They create a lot of feces that gets picked up by currents. This destroys biodiversity and spreads disease to wild fish (Weeks, Fish Farming, 3).

3. You might wonder how, but our air is also being polluted.
   a. Hydrogen sulfide and ammonia are released into the air due to the large pools of fecal matter (www.goveg.com).
   b. Small towns located near large factory farms say the smell is overwhelming (Week, Factory Farms, 4).

4. Raising animals for food also contributes to global warming
   a. According to goveg.com, a study done by the United Nations shows that greenhouse gas emissions created by the meat industry is 40% more than that of all cars, planes, ship, and trucks combined.
   b. This is because when livestock produce fecal matter and pass gas, and they do that a lot more than humans, they release gases into the air such as methane, that contribute to global warming.

C. This situation is destructive to the overall order of life.
   1. In order for an ecological system to be complete, there must exist three main categories of life: producers, consumers and decomposers.
      a. Unfortunately though, we as consumers, consume far too much.
i. Because of this we now have to become producers.
b. And because we consume and produce too much, the decomposers can’t keep up.
i. And now we all have to become decomposers as well.
c. Producing and decomposing isn’t in our nature and in my opinion we don’t do either very well.

Though this problem seems so overwhelming there is something we can do.

Satisfaction

I.

A. We could reduce our meat intake to the actual daily recommendations but that is not enough to make a big impact on the meat industry.

1. In order to get the point across, enough people would have to stop eating meat altogether.
   a. We would want the meat industry to realize that we don’t approve of the practices that are used to raise meat for a country that consumes more than its share and need.

B. Until we see a real change, we shouldn’t be contributing at all harmful to these practices.

1. We need to make others aware of the impact they have when they consume meat, especially too much of it.
   a. Not only is it unhealthy to eat as much meat as we do
      i. But it also contributes to the meat industry’s destructive practices and acknowledges that we are okay with the way things are being ran.
   b. According to one study done by the University of Chicago, going vegan (one step up from being a vegetarian) is 50% more effective in fighting global warming than getting a hybrid vehicle (www.goveg.com).
   c. Being a vegetarian only requires 300 gallons of water a day, while eating meat requires 4,000 gallons of water a day (www.goveg.com).
   d. Wasted grain and water could instead be used to feed starving people all over the world (Gussow, 4).
   e. One vegetarian saves 1 acre of rain forest every year.
i. That may seem small but it counts. Imagine the amount of rain forests we could save if we were all vegetarians.

You may be wondering what living as a vegetarian may look like in everyday real life.

**Visualization I.**

A. We could make a huge difference on our Earth if enough people became vegetarians.

1. If we were able to reduce the amount of meat we intake and get the meat industry to raise animals for food in much less quantity and in a more organic hand raised quality
   a. We would then see the positive influence we can have for the whole planet.
   b. On top of that we would be healthier overall.

B. As I made clear before I did not become a vegetarian for animal rights or health reasons, though those are now sub products of my new lifestyle.

1. I became a vegetarian because of what I am telling you today. And now I experience the many benefits of this lifestyle everyday.
   a. I lost weight after my body adjusted. And no, I do not look sickly or like I am about to die. Most vegetarians don’t because we know what to eat.
   b. The process of digestion is the easiest it have ever been for me. Enough said.
   c. I am no longer groggy the entire day and have more energy.
   d. I don’t worry much about heart disease and colon cancer or any of the other top killers of most Americans.
   e. Overall, I just feel great.

2. I, like many of you are thinking, used to say I could never live without meat.
   a. But I can and I do everyday.
      i. And to be honest I think I’m living much better than I did before.
      ii. It is so much easier to be a vegetarian now than it ever was before.

   Options are available everywhere, sometimes you just have to ask.
   b. Even if the meat industry does change its ways, personally, I would probably never go back.

3. I have a friend named Will, whom I recently converted.
a. He is a runner and a cyclist. Exercise and nutrition are his life.
b. He tells me every week that he has never performed better in his life and no, he has not lost any muscle mass.
   i. Though he has to plan out his diet a little better to make sure he gets the right combinations of food for protein, he says it’s worth it and that it becomes second nature.

**Conclusion**

Now that you’ve learned all the facts and have gotten some real life accounts, it is time to take action.

**Action I.**

A. Right after this class gets out, its lunch time. When you go into the cafeteria take a second to stop and think about what you order. There are plenty of vegetarian options in there in many places.

B. You’ll have to be willing and open to try new things, the occasional food will taste weird, but really I love most of everything I try.

   1. So start taking more time to think about what you’re eating and how that affects other things and people.

      a. For some of you it may be a gradual change while others will quit cold turkey; either way, just start making the change.
Works Cited


