



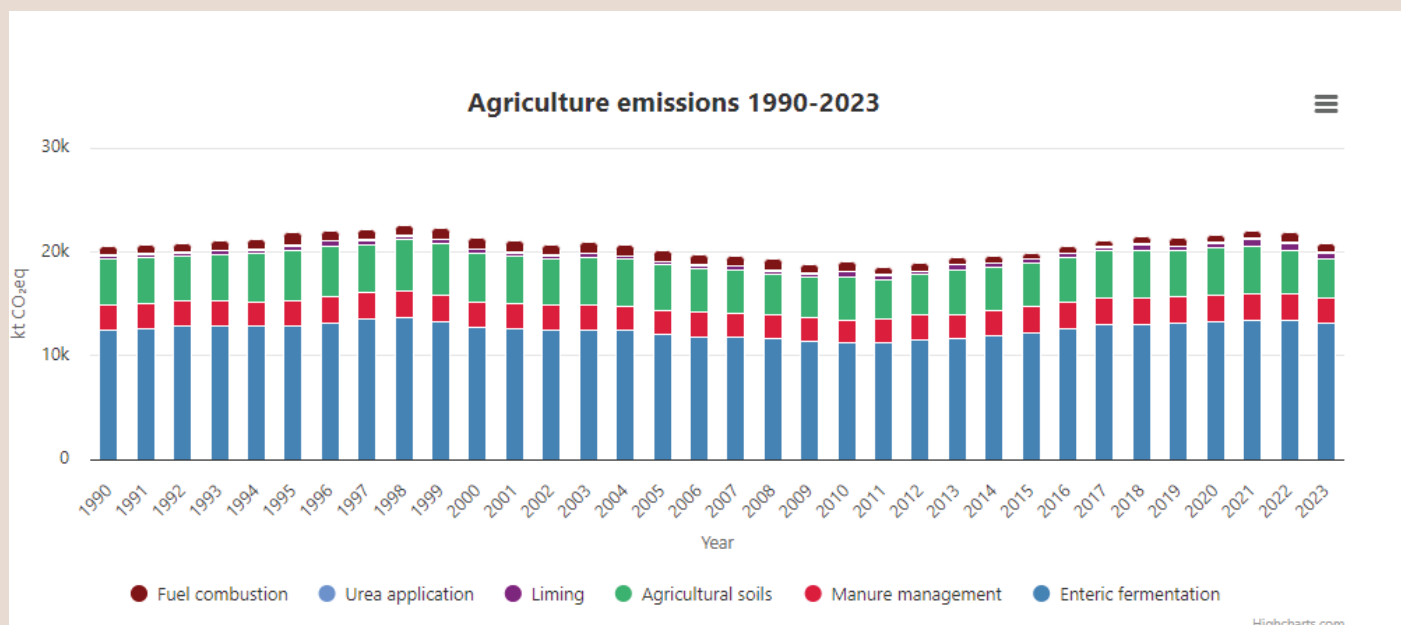
**VEGAN  
SOCIETY  
OF IRELAND**

**GO VEGAN AND HELP RESTORE  
IRELAND'S ECOSYSTEMS**

# WHY GO VEGAN FOR THE ENVIRONMENT?

## NO CHANGE IN IRELAND'S AGRICULTURAL GHG EMISSIONS IN 33 YEARS

According to the Environmental Protection Agency (EPA) (2024), Irish agriculture produced 37.8% of Ireland's greenhouse gas (GHG) emissions in 2023 — the vast majority from dairy, beef and sheep production. Far from declining, Irish agricultural emissions have increased slightly in the last 33 years, and methane emissions increased by over half a million tonnes.



(Image source: EPA, 2024)

## MEAT CONSUMPTION DRIVES BIODIVERSITY LOSS AND ENVIRONMENTAL POLLUTION

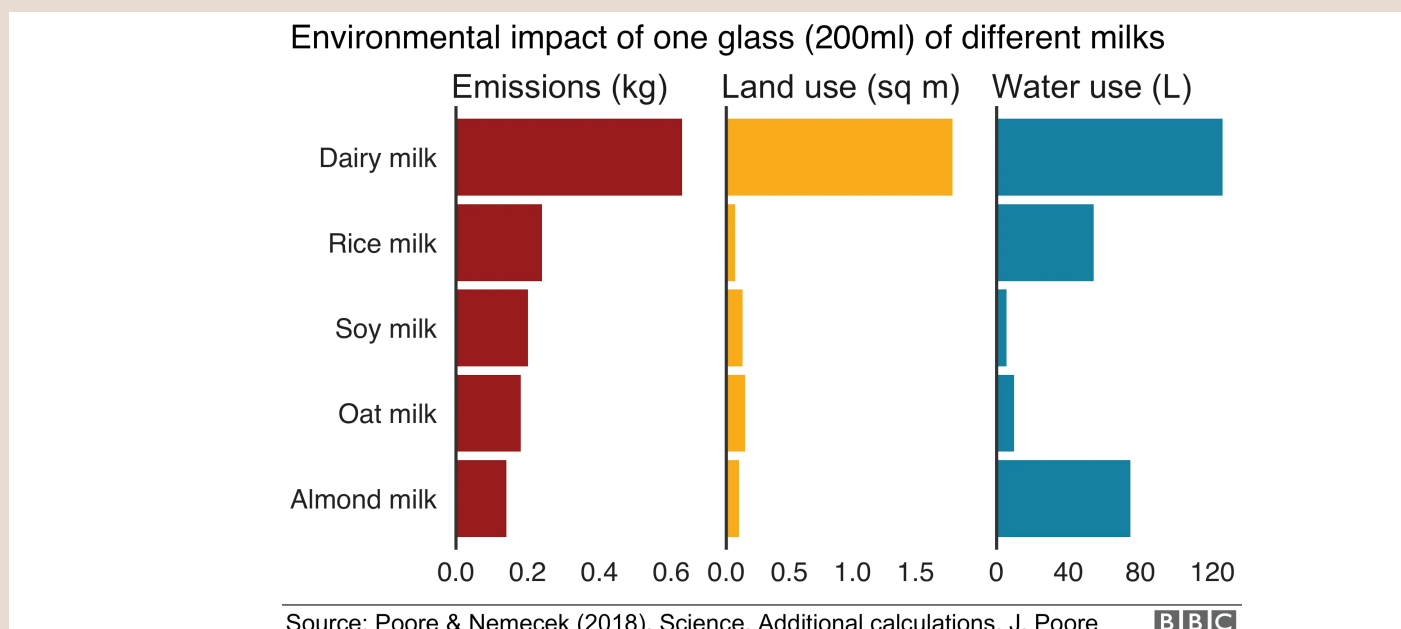
Research from Trinity College Dublin compared a 100g serving of cooked plant-based meat balls made from peas and meatballs made from Irish or Brazilian beef. The plant-based meat balls were associated with lower environmental burdens across all 16 environmental indicators assessed. Global warming, acidification and land use burdens of plant-based meat balls were at least 85%, 81% and 89% smaller, respectively, than Irish or Brazilian beef. (Saget et al., 2021)

## MEAT AND DAIRY DEMANDS CONTRIBUTE TO GLOBAL FOOD INSECURITY

By reducing reliance on animal agriculture, we can promote vastly more efficient food systems that prioritise human nutrition over animal feed, addressing global food insecurity. Growing food exclusively for direct human consumption could increase available food calories by as much as 70%, which could feed an additional 4 billion people (more than the projected 2–3 billion people arriving through population growth). (Cassidy et al., 2013)

## ANIMAL-BASED DIETS ARE FOOD WASTE

With a third of all food production lost via leaky supply chains or spoilage, food loss is a key contributor to global food insecurity. However, consumption of resource-intensive food items instead of more efficient, equally nutritious alternatives can also be considered as an effective food loss. Opportunity food losses are defined as the food loss associated with consuming resource-intensive animal-based items instead of plant-based alternatives, which are nutritionally comparable, e.g. in terms of protein content. The opportunity food losses of beef, pork, dairy, poultry and eggs are 96%, 90%, 75%, 50% and 40%, respectively. (Shepon et al., 2018)



(Image source: Guibourg and Briggs, 2019)

***“All non-dairy milks come out better than cow’s milk when you look at their carbon emissions, how much land they take up and how much water they use.”***

(Oakes, 2020)

## GO VEGAN FOR THE OCEANS

“The greatest and most serious impact on marine ecosystems is caused by the annual removal of more than 100 million tonnes of fish and shellfish. This harvest affects the species composition of pelagic communities as well as nutrient concentrations in surface waters. Bottom trawling disrupts and changes the habitats on the seabed.” (Friends of the Irish Environment, 2024)

## JOIN THE VEGAN SOCIETY!

Connect with like-minded individuals who share your passion for the environment and animal rights. Access exclusive materials, recipes and guides to help you on your vegan journey. Be part of a movement that promotes plant-based living, animal rights and works to lobby the government to take action for a healthier planet.

**www.vegansociety.ie**  
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