

MeatOut Day

FACT SHEET

Council Resolution [CR-8-2024](#) proclaims March 20th as “MeatOut Day” in Prince George’s County.

Residents will be urged to abstain from eating meat and consider the diverse alternatives available. Started in 1985, [MeatOut](#) empowers thousands of people nationwide and around the world to turn over a new leaf by exploring the many benefits of plant-based eating. Prince George’s County residents face a variety of chronic health conditions related to diet and the County Council is committed to improving the health of all of our residents.

This initiative encourages people to eliminate or eat less meat when possible and to consider the health, humane and environmental benefits of a plant-based diet. These benefits include:

1. Helps prevent and even reverse heart disease, stroke and diabetes, promotes weight loss, increases energy and promotes a longer, healthier life. In addition, pathogens like E.coli and Salmonella all originate with animals raised for food.
2. Helps stop animal cruelty. 99% of the animal products we buy are raised in CAFOs (concentrated animal feeding operations or factory farms), where animals endure constant fear and torment. By refusing to pay for animal products, the demand is reduced, ensuring fewer animals are bred to suffer on factory farms and die in slaughterhouses.
3. Reduces the severe environmental impacts of the meat industry, a major driver of climate change, air and water pollutions, and depletion of soil and freshwater resources. Meat and dairy products dump more animal waste, fertilizers, pesticides and other pollutants into our waterways than all other human activities combined.

Even eliminating animal products for just one day can make a difference! Prince George’s County should be proud to join the ranks of other prominent cities and counties who have celebrated “MeatOut” day like New York City and Ithaca, NY, Philadelphia and Pittsburgh, PA, Montgomery County and Takoma Park, MD, Kent, OH and Albuquerque and Santa Fe, NM.

Prince George’s County has a number of [restaurants](#) that serve delicious plant-based meals, and some of them will be providing specials on March 20th – **MeatOut Day**.

[New Deal Cafe](#), 113 Centerway, Greenbelt, MD 20770

[Love Life Coffee, 929 Washington Blvd, Laurel, MD 20707](#)

[NuVegan Cafe](#), 8150 Baltimore Ave, College Park, MD 20740, will be hosting a plant-based lunch for County Council staff to highlight **MeatOut** Day and the health benefits of a plant-based diet.

Find out more information of the benefits of a plant-based diet here:

[You Are What You Eat: A Twin Experiment](#)

[Forks Over Knives](#)