# Social Justice On Your Plate

<table>
<thead>
<tr>
<th>TIME PHASE</th>
<th>WHAT CAN YOU DO?</th>
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| 1 DAY      | ❖ Eliminate meat from at least one meal  
❖ Research the impact plant-based diets have on the health of people, animals, and the environment  
❖ Watch a documentary such as *Forks Over Knives*  
❖ Take time to read about the myths of plant-based eating |
| 1 MONTH    | ❖ Go to Brandeis Veg Club meetings (bimonthly) and events and become more involved in your local vegan community  
❖ Visit a farm sanctuary |
| 1 YEAR     | ❖ Seek alternatives to meat, leather, and other animal-based products for items you use in your everyday life |

**Main Takeaway:** Individuals have the ability to make a difference. Just one person eliminating animal products from their diets and everyday lives makes a significant impact on their own health, the health of animals, and the health of our planet!