

VEGETARIAN DAY - OCT 1

"The American fast food diet and the meat eating habits of the wealthy around the world support a world food system that diverts food resources from the hungry. A diet higher in whole grains and legumes and lower in beef and other meat is not just healthier for ourselves but also contributes to changing the world system that feeds some people and leaves others hungry."
-- Dr. Walden Bello

BetterWorldHeroes.com



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