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**Florida Department of Health Escambia County Health Department Encourages
Residents to Eat Less Meat
“One Day a Week, Cut out Meat”**

PENSACOLA – The Florida Department of Health (FDOH) Escambia County Health Department encourages residents to eat less meat to improve personal health and the health of the planet. Supporting the international Meatless Monday movement, the FDOH Escambia County Health Department will provide information and resources about the benefits of eating more plant-based proteins and less meat.

The Escambia County Health Department will work with local restaurants, schools, and other establishments to promote eating less meat as a step toward a healthier diet. Weekly recipes, frequently asked questions, and an overview of why and how to eat less meat can be found on the campaign webpage on EscambiaHealth.com.

“We’re not advocating complete avoidance of meat – that’s not realistic,” says Registered Dietitian and Community Health Education and Nutrition Director, Versilla Turner. “This campaign is about helping residents take small, manageable steps toward better health.”

Eating less meat can improve health, save money, and help sustain the environment. Excess meat consumption is linked to increased risks of obesity, heart disease, type 2 diabetes, and some forms of cancer. Replacing some meat with plant-based proteins improves health by increasing the variety of vitamins and minerals consumed, as well as providing more fiber and less saturated fat. Individuals can easily meet protein needs and still feel full and satisfied by eating more plant-based proteins and less meat. Finally, eating less meat can also help sustain the planet by decreasing energy usage and dependence on fossil fuels.

Meatless Monday is a non-profit initiative developed by The Monday Campaigns, Inc. and the Johns Hopkins’ Bloomberg School of Public Health in 2003. The Monday Campaigns, Inc. maintains a comprehensive website, including research, resources, and toolkits for making personal, restaurant, school, and community changes. Communities, organizations, and public figures around the world have embraced the campaign.

For more information about the local campaign, visit EscambiaHealth.com. Call the Community Health Education and Nutrition Division at 850.595.6272 with questions or to schedule health educators for a presentation to your community group, staff, or organization. To learn about the international Meatless Monday campaign, visit www.meatlessmonday.com.

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