

VALENTINE'S DAY

MEATLESS MEAL IDEAS

CHOOSE YOUR TRAVEL DESTINATION

As the global population rapidly grows by day, per person consumption of meat increases at a far greater rate due to changing consumer preferences and income growth. Globally, meat consumption per capita has increased more than 20 kilograms since 1961.

Although meat consumption is an important source of nutrients such as proteins and B-complex vitamins, the process of producing meat is environmentally detrimental and contributes to climate change. According to the U.N. Food and Agriculture Organization, it is estimated that 14.5% of all emissions come from animal agriculture, with beef production contributing a whopping 41%. From source to plate, meat production:

- Causes the deforestation of land
- Uses resource-intensive methods
- Creates water pollution through the chemical and manure runoff
- Releases harmful emissions including methane, ammonia and carbon dioxide
- Increases overall carbon footprint through transportation and consumption

This is not to say completely cut meat out of your diet. You can make choices as a consumer which could lessen your own carbon footprint and help lessen the impacts of animal agriculture. Since red meats like beef and lamb are more resource intensive than others, you can consider eating less of them and switching to options like chicken, or even plant based meat from companies like Beyond Meat or Tattooed Chef. You can also consider buying local to reduce your overall food miles, visit WasteFreeSD.org to find the closest farmers market near you.

The first step is always the hardest to take, but know that you are able to make a difference no matter how small, and what better way to start than to embrace a Valentine's Day with delicious meatless dishes!

VALENTINE'S DAY ASIA MENU

[CLICK TO SEE RECIPE](#)

APPETIZER

Veggie Egg Rolls

Smashed Cucumber Salad

MAIN COURSE

Kimchi Fried Rice

Vegetarian Pad See Ew

DESSERTS

Mango Sago Pudding

Jiggly Fluffy Cheesecake

DRINKS

Lychee Mint Cooler

Yogurt Soju (alcoholic)

VALENTINE'S DAY EUROPE MENU

[CLICK TO SEE RECIPE](#)

APPETIZER

Tomato Burrata Salad with Basil Oil

Halloumi Fries

MAIN COURSE

Mushroom Risotto with Truffle Oil

White Skillet Pizza with Spring Greens and Egg

DESSERTS

Tiramisu

Berry Panna Cotta

DRINKS

Virgin Peach and Raspberry Bellini

Aperol Spritz (alcoholic)

VALENTINE'S DAY NORTH AMERICA MENU

[CLICK TO SEE RECIPE](#)

APPETIZER

Buffalo Cauliflower

Crispy Avocado Fries

MAIN COURSE

Mushroom Wellington

Large Skillet Stuffed Shells

DESSERTS

Brookie

Banana Foster

DRINKS

Sparkling Pear Punch

Jungle Juice (alcoholic)