

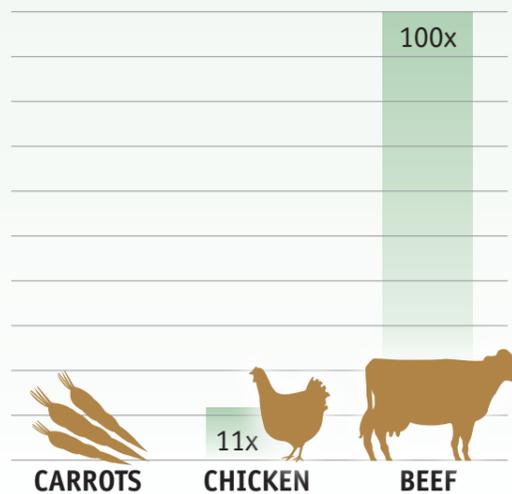
# Your Balanced Menu Meal

## Less Meat, Better Meat

Industrial meat production typically relies on the use of antibiotics, hormones and polluted crowded conditions that together carry a high social cost.

We are reducing meat and poultry on our menus to promote healthy eating habits and lower greenhouse gas emissions. We also prioritize serving sustainably produced foods that are more nutritious and support our local farmers and ranchers.

Comparison of greenhouse gas emissions from producing 1 lb. of:



Rosenthal, *New York Times*, December 4, 2008

## BALANCED MENUS

Linking the Health of People, Communities and the Planet



Without Harm

[www.healthyfoodinhealthcare.org](http://www.healthyfoodinhealthcare.org)