Carbon savings that could be achieved by a reduction in meat consumption in the United Kingdom

CARBON SAVINGS UK		
Days a week without meat	**CO_2 in Mtons per annum**	**If everyone in the United Kingdom ate no meat for …. days a week**
1 day	13	If everyone in the UK abstained from eating meat for **one day** a week, this would save 13 Mtons CO_2 of greenhouse gas emissions. This would result in greater carbon savings than taking 5 million cars off the road in the UK (10.4 Mt CO_2).
		If all British people ate no meat for **one day**, they would save 13 Mtons CO_2 of greenhouse gas emissions. This would be almost equivalent to replacing one billion light bulbs with low-energy ones.
2 days	26	If everyone in the UK did not eat meat for **two days** a week, they would save 26 megatons of greenhouse gas emissions. This would save the equivalent of almost 73 million return flights from London to Ibiza (72.704.400)
3 days	39	If all British people abstained from eating meat **three days** a week, they would save 39 Mt CO_2 of greenhouse gas emissions. This would have the same positive effect on reducing greenhouse gas emissions as replacing all household appliances, such as fridges, freezers, dishwashers and washing machines, with energy efficient ones, insulating walls and installing double-glazing, energy efficient boilers and thermostats (38.45 Mt CO_2).
		If everyone in the UK ate no meat for **three days**, they would save 39 Mtons CO_2 of greenhouse gas emissions. This would save more greenhouse gas emissions than specified in the goals, which have been set by the British government, for reducing household emissions by the year 2020 (i.e. achieving a total decrease of 36.66 Mtons CO_2 by 2020).
4 days	52	If all British people ate no meat for **four days** a week, they would save 78 Mtons CO_2 of greenhouse gas emissions. This would lead to greater carbon savings than taking 20 million cars off the UK roads (all year around). That would be nearly 70% of all cars in the UK (20.4 million cars or 41.7 Mt CO_2).
5 days	65	If everyone in the UK abstained from eating meat **five days** a week, they would save 65 Mtons CO_2 of greenhouse gas emissions. This would save more than the emission reductions, which would be achieved if the total electricity use of all households in the UK was eliminated (57 Mt CO_2).
6 days	78	If all British people ate a meat-free diet for **six days** a week, they would save 78 Mtons CO_2 of greenhouse gas emissions. This would create greater carbon savings than removing all the cars off UK roads (73 Mt CO_2 or 29 million cars).
		If everybody in the UK did not eat meat for **six days** a week, this would save 78 Mtons CO_2 of greenhouse gas emissions. This would result in a carbon savings equivalent to halving the residential carbon emissions in the UK (150 MtCO_2).
7 days	91	If all British people ate a meat-free diet **seven days** a week, they would save 91 megatons of greenhouse gas emissions. This would save as much as 254 million return flights from London to Ibiza (254,465,400).
		If everyone in the UK abstained from eating meat **seven days** a week, they would save 91 megatons of greenhouse gas emissions. Indeed, this would more than halve the emissions of all greenhouse gasses from the domestic sector (160 Mtons of CO_2 in 2004). This would be the same as eliminating all greenhouse gas emissions from 12.5 million households in the UK.

Sources:

- Pieter van Beukering, Kim van der Leeuw, Desirée Immerzeel and Harry Aiking (2008) *Meat the Truth. The contribution of meat consumption in the UK to climate change.* Institute for Environmental Studies (IVM), VU University, Amsterdam, the Netherlands.
- HM Government (2006) *Climate Change, the UK programme 2006*