The image features several decorative elements on the left side: a large light green circle at the top left, a smaller dark green circle at the top center, a medium green circle at the bottom left, and three green leaves of varying sizes and orientations. The largest leaf is in the center, showing detailed vein patterns. The text 'Vegan Mondays' is written in a light green, cursive font on the right side of the image.

# Vegan Mondays

By: Razeen Kassam

# Overview

- My story
- About my project
- Impact of animal based foods
- Reductions to-date
- Online presence
- Overview video
- Contact information



# My story

My name is Razeen Kassam, I am a Grade 8 student at James W. Hill Public School. My project is “Vegan Mondays”. Why did I choose this project? There are a lot of greenhouse gases created with the production of animal based foods. My hope is by going vegan we can reduce greenhouse gases.



# My story cont.

I talked to my aunt, who is vegan and I received a lot of tips. I started this project with a website, and an Instagram account. Over the first month, the uptake on my website has increased slowly by word of mouth and emails to my friends and family.



# About my project

1. Who: This project is open to friends, family & the public, of any age.
2. What: This project is when you eat 2 vegan meals (breakfast & dinner) on Mondays.
3. Where: The cooking is done at home, and tracking & resources are online.
4. When: This project will be continuing indefinitely.
5. Why: Many greenhouse gases are created with the production of animal based food.

# Impact of animal based foods

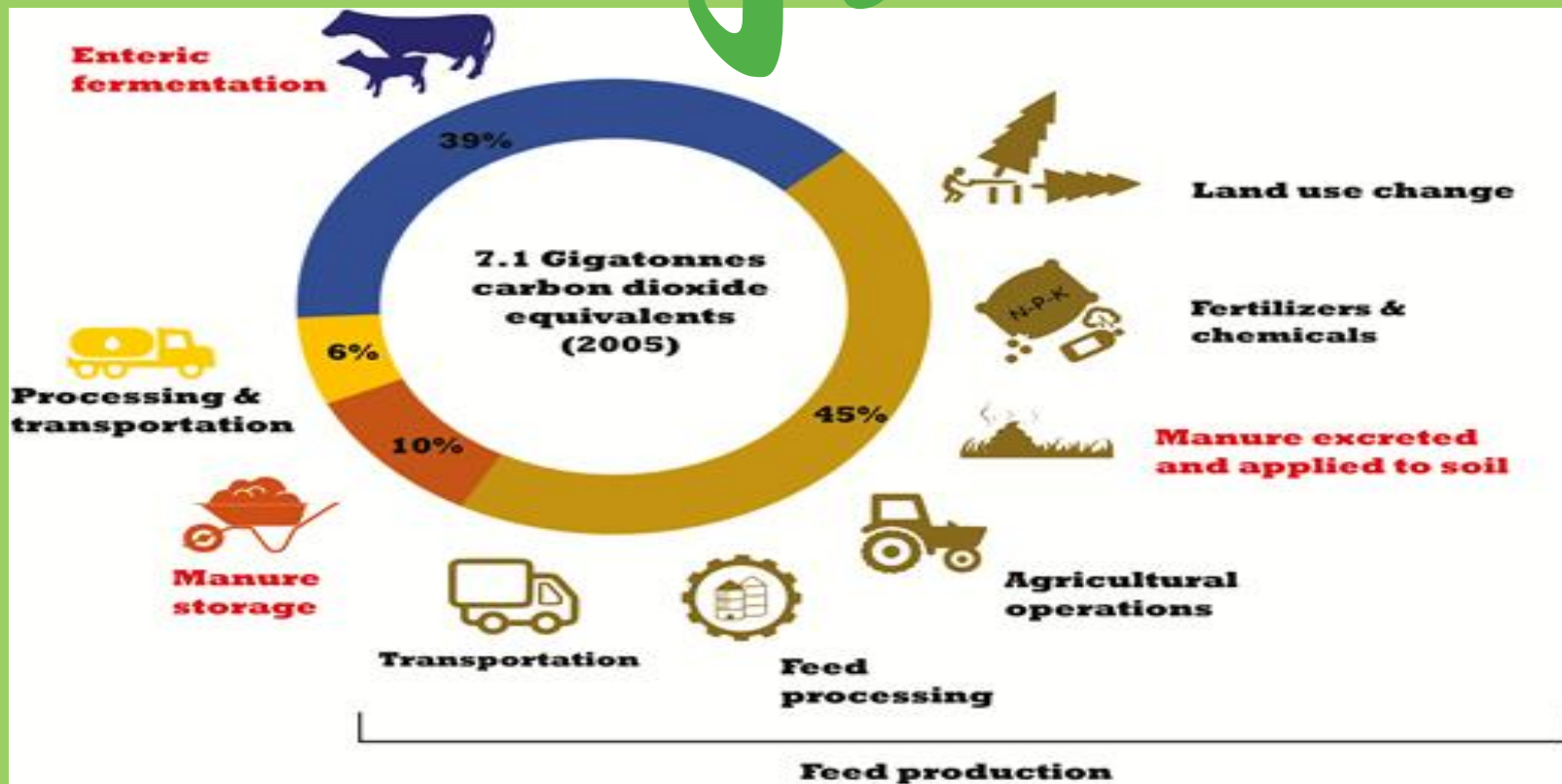


Enteric Fermentation



Feed Production

# Diagram

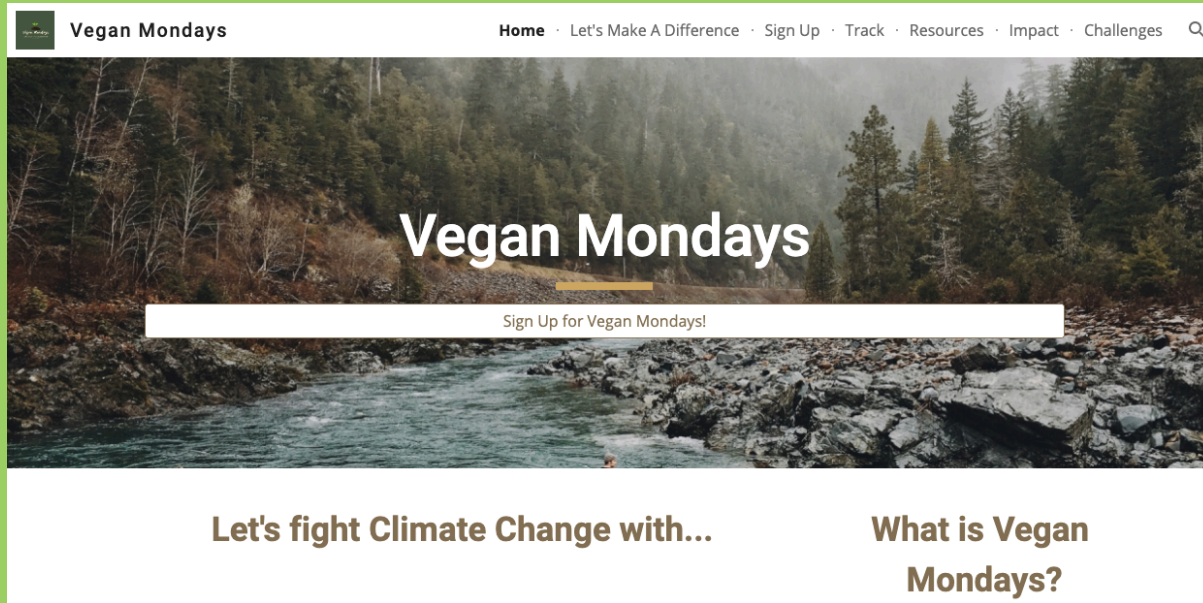


# Reductions

To date we have reduced  
166.8 kg of CO2 emissions  
which is 87% less from my  
baseline.



# Online Presence



Website &  
Instagram  
account

vegan\_mondays

Follow


# Thanks!

Website



Razeen Kassam

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 @vegan\_mondays

 @Shorturl.at/CAIV4

