

City of Cambridge

POR 2026-16
FIRST IN COUNCIL
January 26, 2026

COUNCILLOR NOLAN
COUNCILLOR SOBRINHO-WHEELER
COUNCILLOR MCGOVERN
MAYOR SIDDIQUI

WHEREAS: The global climate crisis is rapidly worsening, requiring bold and immediate action to reduce greenhouse gas emissions and mitigate its impacts, and in the face of quickly-worsening global climate impacts, the City of Cambridge has been increasing its efforts to reduce greenhouse gas emissions across all sectors, as outlined in the Sustainable Cambridge initiative; and

WHEREAS: A plant-based diet is recognized as one of the most effective individual actions to improve global sustainability with research showing that plant-based diets generally have 25% of the environmental impact of high-meat diets and can help in reducing pollution, greenhouse gas emissions, and preservation of water resources, while improving soil health and more efficient land use; and a plant-based diet has positive nutritional and health benefits for people of all ages and lifestyles; and

WHEREAS: A global initiative is underway calling for a Plant Based Treaty that through its three R's - Redirect, Relinquish, and Restore - aims to incentivize and promote a plant-based food system, halt the accelerating expansion of animal agriculture, rewild critical ecosystems in line with the global commitment to limit warming to 1.5°C, and work to mitigate the climate crisis with fair, equitable transition plans, and the Plant Based Treaty is focused on reducing reliance on animal agriculture and promoting sustainable, plant-based food systems, serving as a companion to the Paris Climate Agreement; and

WHEREAS: The City of Los Angeles and 64 other cities around the world have already expressed support for the Plant Based Treaty, aligning with growing global recognition of the need for food system reform to combat climate change; and

WHEREAS: The City of Cambridge has long prioritized climate action and sustainability with policies and initiatives outlined in Sustainable Cambridge, such as the Net Zero Action Plan, Zero Emissions Transportation Plan, and Zero Waste Master Plan, among others, and has committed to an established goal of net-zero greenhouse gas emissions community-wide by 2050; and

WHEREAS: Sustainable Cambridge includes all that we do to address climate change, including the steps that residents can take to be sustainable at home and details about Urban Agriculture, and there is an opportunity to add consumption goals for plant-based food choices; and

WHEREAS: Action to improve accessibility and promote the consumption of plant-based foods in Cambridge will help to mitigate and adapt Cambridge to the impacts of climate change, improve social justice and economic wellbeing, and support Cambridge in reducing its consumption-based emissions; now therefore be it

ORDERED: That this City Council formally endorses support for the Plant Based Treaty and encourages the Cambridge state and federal delegation to support the Plant Based Treaty as well as promote state and federal policies to reduce food-based emissions and prioritize plant food purchasing as a centerpiece of greenhouse gas emissions policies; and be it further

ORDERED: That the City Manager be and hereby is requested to work with relevant City departments to:

- incorporate plant-based solutions into the Sustainable Cambridge initiative including promotion of the personal and community benefits of plant-based food choices, and adding future calculations of consumption-based greenhouse gas emissions and;
- incorporate plant-based purchasing practices in City-operated events and work with the School Department to incorporate plant-based purchasing practices in School-related events; and
- use municipal communications channels to promote sustainable and affordable food and drink practices throughout the City, including details of the climate and health benefits of plant-based food and drinks and educating people on the best ways to achieve a balanced plant-based diet, while also appropriately highlighting the crisis of ever-increasing food poverty and the support available to respond to it; and be it further

ORDERED: That the City Manager be and hereby is requested to report back in a timely manner; and be it further

ORDERED: That the City Clerk be and hereby is requested to forward a suitably engrossed copy of this resolution to the Cambridge state and federal delegation on behalf of the City Council.

A true copy;

ATTEST:-



Paula M. Crane,
Interim City Clerk

THERE IS A CLIMATE EMERGENCY

The Plant Based Treaty initiative is a grassroots campaign designed to put our food systems at the forefront of combating the climate crisis. Act now to stop climate catastrophe!

Sign the Plant Based Treaty



PLANTBASEDTREATY
EAT PLANTS PLANT TREES

EAT PLANTS PLANT TREES

ENDORSE THE
plantbasedtreaty.org

PLANTBASED
TREATY

Plant Based Treaty Louisville

Monthly Meetup

Last Sunday of every month



June 28th

@ Half-Peach

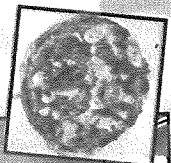
170 Sears Ave.

3:30 - 4:30 PM

10% off menu

**Everyone is
welcome!**

Let's eat and grow together!



IG/FB: @plantbasedtreatylouisville

TAKE ACTION

FOR THE PLANT BASED TREATY

- 1 Sign the Plant Based Treaty at plantbasedtreaty.org and invite your friends, family, and coworkers to join you.
- 2 Reach out to local businesses, groups, city councillors, and members of parliament and ask them to endorse the Plant Based Treaty. Check out our website for all the latest email actions you can take part in.
- 3 Contact local institutions and ask them to adopt plant-based menus, or plant-based defaults to increase accessibility to healthy, climate-friendly foods. Visit plantbasedtreaty.org/playbooks to download playbooks of best practices in plant-based policy for institutions.
- 4 To learn more ways to take action or join a Plant Based Treaty team, please register for a Welcome Call by visiting plantbasedtreaty.org/start



Scan this code with your smartphone camera to sign the Plant Based Treaty



PLANT BASED

STARTER GUIDE

FIGHT THE CLIMATE CRISIS WITH YOUR FORK

LIVE LONGER LIVE HEALTHIER FEEL GREAT

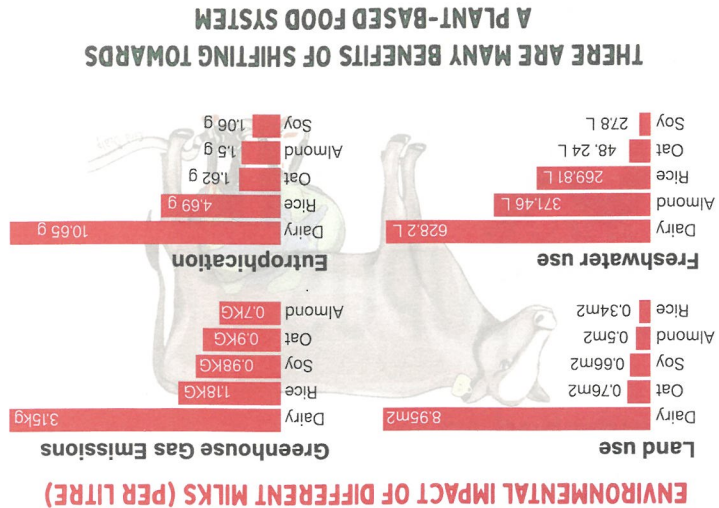
LIVE YOUR VALUES: SAVE ANIMALS WITH EVERY BITE

[PLANTBASEDTREATY.ORG](https://plantbasedtreaty.org)

PLANTBASED TREATY

As well as saving animals with every bite, it would reduce air, land and water pollution, improve food security and food justice, shorten the supply chain, reduce healthcare costs, and provide economic savings for consumers. Ever wondered how we can grow enough food for 70 billion farmed animals every year, yet we struggle to feed 8 billion humans? According to the United Nations Environment Programme, if all grain were fed to humans instead of animals, we could feed an extra 3.5 billion people. Plant-based diets also have positive impacts on multiple public health crises including diet-related diseases, with reduced deaths from heart disease, type 2 diabetes and some cancers.

FOR MORE INFORMATION, VISIT: [PLANTBASEDTREATY.ORG](https://plantbasedtreaty.org)



PLANT POWERED FOR THE PLANET

If we choose plant-based foods, we could rewild more than 75% of global farmland – an area equivalent to the US, China, European Union, and Australia combined – and still feed the world.

FOR EVERY PERSON 4700M² LAND CAN BE REMILDED! THAT BECOMES VEGAN.

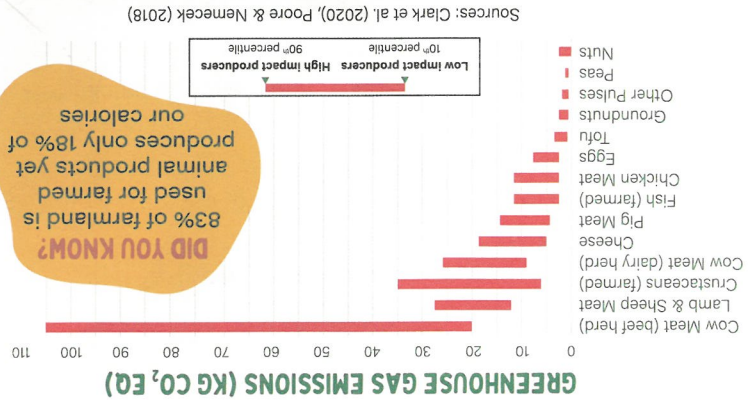


Even if we ended fossil fuels today, food emissions alone would increase global temperatures more than the 1.5°C target of the Paris Agreement.

INEFFICIENT AND WASTEFUL

For every 100 calories of grain fed to farmed animals, we only get:

- 12 calories of chicken meat
- 10 calories of pig meat
- 3 calories of cow meat



HANDFUL OF FLAXSEEDS

(or chia seeds)

30-40 OZ WATER

(to the level of the greens)

1 LB POWER GREENS

(mix of kale, spinach, chard etc)

Fill the rest with

BANANAS, MANGOES
& PINEAPPLE

to taste.



TRY THE HYPER-NOURISHING GREEN SMOOTHIE RECIPE BY GOODBYE LUPUS



Plant Based Treaty has launched an exciting
30-day Green Smoothie Challenge.

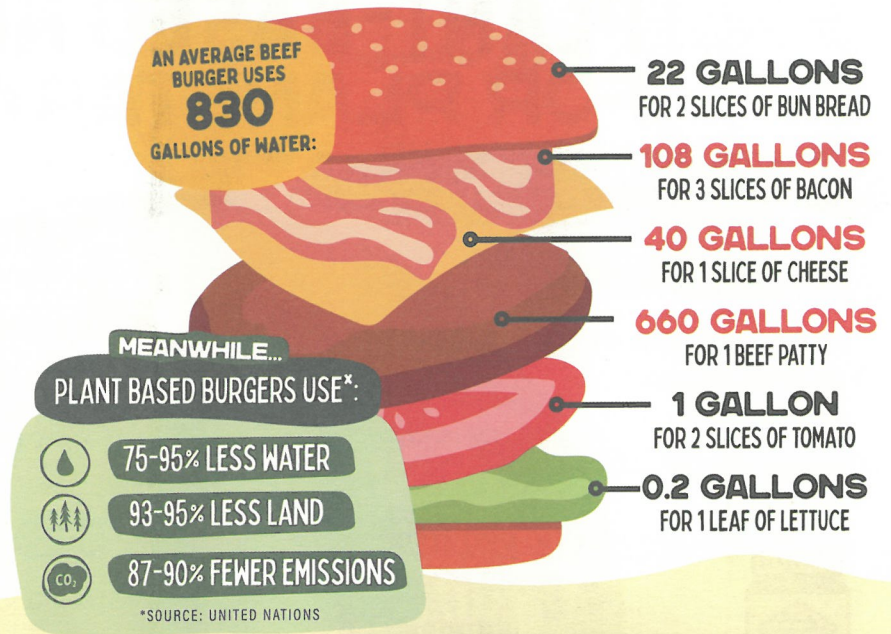
plantbasedtreaty.org/green-smoothie-challenge

5 MISTAKES TO AVOID WHEN TRANSITIONING TO A PLANT-BASED DIET



- 1 Not eating enough whole foods
- 2 Eating too few calories
- 3 Relying on convenience junk foods
- 4 Neglecting vitamin B12 and omega-3 sources
- 5 Not eating enough calcium, iron, and protein-rich foods

HOW MUCH DOES YOUR FOOD COST THE EARTH?



LEARN MORE

RECIPE WEBSITES:

Finding Vegan
findingvegan.com

Deliciously Ella
deliciouslyella.com

The Full Helping
thefullhelping.com

Recipes recommended by health professionals
www.pcrm.org/recipes

VEGAN COOK BOOKS:

15 Minute Vegan
by Katy Beskow

Dirty Vegan
by Matt Pritchard

BOSH!
by Henry Firth & Ian Theasby

By Any Greens Necessary
Tracye Lynn McQuirter, MPH

No Meat Athlete
by Matt Frazier

VEGAN

MUST-SEE DOCUMENTARIES



Eating our Way to Extinction



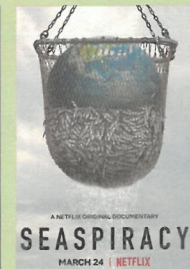
The Game Changers



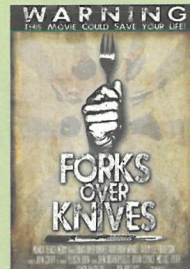
Mother's Milk
(free on YouTube)



Breaking Boundaries



Seaspiracy

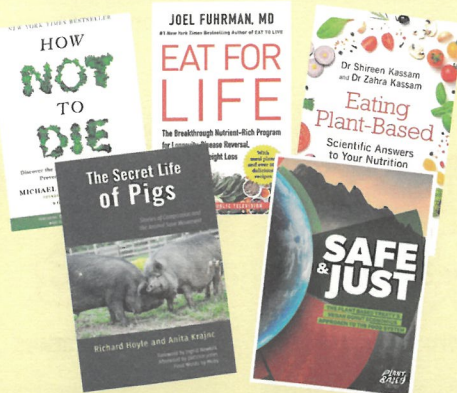


Forks Over Knives

Keep up to date with our latest campaigns:
youtube.com/@plantbasedtreaty

Join us at an animal vigil:
thesavemovement.org/find-a-chapter

RECOMMENDED READING:



How Not to Die
Michael Greger MD, 2015

Eat for Life
Joel Fuhrman MD, 2020

Eating Plant-Based
Dr S. Kassam and Dr Z. Kassam, 2022

The Secret Life of Pigs
Richard Hoyle and Anita Krajnc

Safe & Just Report Plant Based Treaty

A vegan diet is safe for all stages of life and has been assured by the United Nations and World Health Organization.



Pregnancy



Lactation



Childhood



Adolescence



Athletes

This guide serves as a comprehensive overview and seeks to offer beneficial insights on vegan nutrition. However, it's important to remember that it may not encompass all nuances of dietary health and individual nutritional needs. For a personalized and thoroughly balanced vegan diet plan that aligns with your unique nutritional requirements, we strongly recommend consulting a certified nutritionist.



DOWNLOAD OUR
SAFE AND JUST
REPORT

PLANTBASED TREATY

PLANT-BASED NUTRITION FOR PLANETARY HEALTH

Each serving (150g) contains

Energy	Fat	Saturates	Sugar	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/167kcal

Check the label on packaged foods and choose foods lower in fat, salt, and sugars

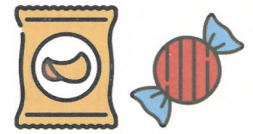
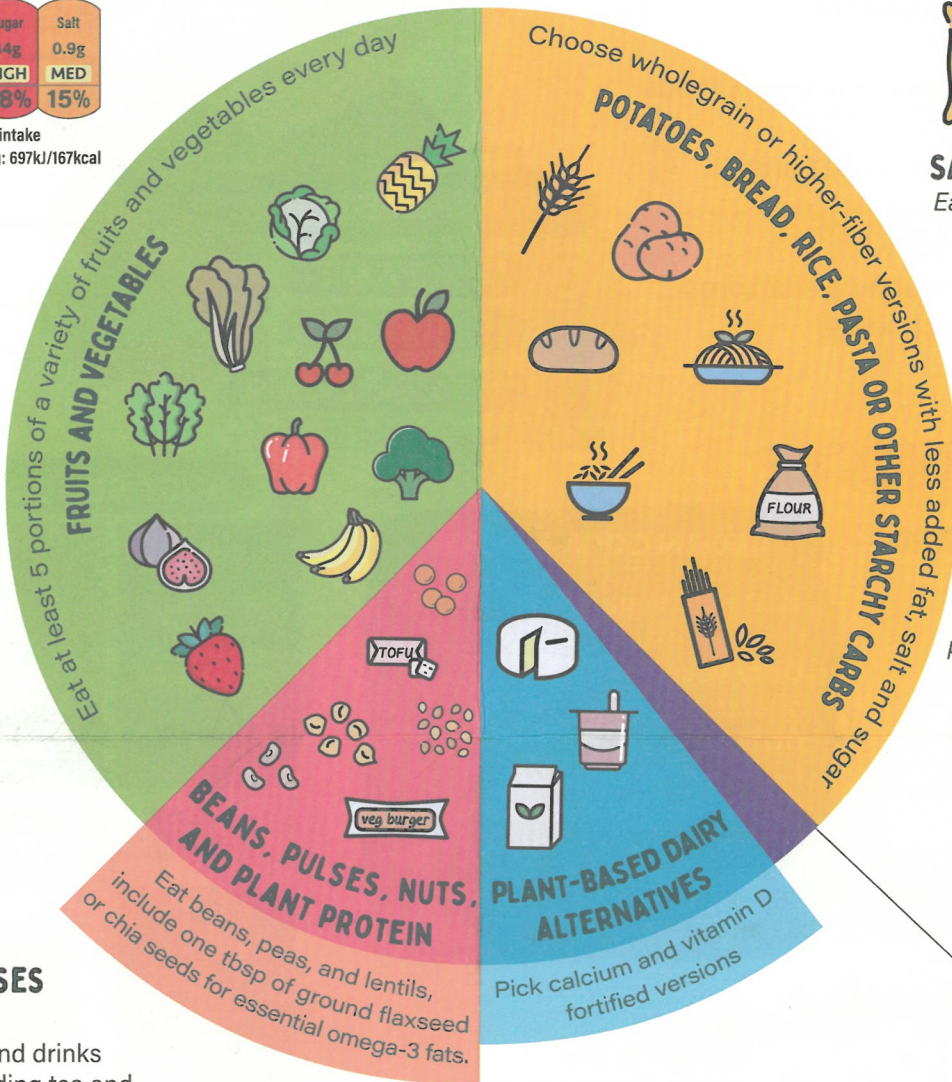


VITAMIN B12: choose a reliable source such as supplements, yeast extract, fortified milks, or yeast flakes



DRINK 6-8 GLASSES OF LIQUID A DAY

Water, plant milks and drinks without sugar including tea and coffee all count



SALT, SUGAR & FAT
Eat less often and only in small amounts



HERBS, SPICES & FERMENTED FOODS

Adds flavour and provides antioxidants and probiotics, and are often anti-inflammatory



OILS & FATS

Choose unsaturated oils and use in small amounts

For more information, visit: plantbasedhealthprofessionals.com

Plant-based Eat Well Guide by Plant Based Health Professionals shows food groups in the proportions that they should contribute to the overall diet

WHERE WILL I GET MY CALCIUM?



WHERE WILL I GET MY IRON?



WHERE WILL I GET MY PROTEIN?

