Ditching Dairy

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According to Dairy Australia, Australians consume an average of 93 litres of milk and over 15kg of cheese each year. We calculated the environmental benefits of ditching dairy consumption using the CSIRO's "Balancing Act" report. The good news is that by ditching dairy, each year you can:

- **Reduce greenhouse gas emissions by 2,540.4 kg CO2**
- **Reduce water use by 842,160 litres**
- **Reduce land disturbance by 4,918 m2 or 0.61 acres**

The annual environmental benefits of ditching dairy and switching to alternatives would be as follows:

- **Reduction in greenhouse gas emissions – 1,722 kg CO2**
- **Reduction in water use – 633,766 litres**
- **Reduction in land disturbance - 4466 m2 or 0.55 acres**

Each year, around 623,000 calves are killed as waste products of the Dairy Industry. Ditch Dairy, and you will no longer be contributing to the suffering of cows and calves in the dairy industry.

Kinder options

The good news is that more and more plant based alternatives are becoming available every day, making it easier than ever to replace dairy milk, cream, sour cream, butter, yoghurt, chocolate and yes, **even cheese!** Look in the plant based section of your Coles, Woolworths or IGA stores or go directly to a plant based store like **The Vegan Grocery Store** or **Greens Supermarket** in Sydney.