



SCIL
Social Compassion
in Legislation

July 15, 2019

The Honorable Paul Koretz
Los Angeles City Council

SUBJECT: Good Food Purchasing Program / Food Concessionaires / Vegan Protein Options– SUPPORT

Dear Councilman Koretz:

Social Compassion in Legislation, a non-profit organization that is dedicated to protecting animals and the planet they depend on is writing in support of your Good Food Purchasing Program / Food Concessionaires / Vegan Protein Options motion.

The leading causes of death in the United States are heart disease and cancer. Yet, plant-based diets that are most effective at combating these causes are rarely encouraged or promoted. Research shows that plant-based diets are cost-effective, low-risk interventions that may lower body mass index, blood pressure, HbA1C, and cholesterol levels. They may also reduce the number of medications needed to treat chronic diseases, such as type 2 diabetes, hypertension, and obesity, as well as lower ischemic heart disease and certain cancer mortality rates.

In 2015, the International Agency for Research on Cancer (IARC) working group classified processed meat for consumption as carcinogenic to humans. The working group came to this determination after scientists assessed more than 800 epidemiological studies investigating the links between cancer and processed meat for consumption. Providing plant-based options to the public ensures that people have alternatives to processed meat, which is a known carcinogen and, as noted above, is linked to an increased risk of colorectal cancer. In addition to a healthier choice, plant-based options can be provided at the same or lower cost than meals with animal products, which can lead to significant cost saving for these institutions.

Thank you for moving this forward and hope that your colleagues on the Los Angeles City Council support this important motion.

Sincerely,

Judie Mancuso
Founder/President