

# BE A HERO FOR A BETTER WORLD

MAKE  
A  
D-I-F-F-E-R-E-N-C-E



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A  
D-I-F-F-E-R-E-N-C-E

"A diet higher in whole grains and legumes and lower in beef and other meat is not just healthier for ourselves but also contributes to changing the world system that feeds some people and leaves others hungry."

-- Dr. Walden Bello

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

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