

THE BENEFITS OF **BETTER BURGERS**

Better burgers can be made in a number of ways. They all start by using domestic organic and/or grassfed beef from well-managed animals raised humanely on pasture without the use of routine antibiotics or hormones. You can make them even better by replacing **30-50%** of the meat with mushrooms or veggies. By using less meat, you can cut a burger's carbon footprint & afford healthier, better quality, third-party certified beef.* Better veggie burgers can be made using all organic veggies, legumes & grains, ideally from local producers. Find recipes and suppliers of pre-made blended burgers at betterburgers.org

FARMERS & COMMUNITIES

FAIR PRICES FOR FARMERS CREATE ALTERNATIVE MARKETS TO BIG AGRIBUSINESS

SUPPORTS LOCAL RANCHERS, SUSTAINABLE MEAT BUSINESSES & GOOD JOBS

CLEANER AIR & WATER



LESS EXPOSURE TO HARMFUL PESTICIDES & CHEMICALS

30%

70%



ENVIRONMENT

REDUCES IRRIGATED WATER USE

REDUCES WATER POLLUTION
NO TOXIC PESTICIDES & FERTILIZERS IN OUR WATER

PROTECTS SOIL, BIODIVERSITY & HABITAT FOR BEES, BUTTERFLIES & OTHER CRITTERS



CARBON IS SEQUESTERED AS SOIL ORGANIC MATTER, BUILDING HEALTHY SOILS

MUSHROOMS, VEGGIES, LEGUMES AND GRAINS ARE A GOOD SOURCE OF FIBER, MICRO-NUTRIENTS AND IMMUNE BOOSTING ANTIOXIDANTS.

HEALTH

GRASSFED BLENDED BURGERS

HIGHER IN...
OMEGA 3s, VITAMIN E, LINOLEIC ACID

LOWER IN...
CALORIES, SATURATED FAT, CHOLESTEROL, & TOXIC PESTICIDE RESIDUES

NO ADDED GROWTH HORMONES OR MISUSE OF ANTIBIOTICS

MORE HUMANE TREATMENT & LIVING CONDITIONS FOR ANIMALS

ANIMAL WELFARE

*Better beef is domestically sourced from animals that eat primarily grass; are raised on pasture with no routine antibiotics, hormones, growth promotants or GMO feed; or come from local/regional farms and businesses certified by USDA Organic, American Grassfed Association (AGA), Certified Grassfed by AGW, Animal Welfare Approved, GAP (Level 4-5+) or Food Alliance.

Learn more at www.betterburgers.org