

“This important film highlights the choices we must make to help protect this planet and all its inhabitants.”

Paul McCartney



Watch this film
for **FREE**
www.hope-theproject.com

A Film by Nina Messinger

H.O.P.E.

What You Eat Matters

H.O.P.E. is a life-changing documentary uncovering and revealing the effects of our typical Western diet to our health, the environment and the animals. It has a clear message:

By changing our eating habits, we can change the world!