

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

*Paul McCartney*



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[www.hope-theproject.com](http://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 on our health, the environment and animals. It has a clear message:

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